

USDA VEGETABLE SUBGROUPS

DARK GREEN	RED & ORANGE	OTHER
<ul style="list-style-type: none"> • Bok Choy • Broccoli • Collard Greens • Dark Green Leafy Lettuce • Escarole Lettuce • Kale • Mesclun • Mustard Greens • Romaine Lettuce • Spinach • Turnip Greens • Watercress 	<ul style="list-style-type: none"> • Acorn Squash • Butternut Squash • Carrots • Hubbard Squash • Pumpkin • Red Peppers • Sweet Potatoes • Tomatoes • Tomato Juice 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bean Sprouts • Beets • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans • Green Peppers • Iceberg (<i>Head</i>) Lettuce • Mushrooms • Okra • Onions • Parsnips • Radish • Snap Beans • Turnips • Wax Beans • Zucchini
BEANS/PEAS (LEGUMES)	STARCHY	
<ul style="list-style-type: none"> • Black Beans • Black-Eyed Peas (<i>Mature, Dry</i>) • Garbanzo Beans (<i>Chickpeas</i>) • Kidney Beans • Lentils • Navy Beans • Pinto Beans • Soybeans/Edamame • Split Peas (<i>Dry</i>) • White Beans 	<ul style="list-style-type: none"> • Cassava • Corn • Green Peas • Green Lima Beans • Plantains • Potatoes • Taro • Water Chestnuts • Fresh Cowpeas, Field Peas, or Black-Eyed Peas (<i>Not Dry</i>) 	