



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

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