

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
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
Brussels 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
Parsnips, 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)

