The Vegetable Groups

Dark Green Vegetables
- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- Romaine lettuce
- spinach
- turnip greens
- watercress

Starchy Vegetables
- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green peas
- green lima beans
- plantains
- potatoes
- taro
- water chestnut

Red and Orange Vegetables
- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

Beans and Peas
- black beans
- black-eyed pea (mature,dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans
Other Vegetables

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant

- green beans
- green peppers
- iceberg lettuce
- mushrooms
- okra
- onions
- parsnips
- turnips
- wax beans
- zucchini