



Red/Orange

- Carrots
- Chili Peppers (red)
- Orange Peppers
- Pumpkin
- Red Peppers
- Salsa (all vegetables)
- Sweet Potatoes/Yams
- Tomatoes
- Tomato Juice
- Winter Squash (acorn, butternut, hubbard)

Vegetable Subgroups

Starchy

- Black-eyed Peas (fresh, not dry)
- Corn
- Cassava
- Cowpeas (fresh, not dry)
- Field Peas (fresh, not dry)
- Green Peas
- Jicama
- Lima Beans (green, not dry)
- Parsnips
- Potatoes
- Poi
- Taro
- Water Chestnuts

Dark Green

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Broccoli Rabe (rapini)
- Broccolini
- Butterhead Lettuce (Boston, bibb)
- Chicory
- Collard Greens
- Endive
- Escarole
- Kale
- Mesclun
- Mustard Greens
- Spinach
- Swiss Chard
- Red Leaf Lettuce
- Romaine Lettuce
- Turnip Greens
- Watercress

Legumes

- Black Beans
- Black-eyed Peas (mature, dry)
- Cowpeas
- Fava Beans
- Garbanzo Beans (chickpeas)
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans (mature)
- Mung Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Red Beans
- Refried Beans
- Soy Beans/Edamame
- Split Peas
- White Beans

Other

- Artichokes
- Asparagus
- Avocado
- Bamboo Shoots
- Bean Sprouts (alfalfa, mung)
- Beans (green, yellow)
- Beets
- Brussel Sprouts
- Cabbage (green, red)
- Cauliflower
- Celeriac
- Celery
- Cucumbers
- Daikon (oriental radish)
- Eggplant
- Iceberg Lettuce
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Olives
- Onions
- Pepperoncini
- Peppers (green sweet bell, green chilies, purple, yellow)
- Pickles (cucumber)
- Radishes
- Shallots
- Sauerkraut
- Snap Peas
- Snow Peas
- Spaghetti Squash
- Tomatillo
- Turnips
- Wax Beans
- Yellow Summer Squash
- Zucchini Squash

National School Lunch Program (NSLP) And School Breakfast Program (SBP) VEGETABLE SUBGROUPS

The U.S. Department of Agriculture's (USDA) meal patterns for the NSLP, SBP and CACFP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 Dietary Guidelines for Americans. This chart identifies some commonly eaten vegetables in each subgroup.