




**What Dark Green
vegetables can you use to
substitute broccoli to meet
the vegetable requirement?**

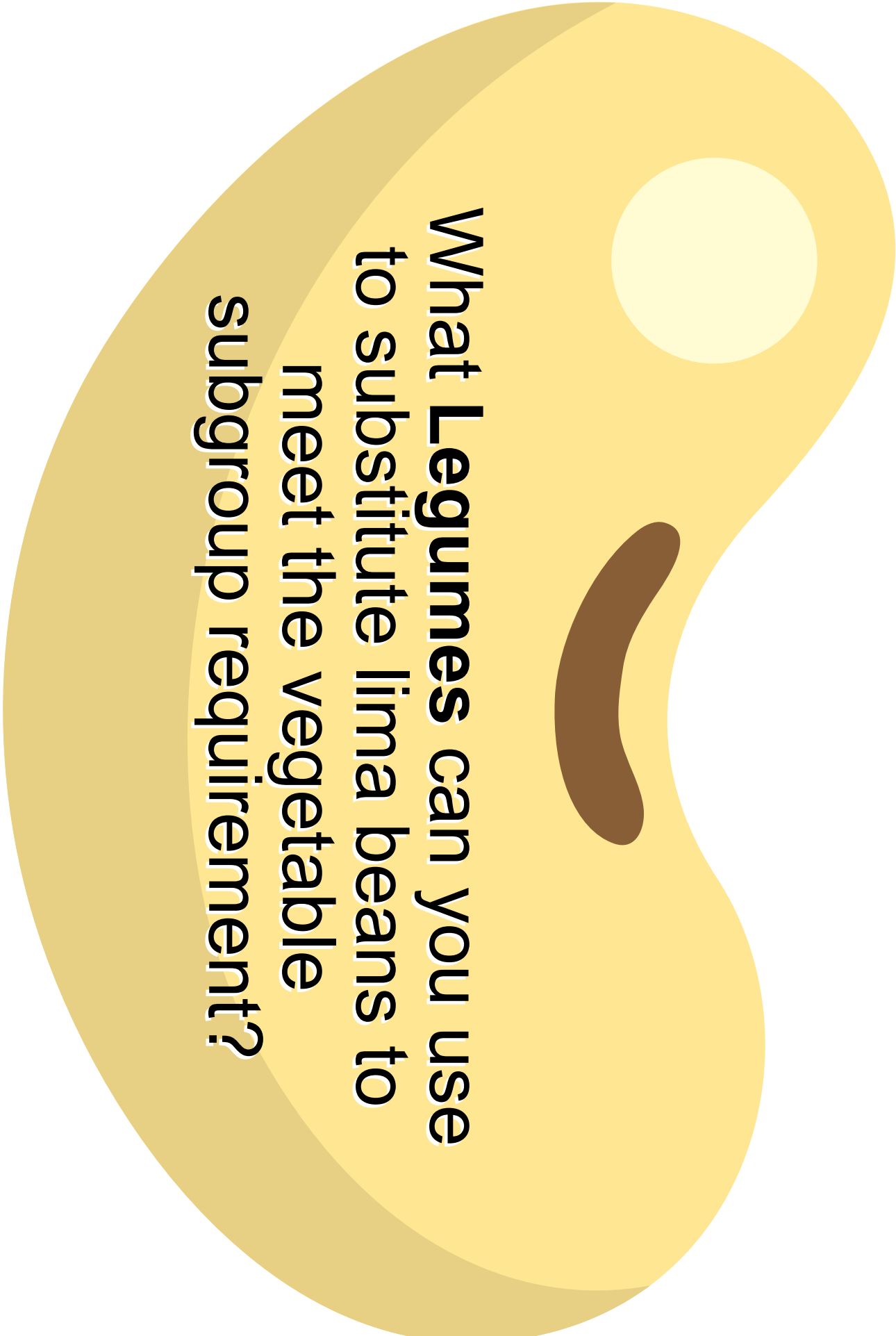
- **Boy Choy**
- **Broccoli**
- **Collard**
- **Greens**
- **Dark Green**
- **Leafy Lettuce**
- **Kale**

- **Mustard**
- **Greens**
- **Spinach**
- **Swiss**
- **Chard**
- **Turnip**
- **Greens**
- **Watercress**



**What Other
vegetables can you
use to substitute
cabbage to meet the
vegetable subgroup
requirement?**

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- **Green**
 - **Beans**
 - **Green**
 - **Peppers**
 - **Iceberg**
 - **Lettuce**
 - **Mushrooms**
 - **Okra**
 - **Onions**
 - **Parsnips**
 - **Turnips**
 - **Wax Beans**
 - **Zucchini**
 - **Artichokes**
 - **Asparagus**
 - **Avocado**
 - **Bean**
 - **Sprouts**
 - **Beets**
 - **Brussel**
 - **Sprouts**
 - **Cabbage**
 - **Cauliflower**
 - **Celery**
 - **Cucumbers**
 - **Eggplant**



