

# Vegetables in Subgroups



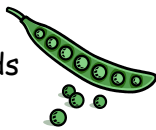
## Dark Green Vegetables

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



## Starchy Vegetables

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



## Red & Orange Vegetables

acorn squash  
butternut squash  
carrots  
hubbard squash  
pumpkin  
red, orange, yellow peppers  
sweet potatoes  
tomatoes  
tomato juice



The additional vegetables includes  
all vegetables subgroups

## 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)



## 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

