

This page was adapted from the government's website on the latest food pyramid.
<http://www.mypyramid.gov/pyramid/vegetables.html>

What foods are in the vegetable group?

All vegetables or 100% vegetable juice is part of the vegetable group.

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

However, do think about how much salt or fat/oil you use when cooking vegetables. Cooking in too much water can leach out some healthy substances such as potassium which is why steaming is a good way to cook veggies.

Vegetables have been organized into 5 subgroups, based on their nutrient content. We should try to vary our consumption of vegetables to include all groups – if not every day – at least a few times a week.

The following table contains some commonly eaten vegetables from each subgroup:

Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Orange vegetables

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
sweet potatoes

Dry beans and peas

black beans
black-eyed peas
garbanzo beans (chickpeas)
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu (bean curd made from soybeans)
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg (head) lettuce
mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini

It always fascinates me that tomatoes are considered a fruit and yet we eat them as a vegetable.

For in depth information on food products including fruits and vegetables go to the government database and search for that product. It is a large database but does not contain every food item. You may have to use your own judgment to guesstimate nutritional information for a specific item.

<http://www.nal.usda.gov/fnic/foodcomp/search/>