

Handout: Vegetables in Subgroups

Dark Green Vegetables Beet Greens Bok Choy Broccoli Cabbage (Chinese or Celery) Chicory Collard Greens Dark Green Leafy Lettuce Escarole Endive Grape Leaves Kale Mustard Greens Parsley Romaine Lettuce Spinach Swiss Chard Turnip Greens Watercress	Starchy Vegetables Cassava (Yuca) Corn Fresh Cowpeas, Field Peas, or Black-eyed Peas (Not Dry) Green Peas Lima Beans, Canned, Fresh, or Frozen Jicama (Yam Bean) Parsnips Pigeon Peas Plantains Poi Potato Products, White Taro (Malanga) Water Chestnuts Yautia (Tannier)
Red/ Orange Vegetables Acorn Squash Butternut Squash Carrots Cherry Peppers Hubbard Squash Pimentos Pumpkin Red/ Orange Peppers Salsa Sweet Potatoes Tomatoes Tomato Products	Beans/ Peas (Legumes) Bean Products Black Beans Black-eyed Peas (Mature, Dry) Edamame Garbanzo Beans, Chickpeas Great Northern Beans Green Peas, Dry Kidney Beans Lentils Lima Beans, Dry Mung Beans Navy Beans Pink Beans Pinto Beans Small Red Beans Soy Beans , Dry, Mature Split Peas White Beans

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Other Vegetables	Other Vegetables
Artichokes	Mushrooms
Asparagus	Okra
Avocado	Olives
Bamboo Shoots	Onions
Bean, Green or Wax	Pepperocini
Bean Sprouts	Pickles
Beets	Radishes
Bell or Chili Peppers	Rutabagas
Breadfruit	Sauerkraut
Brussels Sprouts	Seaweed
Cabbage, Green or Red	Sugar Snap Peas
Cactus (Nopales)	Tomatillos
Cauliflower	Turnips
Celery	Zucchini
Chayote (Mirliton)	
Chinese Snow Peas	
Cucumbers	
Eggplant	
Green Onions	
Iceberg (Head) Lettuce	
Kohlrabi	