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
- Leafy Lettuce
- Mustard Greens
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress
What other vegetables can you use to substitute cabbage to meet the vegetable subgroup requirement?
What Legumes can you use to substitute lima beans to meet the vegetable subgroup requirement?
- 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?
- 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 (yucca)
- 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