Vegetable Subgroups

Dark Green
- Broccoli
- Kale
- Mesclun
- Mustard Greens
- Romaine Lettuce
- Spinach
- Swiss Chard
- Turnip Greens

Red/Orange
- Acorn Squash
- Bell Peppers (Red/Orange)
- Butternut Squash
- Carrots
- Cherry Peppers
- Pumpkin
- Sweet Potatoes
- Tomatoes

Legumes
- Black Beans
- Chickpeas
- Edamame
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Split Peas

Starchy
- Corn
- Green Peas
- Jicama
- Plantains
- Potatoes
- Taro
- Water Chestnuts

Other
- Avocado
- Cauliflower
- Cucumber
- Green Beans
- Mushrooms
- Okra
- Onion
- Zucchini

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages: https://www.fns.usda.gov/cr/fns-nondiscrimination-statement

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included: These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use those images. Please contact helpdesk@theicn.org for more information.

© 2023, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences
02/28/2023