

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) meal pattern includes five vegetable subgroups 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	
■ arugula	■ fiddle heads	■ acorn squash	■ black beans	■ mung beans
■ beet greens	■ grape leaves	■ butternut squash	■ black-eyed peas (mature, dry)	■ navy beans
■ bok choy	■ kale	■ carrots	■ cowpeas	■ pink beans
■ broccoli	■ mesclun	■ cherry peppers	■ edamame	■ pinto beans
■ broccoli rabe (rapini)	■ mustard greens	■ Hubbard squash	■ fava beans	■ red beans
■ broccolini	■ parsley	■ orange peppers	■ garbanzo beans (chickpeas)	■ refried beans
■ butterhead lettuce (Boston, bibb)	■ spinach	■ pimientos	■ Great Northern beans	■ soy beans (mature, dry)
■ chicory	■ Swiss chard	■ pumpkin	■ kidney beans	■ split peas
■ cilantro	■ red leaf lettuce	■ red chili peppers	■ lentils	■ white beans
■ collard greens	■ romaine lettuce	■ red peppers	■ lima beans, (mature, dry)	
■ endive	■ turnip greens	■ salsa (all vegetables)		
■ escarole	■ watercress	■ sweet potatoes/yams		
		■ tomatoes		
		■ tomato juice		
		■ winter squash		

* Does not include green peas, green lima beans and green (string) beans

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
■ black-eyed peas, fresh (not dry)	■ artichokes	■ cucumbers	■ purple peppers
■ corn	■ asparagus	■ daikon (oriental radish)	■ pickles (cucumber)
■ cassava	■ avocado	■ eggplant	■ radishes
■ cowpeas, fresh (not dry)	■ bamboo shoots	■ fennel	■ rhubarb
■ field peas, fresh (not dry)	■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung	■ garlic	■ rutabagas
■ green bananas	■ beans, green and yellow	■ green chili peppers	■ shallots
■ green peas	■ beets	■ green onions (scallions)	■ sauerkraut
■ jicama	■ breadfruit	■ green peppers	■ seaweed
■ lima beans, green (not dry)	■ Brussels sprouts	■ horseradish	■ snap peas
■ parsnips	■ cabbage (green, red, celery, Napa)	■ iceberg lettuce	■ snow peas
■ pigeon peas, fresh (not dry)	■ cactus (nopales)	■ kohlrabi	■ spaghetti squash
■ plantains	■ cauliflower	■ leeks	■ tomatillo
■ potatoes	■ celeriac	■ mushrooms	■ turnips
■ poi	■ celery	■ okra	■ wax beans
■ taro	■ chayote (mirliton)	■ olives	■ yellow peppers
■ water chestnuts	■ chives	■ onions (white, yellow, red)	■ yellow summer squash
■ yautia (tannier)		■ peas in pod, e.g., snap peas, snow peas	■ zucchini squash
		■ pepperoncini	

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

² For more information, see the *Dietary Guidelines*, and the [vegetables group](#) in Choose MyPlate.

RESOURCES

Child Nutrition (CN) Labeling:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf>

Crediting Foods (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796>

Food Buying Guide for School Meal Programs:

<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

Meal Patterns (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770>

Menu Planning (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780>

Menu Planning Guide for School Meals:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320>

Product Formulation Statements:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf>

USDA Product Formulation Statement (PFS) for Documenting Vegetables and Fruits:

<http://www.fns.usda.gov/sites/default/files/PFSfv.pdf>

USDA Sample Product Formulation Statement for Vegetables:

<http://www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf>



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegetable_groups.pdf.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202-690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Levy.Gillespie@ct.gov.