

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture’s (USDA) meal patterns for the NSLP and SBP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. ² The chart below identifies some commonly eaten vegetables in each subgroup.

DARK GREEN fresh, frozen and canned	RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ dark green leafy lettuce ■ chicory ■ collard greens ■ endive ■ escarole ■ kale ■ mesclun ■ mustard greens ■ spinach ■ Swiss chard ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ chili peppers (red) ■ hubbard squash ■ pumpkin ■ red peppers ■ sweet potatoes ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ fava beans ■ garbanzo beans (chickpeas) ■ kidney beans ■ lentils ■ lima beans, mature ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ soy beans ■ split peas ■ white beans <p>* Does not include green peas, green lima beans and green (string) beans</p>	
STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green banana ■ green peas ■ lima beans, green (not dry) ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ taro ■ water chestnuts ■ yams (not sweet potatoes) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts (e.g., alfalfa, mung) ■ beets ■ Brussels sprouts ■ Cabbage, green and red ■ cauliflower ■ celeriac ■ celery ■ chives ■ cucumbers ■ daikon (oriental radish) ■ eggplant ■ fennel ■ green beans ■ garlic ■ green peppers ■ horseradish ■ iceberg lettuce ■ jicama ■ kohlrabi ■ leeks ■ mushrooms ■ olives ■ okra ■ onions ■ parsnips ■ peas in pod ■ peppers (green sweet bell, green chili) ■ pickles (cucumber) ■ radishes ■ rhubarb ■ shallots ■ snow peas ■ spaghetti squash ■ turnips ■ wax beans ■ yellow beans ■ yellow summer squash ■ zucchini squash 		

¹ All vegetables are credited based on volume except raw leafy greens count as half the volume served and tomato paste and puree are credited based on the volume as if reconstituted (see the USDA’s *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

² For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>.

For more information, see the Connecticut State Department of Education’s (CSDE) Meal Patterns Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770> or contact the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 (see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333776>).

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