

Vegetable Group

The vegetable group contains 5 sub-groups. MyPyramid gives weekly recommendations for each vegetable sub-group based on each calorie level:

- **Dark green vegetables:** broccoli, greens and raw leafy greens (spinach, romaine, dark green leafy lettuce).
- **Orange vegetables:** carrots, pumpkin, sweet potato and winter squash.
- **Dry beans, peas & tofu**
- **Starchy vegetables:** corn, green peas and white potatoes.
- **Other:** bean sprouts, green cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes, summer squash, zucchini and vegetable juices.

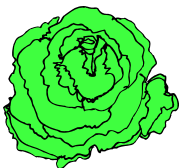


Measuring Up:

Amounts are now measured in cups

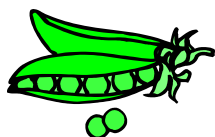
1 cup of vegetables is equivalent to:

- 1 cup raw or cooked vegetables or vegetable juice
or
- 2 cups raw leafy greens



Key nutrients:

- Fiber
- Folate
- Potassium
- Vitamin A
- Vitamin E
- Vitamin C



Double duty for legumes

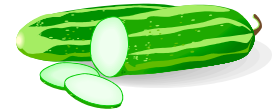
Legumes can count in either the vegetable group or the meat & beans group, but do not count in both groups. They contain at least one nutrient found in each group: fiber & protein.

Amounts are different for each group:

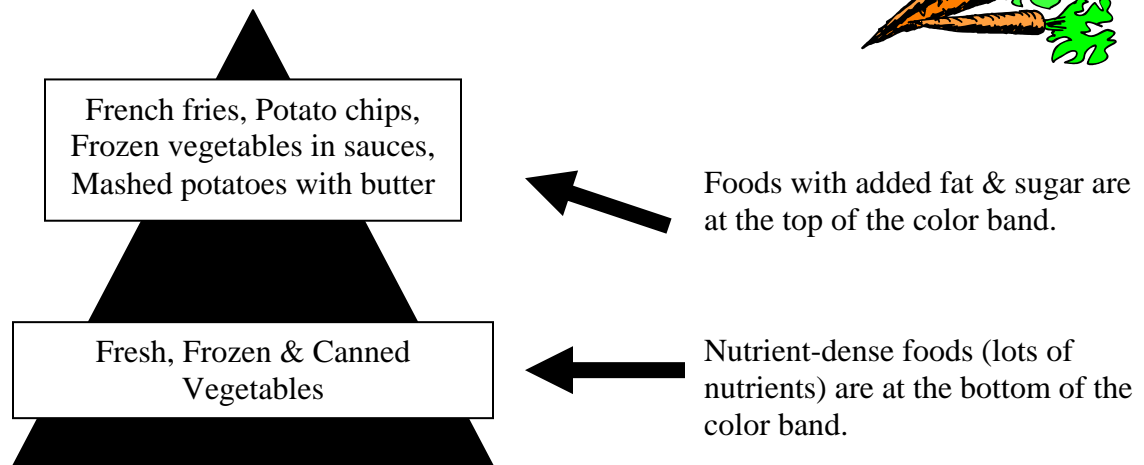
- ¼ cup = 1 oz equivalent for meat & beans group
- 1 cup beans = 1 cup vegetables

Tips for making meals more appealing with vegetables

- Decorate plates with vegetable slices.
 - Add color to salads by adding carrots, red pepper or red cabbage.
 - Enhance the color & flavor of chili, soup or stews with added vegetables.
 - When grilling, add vegetable kabobs to your menu.
 - Order veggie pizza & ask for extra veggies.
 - Add vegetables to pasta sauces or lasagna.
- Try shredding carrots or zucchini into meatloaf, casseroles, quick breads & muffins.



MyPyramid & Food Choices



For additional information on vegetables, visit www.mypyramid.gov.

Adapted from University of Missouri Extension

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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