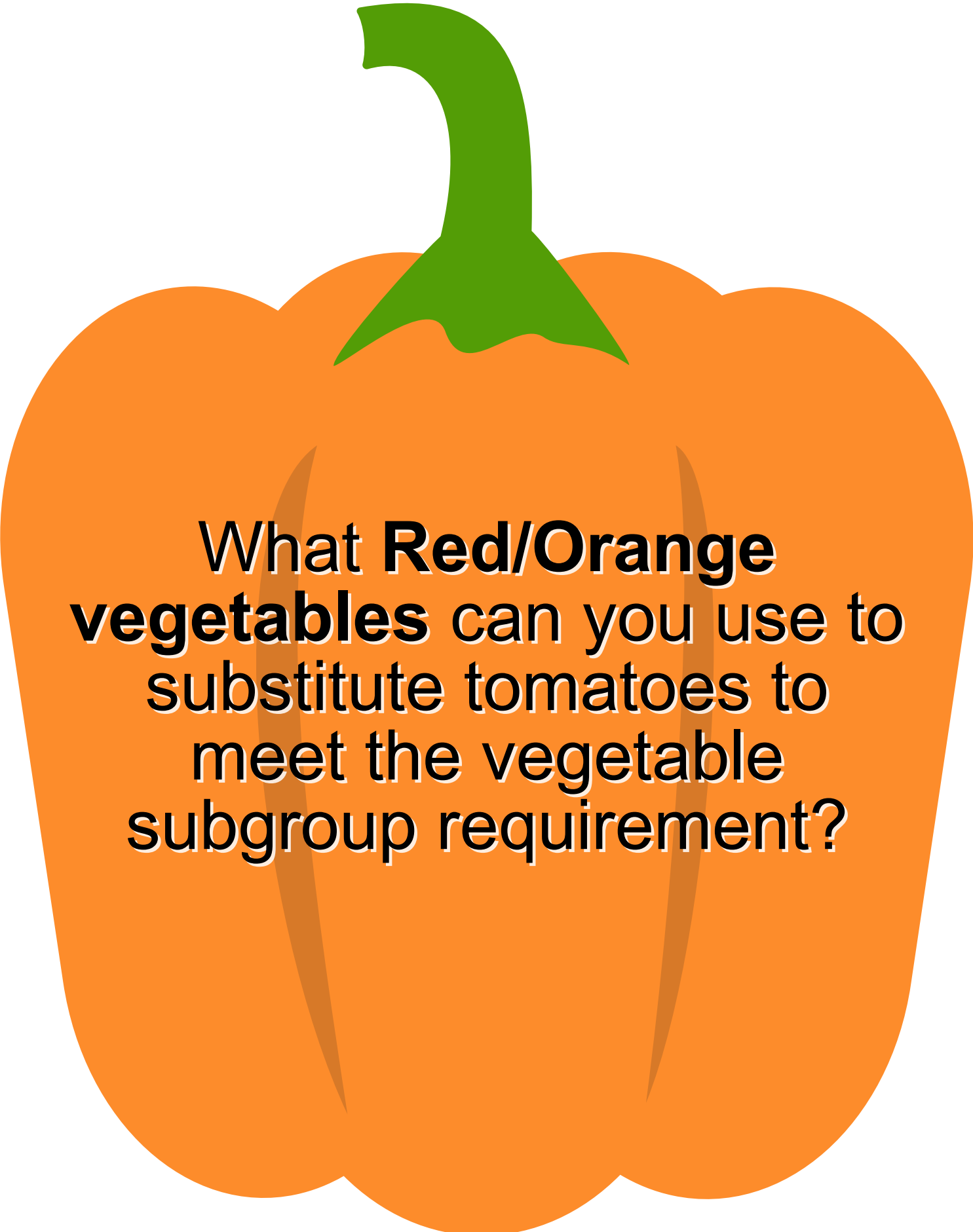
What **Legumes** can you use
to substitute lima beans to
meet the vegetable
subgroup requirement?

L2

- **Black beans**
- **Black-eyed peas (mature, dry)**
- **Cowpeas**
- **Edamame**
- **Fava beans**

- **Garbanzo beans (chickpeas)**
- **Great Northern beans**
- **Kidney beans**
- **Lentils**
- **Mung beans**
- **Navy beans**
- **Pink Beans**

- **Pinto beans**
- **Red beans**
- **Refried beans**
- **Soy beans (mature, dry)**
- **Split peas**
- **White beans**



**What Red/Orange
vegetables** can you use to
substitute tomatoes to
meet the vegetable
subgroup requirement?

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- **Bell peppers (red, orange)**
 - **Carrots, orange**
 - **Cherry peppers**
 - **Orange peppers**
 - **Pimientos**
 - **Pumpkin**
 - **Red chili peppers**
 - **Red peppers**
 - **Spaghetti squash**
 - **Sweet potatoes/yams**
 - **Tomatoes**
 - **Tomato juice**
 - **Winter squash (acorn, butternut, Hubbard)**

Which vegetables can be used as a substitute for corn to fulfill the requirements of the **starchy subgroup**?

- Black-eyed peas, fresh (not dry)
- Corn
- Cassava (yuca)
- Cowpeas, fresh (not dry)
- Field peas, fresh, (not dry)
- Green bananas
- Green peas
- Hominy, whole (canned, drained)
- Jicama
- Lima beans, green (not dry)
- Parsnips
- Pigeon peas, fresh (not dry)
- Plantains
- Potatoes
- Poi
- Taro (malanga)
- Water chestnuts