

Meal Component Specifications for Older Americans Act Program

DAILY Meal Component & Minimum # of Servings	Serving Sizes and Examples
Grains – 1 Serving Half of all grains offered will be whole grain. When refined grains are offered, they should be enriched.	1 regular slice bread, ½ cup cooked (Rice, Pasta, Noodles, Barley, Oatmeal, etc.), 1-1 ¼ cup ready-to-eat cereal, 1- 6” tortilla, ½ regular size bun, 1 biscuit, 1 muffin, ½ English muffin, ½ c. stuffing/dressing, 5-7 crackers
Vegetable and/or Fruit – 3 Servings (Combined Daily Total) 1 serving equals: ½ cup cooked or fresh, 1 cup raw leafy greens, ½ cup 100% juice, or ¼ cup dried fruit. Soup is typically an 8 oz. (1 cup) serving; however, the portion size should be noted on the menu by the person approving the menus. The list below is NOT comprehensive. For a complete list see “Vegetable Subgroups” on page 11 of this document. Also, additional information for portion sizes can be found on pages 4, 5, & 7 under the Fruit, Vegetable and Dessert Sections.	
<ul style="list-style-type: none"> • Dark Green: At least 1 serving per week** 	Beet greens, Bok choy, Broccoli, Collard greens, Dark green leafy lettuce, Endive or escarole, Kale, Mustard greens, Parsley, Romaine lettuce, Spinach, Turnip greens, Watercress
<ul style="list-style-type: none"> • Red/Orange: At least 2 servings per week** 	Carrots, Pumpkin, Red peppers, Sweet potatoes, Tomatoes Tomato juice, Winter squash (acorn, butternut, Hubbard)
<ul style="list-style-type: none"> • Beans/Peas: At least 1 serving per week** 	Black beans, Black-eyed peas (mature, dry), Garbanzo beans (chickpeas) Great northern beans, Kidney beans, Lentils, Mung beans, Navy beans Pink beans, Pinto beans, Red beans, Soybeans, Split peas, White beans
<ul style="list-style-type: none"> • Starchy: At least 2 servings per week** 	Corn (yellow or white), Green lima beans, Green peas, Parsnips Potatoes, Water chestnuts
<ul style="list-style-type: none"> • Other Veggies: as desired 	Asparagus, Bean Sprouts, Beets, Brussel Sprouts, Cabbage, Cauliflower, Celery, Cucumbers, Green or Wax Beans, Green Peppers, Iceberg or Head Lettuce, Mushrooms, Onions, Summer Squash, Zucchini
Fluid milk- 1 Serving	8 fluid ounces or 1 cup - skim or 1%, is preferred and can be white or chocolate. See page 6 for additional information on allowable milk choices.
Protein foods- 3 oz. Each meal must include a total of 3 edible ounces of protein.	3 oz. of meat, fish, cheese, ¾ cup cottage cheese, 1 ½ cup Bean soup, ¾ cup cooked beans/legumes. Or Use a combination of any of the following to equal 3 ounces: 1 ounce cooked meat, poultry, fish = 1-ounce protein 1 egg = 1-ounce protein, 1-ounce cheese = 1-ounce protein 2 Tablespoons hummus = 1-ounce protein ½ ounce peanuts, tree nuts, or soy nuts = 1-ounce protein
Fats and oils – 1 Serving	1 teaspoon served on side or used in cooking.
Dessert – 1 Serving (optional)	½ cup - Fruit or vegetable offered as a dessert or contained in a dessert may count toward the fruit or vegetable component, respectively.

** Based on 5-day week. The Meal Pattern is based on the current Dietary Guidelines for Americans <https://health.gov/dietaryguidelines/2015/guidelines/>

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Portion Sizes

- The caterer will follow standardized portion control procedures to ensure that each served meal is uniform and satisfies meal pattern requirements and helps prevent shortages. This will be done by marking the serving size and recommended serving utensil on the menu for people serving the food to follow.

MEAL COMPONENTS

Protein Foods

At least 3-oz. equivalent of edible protein foods must be offered as part of each meal.

