

Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> ▪ beet greens ▪ bok choy ▪ broccoli ▪ chicory ▪ collard greens ▪ dark green leafy lettuce ▪ endive or escarole ▪ grape leaves ▪ kale ▪ mesclun ▪ mustard greens ▪ parsley ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	<p>Beans and Peas*</p> <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ great northern ▪ kidney beans ▪ lentils ▪ mung beans ▪ navy beans ▪ pink beans ▪ pinto beans ▪ red beans ▪ soy beans ▪ split peas ▪ white beans
<p>Starchy Vegetables</p> <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ jicama ▪ malanga or yautia (tannia, tannier) ▪ parsnips ▪ plantains ▪ poi (undiluted) ▪ potatoes ▪ taro ▪ water chestnuts 	<p>Other Vegetables</p> <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bamboo shoots ▪ bean sprouts ▪ beets ▪ breadfruit ▪ brussels sprouts ▪ cabbage ▪ cactus (nopales) ▪ cauliflower ▪ celery ▪ chayote (mirliton) ▪ cucumbers or pickles ▪ eggplant ▪ green beans ▪ green peppers ▪ iceberg (head) lettuce ▪ kohlrabi ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ pepperoncini ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini
<p>Red & Orange Vegetables</p> <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pimentos (cherry pepper) ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	

*For more information on Beans and Peas, refer to:
<http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>