



Vegetable Subgroups

ARIZONA DEPARTMENT OF EDUCATION

The chart below identifies commonly eaten vegetables in each subgroup. Please refer to the USDA Food Buying Guide for School Meal Programs for an exhaustive list of vegetables and their corresponding subgroup category.

DARK GREEN	RED/ORANGE	STARCHY	BEANS & PEAS (LEGUMES)							
<ul style="list-style-type: none"> • arugula • beet greens • bok choy • broccoli • broccoli rabe (rapini) • broccolini • butterhead lettuce (Boston, bibb) • chicory • cilantro • collard greens • endive • escarole • fiddle heads • grape leaves • kale • mesclun • mustard greens • parsley • spinach • Swiss chard • red leaf lettuce • romaine lettuce • turnip greens • watercress 	<ul style="list-style-type: none"> • carrots • orange peppers • pimientos • pumpkin • peppers, bell (red and orange) • red chili peppers • salsa (all vegetables) • sweet potatoes/yams • tomatoes • tomato juice • winter squash (acorn, butternut, Hubbard) 	<ul style="list-style-type: none"> • corn • cassava (yuca) • cowpeas, fresh (not dry) • field peas, fresh (not dry) • green peas • jicama • lima beans, green (not dry) • parsnips • pigeon peas, fresh (not dry) • plantains • potatoes • poi • taro (malanga) • water chestnuts 	<ul style="list-style-type: none"> • black beans • black-eyed peas (mature, dry) • cowpeas • fava beans • garbanzo beans (chickpeas) • Great Northern beans • kidney beans • lentils • lima beans, dry • mung beans • navy beans • pink beans • pinto beans • red beans • refried beans • soy beans/edamame • split peas • white beans 							
<table border="1"> <thead> <tr> <th data-bbox="44 1076 296 1383">OTHER</th> <td data-bbox="304 1076 598 1383"> <ul style="list-style-type: none"> • artichokes • asparagus • avocado • bamboo shoots • bean sprouts, cooked only (for food safety) • beans, green • beets </td> <td data-bbox="606 1076 882 1383"> <ul style="list-style-type: none"> • Brussels sprouts • cabbage (green, red, celery, Napa) • cactus (nopales) • cauliflower • celeriac • celery • chayote (mirliton) </td> <td data-bbox="890 1076 1113 1383"> <ul style="list-style-type: none"> • chives • cucumbers • dalkon • eggplant • fennel • garlic • horseradish • iceberg lettuce </td> <td data-bbox="1121 1076 1396 1383"> <ul style="list-style-type: none"> • kohlrabi • leeks • mushrooms • okra • olives • onions • peas in a pod (snap peas, snow peas) </td> <td data-bbox="1404 1076 1680 1383"> <ul style="list-style-type: none"> • pepperoncini • peppers (green sweet bell, green chilies, jalapeño, purple, yellow) • pickles (cucumber) • radishes • rhubarb </td> <td data-bbox="1688 1076 2062 1383"> <ul style="list-style-type: none"> • seaweed • sauerkraut • shallots • squash, spaghetti, yellow summer, zucchini • tomatillo • turnips • wax beans </td> </tr> </thead></table>				OTHER	<ul style="list-style-type: none"> • artichokes • asparagus • avocado • bamboo shoots • bean sprouts, cooked only (for food safety) • beans, green • beets 	<ul style="list-style-type: none"> • Brussels sprouts • cabbage (green, red, celery, Napa) • cactus (nopales) • cauliflower • celeriac • celery • chayote (mirliton) 	<ul style="list-style-type: none"> • chives • cucumbers • dalkon • eggplant • fennel • garlic • horseradish • iceberg lettuce 	<ul style="list-style-type: none"> • kohlrabi • leeks • mushrooms • okra • olives • onions • peas in a pod (snap peas, snow peas) 	<ul style="list-style-type: none"> • pepperoncini • peppers (green sweet bell, green chilies, jalapeño, purple, yellow) • pickles (cucumber) • radishes • rhubarb 	<ul style="list-style-type: none"> • seaweed • sauerkraut • shallots • squash, spaghetti, yellow summer, zucchini • tomatillo • turnips • wax beans
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Sourced from USDA's Food Buying Guide for School Meal Programs and adapted from the Connecticut State Department of Education, Vegetable Subgroups.



Subgrupos de Verduras

DEPARTAMENTO DE EDUCACIÓN DE ARIZONA

La siguiente tabla identifica las verduras que se comen comúnmente en cada subgrupo. Por favor refiérase a la Guía de Compra de Alimentos del USDA Para Programas de Alimentación Escolar para una lista completa de verduras y categoría de subgrupos.

VERDE OSCURO

- arrúgala
- betabel verde
- repollo chino
- brócoli
- broccoli rabe
- bróccolini
- lechuga francesa
- espinaca
- repollo
- achicoria
- cilantro
- berros
- berza
- lechuga romana
- escarola
- helechos
- hojas de uva
- col
- hojas de mostaza
- mézclum
- perejil
- acelga suiza
- lechuga de hoja roja
- nabo verde

ROJO/ANARANJADO

- zanahorias
- chiles rojos
- chiles anaranjados
- pimientos
- calabaza
- chile morrón (rojo y anaranjado)
- salsa (todas las verduras)
- camotes
- tomates
- jugo de tomate
- calabaza de invierno

AMILACEO

- elote
- yuca
- guisantes, fescos (no secos)
- guisantes forrajeros, frescos (no secos)
- chicharos
- frijol lima, verde (no seco)
- chivería
- gandules, frescos (no secos)
- papas
- poi
- malanga
- castañas de agua

FRIJOLES Y CHICHAROS (LEGUMBRES)

- frijoles negros
- frijoles de ojo negro
- guisantes
- habas
- garbanzo
- grandes habas del norte
- habichuelas coloradas
- lentejas
- frijol lima
- frijol mungo
- frijol blanco
- frijol rosa
- frijol pinto
- frijol rojo
- frijoles refritos
- soja
- guisante partido

OTRO

- alcachofa
- esparrago
- aguacate
- brotes de bambú
- brotes de soya, cocinados (para seguridad de comida)
- frijoles, verdes y amarillos de cera
- betabel
- coles de bruselas
- repollo, verde y rojo
- nopales
- coliflor
- raíz de apio
- apio
- chayote
- cebolla verde
- pepinos
- rábano daikon
- berenjena
- hinojo
- ajo
- rábano picante
- lechuga redonda
- colirrabano
- puerro
- hongos
- okra
- olivos
- chicharos con vaina
- pepperoncini
- chiles (morrón verde, dulce, chiles verdes, jalapeño, morado, amarillo)
- pepinillos
- rábanos
- nabos
- ruibarbo
- alga
- chucrut
- tirabeque
- guisante
- calabaza espagueti
- nabo
- frijoles de cera
- calabaza de verano amarilla
- calabacitas

Procedente de la guía de USDA Guía de Compra de Alimentos Para los Programas de Alimentación Escolar y adaptado por el Departamento de Educación de Connecticut, Subgrupos de Verduras