- 3 oz. cooked meat (3 oz. = 1 small steak or hamburger)
- 3 oz. cooked poultry, 3 sandwich slices of deli meat (3 oz. = 1 small chicken breast)
- 3 oz. cooked fish or seafood (3 oz. = 1 small salmon steak or trout)
- 6 oz. frankfurter
- 3 large eggs
- 3/4 cup cooked dry beans or peas, 1 1/2 cup split pea soup, 1 1/2 cup lentil soup, 1 1/2 cup black bean soup, 3 falafel patties (2 1/4" across)*
- 3/4 cup tofu
- 3 oz. cooked tempeh
- 6 Tablespoons hummus
- 3/4 cup cottage cheese (3 oz. equivalent)
- 3 Tablespoon nut/seed butter

Items that can be added on days with casseroles or when additional protein is needed:

- 1/2 oz. nuts, 12 almonds, 24 pistachios, 7 walnut halves (1 oz. equivalent)
- 1/2 oz. seeds (1 oz. equivalent)
- 1/4 cup ricotta cheese (1 oz. equivalent)
- 1 oz. cheese (hard or soft)
- 2 oz. processed cheese food or cheese spread (1 oz. equivalent)
- 1/2 cup yogurt, Greek yogurt, or soy yogurt (plain, flavored, sweetened, unsweetened) (1 oz. equivalent)

* Because of their high nutrient content, beans/peas can be counted as either a vegetable or protein food **but not both in the same meal.**

Guidelines for offering protein foods:

- Fillers or breading used in preparation are not to be counted as part of the portion weight.
- Meat portions weigh less after cooking. Plan to allow for shrinkage.
- Take into account the inedible parts, such as bone, skin, and sometimes fat, which will not count as part of the portion.
- Select some fish and seafood that are rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.
- Casserole entrées (combination of meat and starch, vegetable, cooked dried beans or creamed sauce) are cost-effective. However, because it can be difficult to meet the protein food requirement, recipes can be adjusted accordingly by supplementing the meal with additional protein-rich products.
- When planning and serving vegetarian meals, combine foods which are considered "incomplete proteins" to create "complete protein" foods (e.g., legumes with grains = complete protein; beans with corn = complete protein; beans with rice = complete protein; peanuts with wheat = complete protein).
- **Reduce fat by:**
 - Preparing protein foods with little or no fat. Using oil instead of solid fat.
 - No Deep Fried Foods
 - Choosing low-fat prepared foods
 - Choose lean or low-fat meat and poultry.

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- Most cheese offered should be reduced fat or low fat.
- Most yogurt offered should be fat free or low fat.
- **Reduce sodium by:**
 - Lessening salt in recipes
 - Make soups or stews from scratch without purchased soup base, use reduced sodium soup base for soups and stews, or dilute high sodium soup base.
 - Choosing protein foods which are relatively low in sodium.
 - Limit processed meats such as ham, bacon, sausage, frankfurters, and luncheon or deli meats that typically have added sodium.
 - Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as “self-basting” or “contains up to ___% of ___”, which mean that a sodium-containing solution has been added to the product.
- Choose unsalted nuts and seeds.
- Prepare meat, poultry, and fish without breading
- Choose lower sodium cheeses
- Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the nutrient requirements and cannot be counted as a protein food.
- Cheese must be pasteurized and soft cheeses such as feta, brie, camembert, blue-veined cheeses, and queso fresco should be used with extreme caution, as they are at increased risk for contamination with *Listeria monocytogenes*.

Grains

Examples of serving sizes for some foods in this group are as follows:

- ¼ large bagel or 1 mini bagel
- 1 biscuit, 2 inches across
- 1 regular slice bread, 1 small slice French bread, 4 snack size slices
- ½ cup cooked grains (barley, bulgur, rice, pasta, noodles)
- 1 piece of cornbread, 2½-in. x 1 ¼” x 1 ¼”
- 7 crackers (square or round), 5 whole wheat crackers
- ½ English muffin
- 1 muffin, 2½ in. across
- ½ cup cooked oatmeal, 1 packet instant oatmeal
- 1 pancake (4 ½” across), 2 pancakes (3” across)
- 1 cup ready-to-eat cereal (flakes, rounds), 1 ¼ cup puffed
- 1 flour or corn tortilla (6” across)
- ½ regular size bun

- ½ cup dressing/stuffing

Guidelines for offering grains:

- Half of all grains offered will be whole grain.
- When refined grains are offered, they should be enriched.
- Offer a variety of low-fat, whole-grain, wheat, bran, or rye bread, as well as cereal products.
- **Limit high-fat bread and bread-alternate** selections such as biscuits, quick bread, muffins, cornbread, dressings, croissants, fried hard tortillas and other high-fat crackers.
- **Potatoes do not count as a grain meal component; they are a vegetable.**
- **Reduce sodium by:**
 - Choosing not to add salt to cooking water for pasta or rice.
 - Choosing lower sodium sandwich breads, rolls, bagels, and buns.

