# Vegetable Subgroups

## Dark Green Vegetables
- Arugula lettuce, raw
- Broccoli, raw and cooked
- Butterhead Lettuce (Boston, bibb), raw
- Chard, cooked (includes escarole)
- Cilantro, raw and cooked
- Collard Greens
- Kale, cooked
- Mesclun
- Mixed dark leafy greens (includes romaine, chicory, escarole, and endive)
- Mustard Greens, cooked (includes dandelion and poke greens)
- Parsley, cooked and raw (includes epazote)
- Seaweed (laver), high vitamin A, raw
- Spinach raw and cooked
- Turnip Greens, cooked
- Watercress (includes thistle leaves)

## Beans and Peas
- Black Beans
- Black-eyed Peas (mature and dry)
- Chickpeas (garbanzo beans)
- Cowpeas, dried
- Kidney Beans
- Lentils
- Lima Beans, mature (includes fava and mung beans)
- Pinto Beans (includes pink beans)
- Soybeans/Edamame
- Split Peas
- White Beans (includes navy and pea beans)

## Red and Orange Vegetables
- Carrots, raw and cooked
- Carrot Juice
- Chili Pepper, hot, red, cooked and raw
- Peppers, red (sweet bell) cooked and raw (includes pimientos)
- Pumpkin, cooked
- Squash, winter, cooked (includes acorn, butternut, and hubbard)
- Sweet Potatoes, cooked (includes orange yams)
- Tomatoes, raw and cooked
- Tomato Juice

## Starchy Vegetables
- Casava (tapioca) (includes taro, burdock root, and white yam)
- Corn, white and yellow
- Cowpeas, Field Peas, Black-eyed Peas, Pigeon Peas, cooked (not dried)
- Green Bananas
- Green peas, cooked and raw
- Lima Beans, green
- Parsnips, cooked and raw
- Plantains
- Potatoes, baked
- Potatoes, boiled (includes breadfruit)
- French Fries, baked
- Home Fries and Hash Browns
- Water Chestnuts, cooked (includes lotus root)

## Other Vegetables
- Artichokes
- Asparagus, cooked and raw
- Avocado
- Bamboo Shoots, cooked
- Beans, green, cooked and raw, (includes snap and yellow or wax beans)
- Beets, cooked
- Brussles Sprouts
- Cabbage, green and red, cooked and raw (includes savoy cabbage and radicchio)
- Cactus (nopales), cooked and raw
- Cauliflower, cooked and raw (includes broccoflower)
- Celery, cooked and raw
- Chives, cooked and raw
- Cucumber
- Eggplant, cooked (includes hearts of palm)
- Garlic, cooked and raw
- Horseradish (includes ginger root)
- Lettuce, iceberg (includes manoa)
- Mung bean sprouts, cooked and raw (includes alfalfa sprouts)
- Mushrooms, cooked and raw
- Okra, cooked
- Olives, cooked and raw
- Onions, cooked and raw (includes leeks)
- Onions, spring and scallions, cooked and raw
- Peas, edible-podded, cooked and raw (includes snow peas)
- Peppers, green (sweet bell), cooked and raw
- Peppers, chili, hot, green, cooked and raw (includes serrano and dwarf green)
- Pickles, cucumber (includes relish and capers)
- Radishes, raw
- Squash, summer, cooked and raw (includes yellow, zucchini, spaghetti, chayote)
- Tomatillos, cooked and raw
- Turnips, cooked and raw (includes rutabaga, kohlrabi, jicama, celeriac, and fennel)

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