

Vegetables

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

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

Red & orange vegetables

- › acorn squash
- › butternut squash
- › carrots
- › hubbard squash
- › pumpkin
- › red peppers
- › sweet potatoes
- › tomatoes
- › tomato juice

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
- › cucumbers
- › eggplant
- › green beans
- › green peppers
- › iceberg (head) lettuce
- › mushrooms
- › okra
- › onions
- › parsnips
- › turnips
- › wax beans
- › zucchini