Vegetables in Subgroups

**Dark Green Vegetables**
- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun (assorted baby salad greens)
- mustard greens
- romaine lettuce
- spinach
- Swiss chard
- turnip greens
- watercress

**Beans and Peas**
- black beans (turtle beans)
- black-eyed peas (mature, dry)
- cannellini beans (white kidney beans)
- canned bean dishes – baked beans, refried beans
- garbanzo beans (chickpeas)
- great northern beans
- kidney beans
- lentils
- lima beans
- navy beans
- pinto beans
- red beans
- soy beans
- split peas (green and yellow)

**Starchy Vegetables**
- corn
- fresh pea pods
- green peas
- green lima beans
- jicama
- potatoes
- edamame (green soybeans-not dried)
- water chestnuts

**Other Vegetables**
*(includes all subgroups – except starchy)*
- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- onions
- parsnips
- radishes
- sauerkraut
- summer squash
- turnips
- wax beans
- zucchini

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The additional vegetables includes all vegetables subgroups

Handout 7