

The Vegetable Group

Any vegetable or 100% vegetable juice counts as a component of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.
Goal – Make half your plate fruits and vegetables.

Dark Green	Red and Orange	Beans and Peas	Starchy	Other
Bok choy Broccoli Collard greens Dark green leafy lettuce such as Romaine Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Sweet potatoes Tomatoes Tomato Juice	Black beans Black-eyed peas (mature, dry) Garbanzo beans (chickpeas) Kidney beans Lentils Navy beans Pinto beans Soy beans Split peas White beans	Cassava Corn Fresh cowpeas, field peas, or black-eyed peas (not dry) Edamame Beans Green bananas Green peas Green lima beans Plantains Potatoes Taro Water chestnuts	Artichokes Asparagus Avocado Bean sprouts Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green beans Green peppers Iceberg (head) lettuce Jicama Mushrooms Okra Onions Parsnips Turnips Wax beans Yellow Squash, crookneck Zucchini