What Foods Are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.

Commonly eaten vegetables in each subgroup

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

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

- **Starchy vegetables**
  - cassava
  - corn
  - fresh cowpeas, field peas, or black-eyed peas (not dry)
  - green bananas
  - green peas
  - green lima beans
  - plantains
  - potatoes
  - taro
  - water chestnuts

- **Red & orange vegetables**
  - acorn squash
  - butternut squash
  - carrots
  - Hubbard squash
  - pumpkin
  - red peppers
  - sweet potatoes
  - tomatoes
  - tomato juice

- **Other vegetables**
  - artichokes
  - asparagus
  - avocado
  - bean sprouts
  - beets
  - Brussels sprouts
  - cabbage
  - cauliflower
  - celery
  - cucumbers
  - eggplant
  - green beans
  - green peppers
  - iceberg (head) lettuce
  - mushrooms
  - okra
  - onions
  - parsnips
  - turnips
  - wax beans
  - zucchini