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Fruit

Serving sizes are generally as follows:

- ½ cup of fresh, frozen, or canned fruit, cooked or raw
- ¼ cup dried fruit
- ½ cup of 100% fruit juice
- 1 small piece fresh fruit
- 16 grapes

Guidelines for offering fruit:

- No more than one serving per meal may come from fruit juice.
- Prepare fruit without added fat or sugar whenever possible.
 - Use fresh, frozen, or canned fruits; packed either in their own juice, or in light syrup, or without sugar.
 - For people with diabetes, the most commonly recommended dessert is fruit, which should be fresh, frozen or canned; without added sugar or packed in natural juice.
- Molded salads can count as a fruit/vegetable serving if the recipe is modified so that each serving contains a minimum of 1/8 cup of fruit/vegetable, then it can be counted toward the daily total.
- Fruits make meals attractive and offer variety in color, flavor, texture and shape.
- Some fresh fruit may need to be cut, sliced, or peeled for easier chewing.

Vegetables

Serving sizes are generally as follows:

- ½ cup of fresh, frozen, or canned vegetables, cooked or raw
- ½ cup mashed vegetables, cooked
- ½ cup cooked beans/peas
- 1 cup of raw leafy greens
- ½ cup of 100% vegetable juice
- 1 medium carrot, approximately 6 baby carrots
- 1 small bell pepper
- 1 small raw whole tomato (2 ¼” across), 1 medium canned tomato
- ½ large baked sweet potato (2 ¼” across)
- Approximately ½ acorn squash
- 1 small ear of corn (about 6” long)
- ½ medium white potato (2 ½” to 3” across)
- 1 large stalk of celery (11” to 12” long)

Based on their nutrient content, vegetables are organized **into five subgroups**: dark green vegetables, red/orange vegetables, starchy vegetables, beans and peas, and other vegetables. Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. *The list is not all-inclusive. Please visit for Full Chart:*

<https://www.isbe.net/Documents/vegetable-subgroups.pdf> or see chart at end of this document.

Food Buying Guide <http://fbg.nfsmi.org/> You can search by food groups and this is handy for ordering veggies in the various color categories. Just select “Food Categories” and you will see

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Dark Green, Red/Orange, Legume/Bean, etc... this can help give you ideas under the vegetable and fruit color requirements. <http://fbg.nfsmi.org/descriptions.aspx?group=2>

Guidelines for offering vegetables:

- No more than one serving per meal may come from vegetable juice.
- **Reduce fat by:**
 - Preparing vegetables with little or no fat.
 - Steaming, baking or boiling vegetables rather than frying
- Offer fiber-rich vegetables (including raw and cooked).
- Offer fresh or frozen vegetables whenever possible.
- **Reduce sodium by:**
 - Choosing not to add salt to cooking water for vegetables.
 - Using canned vegetables less often and fresh or frozen vegetables without added sauce or sodium more often.
 - Preparing potatoes without added salt.
 - Serving lower sodium vegetable juice.
 - Choosing lower sodium canned tomato products
- **Noodles, pasta, spaghetti, rice or dressing are grains, not vegetables.**
- Vegetables make meals attractive and offer variety in color, flavor, texture and shape.
- Some vegetables may need to be cut, sliced, or peeled for easier chewing.

Molded salads can count as a vegetable serving if the recipe is modified so that each serving contains a serving of vegetable. **However, there must be at least 1/8 of a cup offered that can count toward the total. For example, 1/4 cup raisins + 1/4 cup carrots in carrot raisin salad = 1/2 cup serving OR 1/8 cup dried fruit in a salad plus 3/4 cup lettuce = 1 serving of the required 3 fruit/veggie combination.**

- Potatoes count as a vegetable. Instant or dehydrated potatoes must be enriched with vitamin C.
- **Green peas and green (string) beans are not considered to be beans/peas. Green peas are similar to other starchy vegetables and are grouped with them. Green beans are considered “other” vegetables because their nutrient content is similar to those foods.**

