



# Vegetable Subgroups

Dark Green	Red/Orange	Legumes	Starchy	Other
 Broccoli	 Acorn Squash	 Black Beans	 Corn	 Avocado
 Kale	 Bell Peppers (Red/Orange)	 Chickpeas	 Green Peas	 Cauliflower
 Mesclun	 Butternut Squash	 Edamame	 Jicama	 Cucumber
 Mustard Greens	 Carrots	 Kidney Beans	 Parsnips	 Green Beans
 Romaine Lettuce	 Cherry Peppers	 Lentils	 Plantains	 Mushrooms
 Spinach	 Pumpkin	 Navy Beans	 Potatoes	 Okra
 Swiss Chard	 Sweet Potatoes	 Pinto Beans	 Taro	 Onion
 Turnip Greens	 Tomatoes	 Split Peas	 Water Chestnuts	 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:  
 Institute of Child Nutrition. (2023). *Meal pattern mini-poster. Vegetable subgroups*. University, MS: Author.

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 these 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