



**Dark green vegetables**

Bok choy  
 Broccoli  
 Collard greens  
 Dark green leafy lettuce  
 Kale  
 Mesclun  
 Mustard greens  
 Romaine lettuce  
 Spinach  
 Turnip greens  
 Watercress

**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  
 White beans

**Other vegetables**

artichokes  
 bean sprouts  
 beets  
 Brussels sprouts  
 cabbage  
 cauliflower  
 celery  
 cucumber  
 eggplant  
 green beans  
 green or red peppers  
 iceberg lettuce

**Orange vegetables**

Acorn squash  
 Butternut squash  
 Carrots  
 Hubbard squash  
 Pumpkin  
 Sweet potatoes

**Starchy vegetables**

corn  
 green peas  
 Lima beans (green)  
 potatoes

**Amount that counts as 1 cup of vegetables****Dark-Green Vegetables**

Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked
Greens (collards, mustard greens, Turnip greens, kale)	1 cup cooked
Spinach	1 cup cooked
Raw leafy greens: Spinach, romaine, Watercress, dark green leafy lettuce, Endive, escarole	2 cups raw = 1 cup vegetables

**Orange Vegetables**

Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)
Pumpkin	1 cup mashed, cooked
Sweetpotato	1 large baked (2 ¼" or more in diameter) 1 cup sliced or mashed, cooked
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked

**Dry beans and peas**

Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked
Tofu	1 cup ½" cubes (about 8 ounces)

**Starchy Vegetables**

Corn, yellow or white	1 cup 1 large ear (8" to 9" long)
Green peas	1 cup
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 ½" to 3" diameter) French fried: 20 medium to long strips (2 ½" to 4" long)

**Other Vegetables**

Bean sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces or florets raw or cooked
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped
Green or wax beans	1 cup cooked
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3-3/4" long)
Lettuce, iceberg or head	2 cups raw, shredded = to 1 cup of vegetables
Mushrooms	1 cup raw or cooked
Onions	1 cup chopped, raw or cooked
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked
Tomato or mixed vegetable juice	1 cup
Summer squash or zucchini	1 cup cooked, sliced or diced