

## Vegetable Subgroups

USDA plans to update the fruit and vegetable sections of the Food Buying Guide (FBG) for Child Nutrition Programs. This listing is intended to be a temporary reference to assist the menu planner in making selections to meet the new meal patterns and to guide managers in choosing appropriate menu selections when emergency substitutions are required. Refer to the updated FBG when it is released.

*Method of preparation does not affect the vegetable subgroup. For example, sweet potatoes are in the red and orange group, spinach is in the dark green group or white potatoes are in the starchy group regardless of method of preparation.*

Dark Green Vegetables	Red and Orange Vegetables	Legumes (Beans and Peas) <sup>1</sup>
Bok-Choy Broccoli Collard greens Dark green leafy lettuce Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Sweet potatoes Tomatoes Tomato juice	Black beans Black-eyed peas (mature, dry) Garbanzo beans (chickpeas) Kidney beans Lentils Lima Beans (mature, dry) Pinto Beans Navy beans Soy beans Split Peas White beans
Starchy Vegetables	Other Vegetables	
Corn Cowpeas, immature (not dry) Field peas, immature (not dry) Black-eyed peas, immature (not dry) Green bananas Green peas Green lima beans Plantains Potatoes Water chestnut	Artichokes Asparagus Avocado Bean sprouts Brussels sprouts Beets Cabbage Cauliflower Celery Cucumbers Eggplant Green beans	Iceberg (head) lettuce Mushrooms Green peppers Mixed Vegetables comprised of various subgroups <sup>2</sup> Okra Onions Parsnips Radish Summer Squash Turnips Wax beans Zucchini  Any vegetable from the other subgroups <b>except Starchy</b> <sup>3</sup>

**Why are green peas and green (string) beans not in the Legume/Beans and Peas vegetable subgroup?**

The legumes/beans and peas vegetable subgroup contains beans and peas that are the mature forms of legumes. That is, they are harvested when the seeds are fully developed and dry. Green peas are harvested before they are fully mature. They are similar to other starchy vegetables and are grouped with them. Note that split peas are the mature form of green peas. Green (string) beans are also harvested before they are mature. They are grouped with other vegetables like lettuce, celery, and cabbage because their nutrient content is similar to those foods. Refer to [http://teamnutrition.usda.gov/healthierUS/HUSSCkit\\_pp43-53.pdf](http://teamnutrition.usda.gov/healthierUS/HUSSCkit_pp43-53.pdf) for more information.

<sup>2</sup> If the recipe and production record indicates the amount of each type of vegetable and the contribution to the vegetable subgroups, mixed vegetable dishes may credit towards the individual subgroups. If the amount of each vegetable is unknown or you choose not to list the information, mixed vegetables count as other or additional vegetables.

<sup>3</sup> Schools can substitute vegetables from the dark green, red/orange, or beans/peas for "other" vegetables if they desire, but they may NOT substitute starchy vegetables for "other" vegetables.