

# Vegetable Subgroups

Below are lists of vegetables categorized into five subgroups. It is best practice to serve vegetables from different subgroups. For information about crediting and yields, visit the [USDA Food Buying Guide](#).

## Dark Green

Fresh, frozen, and canned

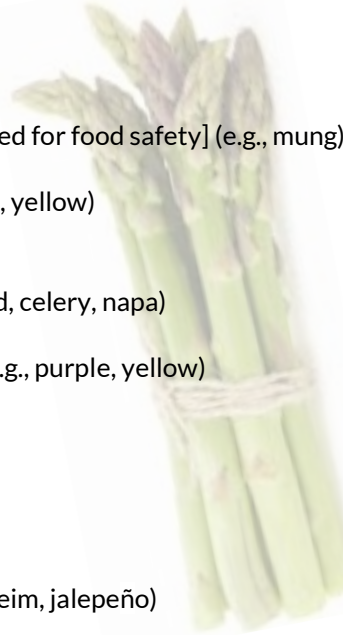
- Beet greens
- Bok choy
- Broccoli
- Broccolini
- Chicory
- Collard greens
- Endive (escarole)
- Grape leaves
- Kale
- Lettuce (e.g., butterhead, bibb, boston, arugula, spring mix, etc.)
- Mustard greens
- Spinach
- Swiss chard
- Romaine lettuce
- Turnip greens
- Watercress



## Other

Fresh, frozen, and canned

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Bean sprouts [cooked for food safety] (e.g., mung)
- Beets
- Bell peppers (green, yellow)
- Breadfruit
- Brussels sprouts
- Cabbage (green, red, celery, napa)
- Cactus (nopales)
- Carrots, rainbow (e.g., purple, yellow)
- Cauliflower
- Celery
- Chayote (mirliton)
- Cucumbers
- Eggplant
- Green beans
- Green chilies (anaheim, jalepeño)
- Green onions
- Iceberg lettuce
- Kohlrabi
- Mushrooms
- Okra
- Olives
- Onions (white, yellow, red)
- Pepperoncini
- Pickles (cucumber)
- Radishes
- Rutabagas
- Sauerkraut
- Seaweed
- Snow peas
- Sugar snap peas
- Tomatillo
- Turnips
- Wax beans
- Yellow summer squash
- Zucchini squash



## Red/Orange

Fresh, frozen, and canned

- Acorn squash
- Bell peppers (orange, red)
- Butternut squash
- Carrots
- Cherry peppers
- Hubbard squash
- Pimientos (pimientos)
- Pumpkin
- Salsa
- Spaghetti squash
- Sweet potatoes
- Tomatoes
- Tomato products (e.g., puree, paste, sauce, juice)



## Beans and Peas (Legumes)

Canned, frozen, or cooked from dry

- Baked beans
- Black beans
- Black-eyed peas
- Edamame (soy beans)
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans (pea bean)
- Pink beans
- Pinto beans
- Red beans
- Refried beans
- Soy beans
- Split peas
- White beans



## Starchy

Fresh, frozen, and canned

- Cassava (yuca)
- Corn
- Green peas
- Hominy, canned
- Jicama (yam bean)
- Lima beans, green
- Parsnips
- Plantains
- Poi
- Potatoes
- Taro (malanga)
- Water chestnuts
- Yautia (tannier)

