

## List of Vegetable Subdivided into Corresponding Categories

Dark Green	Red/Orange	Beans/ Peas	Starchy
<p>Arugula lettuce Bok choy Boston/ Bibb lettuce Broccoli Swiss chard Cilantro Collard greens Grape leaves Kale Mustard greens Romaine Seaweed Spinach Turnip greens Watercress</p>	<p>Carrot juice Carrots Chili pepper/hot Peppers, red, sweet, bell Pumpkin Squash, winter Sweet potatoes Tomato juice Tomato paste Tomato sauce Tomatoes</p>	<p>Black beans Chickpeas Kidney Lentils Lima mature Pinto/ Refried Soy Split peas White/ Cannalini</p>	<p>Corn Fresh cow/field, blackeye, pigeon Immature green peas Immature lima Parsnips Plantains Potatoes Water chestnuts</p>

### Other

Artichokes  
Asparagus  
Avocado  
Bamboo shoots  
Green/yellow snap beans  
Beets  
Brussel sprouts  
Cabbage, green/red  
Cactus  
Cauliflower/broccoflower  
Celery  
Chili pepper/ hot green  
Chives  
Cucumber  
Eggplant  
Garlic

### Kohlrabi, celeric, fennel

Lettuce/iceburg  
Mung bean/ alfalfa sprouts  
Mushrooms  
Okra  
Olives  
Onions/leeks  
Peppers, green sweet, bell  
Pickles  
Radishes  
Snow peas  
Squash, summer, yellow, spaghetti, cayote  
Tomatillos  
Turnips/ rutabegas  
Zucchini  
\*Extra from other groups

\*\*\*\*RAW Leafy Greens are Credited at ½ the Volume Served  
\*\*\*\*\* Example: ½ cup = ¼ cup (credited)