

# Vegetable Subgroup List

## 1. Dark Green Vegetables

- bok choy
- broccoli and broccoli rabe
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine, green or red leaf lettuce
- spinach
- turnip greens
- watercress

**REQUIREMENT:** ½ CUP PER WEEK (all grades)

## 2. Red & Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red and orange peppers
- sweet potatoes and yellow yams
- tomatoes
- tomato juice

**REQUIREMENT:** ¾ CUP K-5 AND 6-8,  
1 ¼ CUPS GRADES 9-12 PER WEEK

## 3. Beans and Peas

- black beans
- black-eyed peas (mature, dry)
- edamame (fresh, green soybeans)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

**REQUIREMENT:** ½ CUP PER WEEK (all grades)

## 4. Starchy Vegetables

- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- plantains
- taro
- water chestnuts
- white potatoes and white yams

**REQUIREMENT:** ½ CUP PER WEEK (all grades)

## 5. Other Vegetables includes all other fresh, frozen and canned vegetables, cooked or raw, such as

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- parsnips
- purple peppers
- turnips
- wax beans
- yellow peppers
- zucchini
- Plus any vegetable from lists 1, 2, and 3

**REQUIREMENT:** ½ CUP K-5 AND 6-8,  
¾ CUP FOR GRADES 9-12 PER WEEK

## 6. Additional Vegetables to Reach Total

- Any vegetable, including starchy.

**REQUIREMENT:** 1 CUP K-5 AND 6-8,  
1 ½ CUP FOR GRADES 9-12 PER WEEK

For more information on unusual vegetables go to the USDA ChooseMyPlate Web page at <http://www.choosemyplate.gov/food-groups/vegetables.html>

Or

<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFOods.pdf>