

Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

Dark Green Vegetables

- beet greens
- bok choy
- broccoli
- chicory
- collard greens
- dark green leafy lettuce
- endive or escarole
- grape leaves
- kale
- mesclun
- mustard greens
- parsley
- 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
- jicama
- malanga or yautia (tannia, tannier)
- parsnips
- plantains
- poi (undiluted)
- potatoes
- taro
- water chestnuts

Red and Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pimentos (cherry pepper)
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

Beans and Peas*

- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- great northern
- kidney beans
- lentils
- mung beans
- navy beans
- pink beans
- pinto beans
- red beans
- soy beans
- split peas
- white beans

Other Vegetables

- artichokes
- asparagus
- avocado
- bamboo shoots
- bean sprouts
- beets
- breadfruit
- brussels sprouts
- cabbage
- cactus (nopales)
- cauliflower
- celery
- chayote (mirliton)
- cucumbers or pickles
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- kohlrabi
- mushrooms
- okra
- olives
- onions
- pepperoncini
- radishes
- turnips
- wax beans
- zucchini



*For more information on Beans and Peas, refer to: <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>

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