Dark Green Vegetables	Vegetables (Red Orange)	Starchy Vegetables:	Beans/Peas:
Beet greens	Carrots	Cassava (yucca)	Black beans
Bok choy	Pimentos	Corn (yellow or white)	Black-eyed peas (mature, dry)
Broccoli	(cherry pepper)	Green lima beans	Garbanzo beans (chickpeas)
Collard greens	Pumpkin	Green peas	Great northern beans
Dark green leafy lettuce	Red peppers	Parsnips	Kidney beans
Endive or escarole	Sweet potatoes	Potatoes	Lentils
Grape leaves	Tomatoes	Water chestnuts	Mung beans
Kale	Tomato juice		Navy beans
Mustard greens	Winter squash	Other Vegetables	Pink beans
Parsley	(acorn, butternut, Hubbard)	Asparagus, Bean Sprouts, Beets,	Pinto beans
Romaine lettuce		Brussel Sprouts, Cabbage, Cauliflower	Red beans
Spinach		Celery, Cucumbers, Green or Wax Beans	Soybeans
Turnip greens		Green Peppers, Iceberg or Head Lettuce	Split peas, White beans
Watercress		Mushrooms, Onions, Summer Squash,	
		Zucchini	

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Fluid Milk

Serving size is generally 8 fluid ounces (1 cup).

The following are all allowable foods for the milk component as long as they are fortified with vitamin D:

- skim or nonfat milk, if possible (white or chocolate)
- low-fat milk (one percent, white or chocolate)
- cocoa or hot chocolate *that is made from fluid milk only*
- lactose-reduced milk
- lactose-free milk
- soy milk fortified with calcium and Vitamins A and D

- low-fat or fat-free buttermilk
- goat's milk (must be pasteurized)
- powdered and/or shelf-stable milk

Guidelines for offering milk:

- Most fluid milk products offered should be low-fat or fat-free.
- Cream, sour cream, and cream cheese are not included as allowable foods for the milk component because they are low in calcium.
- Butter is considered a fat/oil.

Fats and Oils

Serving size is generally one teaspoon. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common fats are: butter, milk fat, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, shortening, and partially hydrogenated oil. A few plant oils, including coconut oil, palm oil, and palm kernel oil, are high in saturated fats and for nutritional purposes are considered to be solid fats.

Guidelines for offering fats and oils:

- When bread is not a part of the menu, fats and oils used in cooking can be counted for the one teaspoon in the meal pattern.
- Fats and oils may be offered as a spread, dip, or topping for a menu item.
- Wisconsin law requires that customers (i.e. participants) be told which spread is margarine and which one is butter.
- Reduce consumption of saturated fat and cholesterol by:
 - Substituting polyunsaturated margarine for butter, lard and saturated fats whenever possible.
 - Using food-preparation methods which add as little fat as possible.
 - Increasing food-preparation use of monounsaturated and polyunsaturated vegetable oils, such as olive, peanut, corn, safflower, canola, cottonseed and soybean oils.
 - Eliminating palm oil in food preparation.
- Reduce sodium by:
 - Making salad dressings from scratch without added salt.
 - Use “low sodium” or “reduced sodium” salad dressing
 - Make sauces from scratch without purchased soup base or use reduced sodium soup base for sauces.

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- Using olive oil, vegetable oil, and unsalted butter in cooking rather than salted butter.
- Serving salad dressing on the side.
- Gravies and sauces are a key component for temperature control in home-delivered meals; they are often a necessity. Numerous recipes and mixes for low-fat and low-sodium gravies and sauces are available for use in entrées.
- To successfully implement these suggestions with meal providers, review ingredients of ready-prepared products and make changes when possible.

Dessert (OPTIONAL)

Fruit or vegetable offered as a dessert or contained in a dessert may count toward the fruit or vegetable component, respectively. However, there must be at least 1/8 of a cup offered that can count toward the fruit/vegetable component. ex. (1/8 cup raisins + 1/8 cup craisins + 1/4 cup apples all in an apple crisp recipe = 1 1/2 servings fruit/vegetable) OR (1/8 cup craisins in a salad + 1/8 cup raisins in an oatmeal cookie = 1 fruit/vegetable serving) OR 1/4 cup raisins + 1/4 cup carrots in carrot raisin salad = 1 1/2 fruit/vegetable servings).

