



What Foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.

Commonly eaten vegetables in each subgroup:

Dark Green Vegetables

- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

Red and Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes, tomato juice

Starchy Vegetables

- Cassava
- Corn
- Fresh cowpeas, field peas, or black-eyed peas (not dry)
- Green bananas
- Green peas
- Green lima beans
- Plantains
- Potatoes
- Taro
- Water chestnuts

Beans and Peas

- Black beans
- Black-eyed peas (mature, dry)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans

Other Vegetables

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Green peppers
- Iceberg (head) lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Turnips
- Wax beans
- Zucchini

