VEGETABLES: VARY YOUR VEGGIES

What is included?

- Any vegetable or 100% vegetable juice counts!
- Vegetables may be whole, cut-up, mashed, raw, cooked, fresh, frozen, canned, or dried/dehydrated.
- Vegetables are organized into five subgroups based on the nutrients they contain: dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas*, and other vegetables.
- *Beans and peas are included in the Vegetables Group and in the Protein Foods Group because they contain nutrients from both groups. You can count beans and peas as either group!

VEGETABLE SUB-GROUPS - CHOOSE A VARIETY OF VEGGIES FROM EACH GROUP!	
Dark Green	Bok choy, Broccoli, Dark green leafy lettuce (e.g., Romaine), Spinach, Collard/ mustard/ turnip greens
Red and Orange	Carrots, Pumpkin, Sweet potatoes and yams, Tomatoes, Acorn squash, Butternut squash
Starchy	Cassava, Corn, Lima Beans, Green peas, Potatoes
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
Other	Asparagus, Avocado, Beets, Green bell peppers, Brussels sprouts, Cabbage, Cauliflower, Cucumbers, Eggplant, Green beans, Iceberg lettuce, Mushrooms, Okra, Onions/leeks, Summer squash/zucchini, Turnips

What counts as a 1 cup serving?

- 2 cups of raw, leafy greens (e.g., lettuce and spinach)
- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice

Tips:

- Provide your child with a variety of vegetables, especially dark-green and red and orange vegetables.
- When choosing canned vegetables, choose those that are low in sodium (salt).
- When choosing frozen vegetables, choose those without added butter or sauces.