Guidelines for offering dessert:

- Increase consumption of fruits and complex carbohydrates to provide adequate fiber and to lower fat and cholesterol.
- Low-sugar or sugar-free desserts will be available to individuals who request them for health reasons.
- Increase nutrients and reduce fat by preparing desserts with little or no fat.
 - Consider substituting applesauce, mashed banana, mashed or pureed beans, shredded carrots, zucchini, etc... into recipes
- Limit frequency of desserts high in sugar and fat.
- Offer plain cookies, angel food cake, gingerbread, pudding, yogurt, cakes without frostings, or pies made with recipes altered to provide less sugar and less fat.
- Because ice cream is high in saturated fat, offer it only occasionally, or as a small amount of topping on a fruit dessert. Ice milk, sherbet, sorbet as good alternatives.
- Offer low-fat milk and calcium-containing desserts such as frozen yogurt, low-fat custards and low-fat pudding, yogurt parfait, etc.
- To successfully implement these suggestions with meal providers, review ingredients of ready-prepared products and make changes when possible.

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Each Meal Must Contain:

Figure 8.5.5.1 Nutrient Standards for Nutrition Program Meals

Nutrition Standards for Average of Weekly Menu			
	Minimum Requirements (unless otherwise noted)		
	1 meal per day	2 meals per day	3 meals per day
Calories	675 calories	1350 calories	2000 calories
Protein	19 g	38 g	56 g
Dietary Fiber	8 g	16	24
Saturated Fat	<10% of calories		
Calcium	400 mg	800 mg	1200 mg
Potassium	1565 mg	3140 mg	4700 mg
Sodium	1200 mg or less*	2400 mg or less*	3600 mg or less*
Magnesium	110 mg	220 mg	330 mg
Zinc	4 mg	8 mg	11 mg
Vitamin A	275 mg RAE	535 mg RAE	800 mg RAE
Vitamin B6	0.6 mg	1.1 mg	1.6 mg
Vitamin B12	0.8 mcg	1.6 mcg	2.4 mcg
Vitamin C	30 mg	60 mg	90 mg
Vitamin D	120 IU	240 IU	360 IU
Folate/Folic Acid	135 mcg	270 mcg	400 mcg

*target value is 1200 mg. Up to 1400 mg is allowable.

Here is the link for USDA Super Tracker that you can use to analyze your menus.

<https://www.supertracker.usda.gov/>

- A list of high potassium foods can be found at <https://health.gov/dietaryguidelines/2015/guidelines/appendix-10/> .
- Food sources of Fiber <https://health.gov/dietaryguidelines/2015/guidelines/appendix-13/>
- Food Sources of Vitamin D can be found at <https://health.gov/dietaryguidelines/2015/guidelines/appendix-12/>

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FREE Quantity Recipes that incorporate fruits and vegetables:

Please check these out, it's a great way to make the foods not only more nutritious but also tastes great and is healthier. Disclaimer: we are sharing this list as informational only and not specifically endorsing any site.

Cook Eat Share: Food for Fifty Recipes: <http://cookeatshare.com/popular/food-for-fifty-recipes>

Ellen's Kitchen A good selection of recipes using "big pots"
<http://www.ellenskitchen.com/bigpots/>

Freezing Prepared Foods: This is an excellent reference on how to freezing prepared foods.
http://www.clemson.edu/extension/hgic/food/food_safety/preservation/hgic3065.html

Fruit and Veggie Quantity Cookbook. There are recipes for all parts of the meal and for breakfast. This is a fabulous resource and a must see.
<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>

Growlies for Groups On-Line Cookbook: This site has a large variety of large quantity recipes- it's a must visit site! <http://members.tripod.com/~lotsofinfo/index.html> You can find Food Service Recipes directly at this link <http://lotsofinfo.tripod.com/foodservicelist.html>

Healthy Recipes and Cooking Guides from New Hampshire Dept. of Health and Human Services. <http://www.dhhs.nh.gov/dphs/nhp/healthyrecipescooking.htm>

Healthy Recipes for Healthy Kids-Cookbook for Schools from USDA. These recipes aren't just for kids, check them out at
<http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbookforschools.pdf>

Integrative Publishing Quantity Food Cooking and Recipes
<http://www.tpub.com/content/food/recipes/> and <http://bulkfoodrecipes.tpub.com/recipes/>

National Foodservice Management Institute (NFSMI)
<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTEwMiZpc01ncj10cnVl>

Razzle Dazzle Recipes: This is a nice variety of large-size recipes at this site. This site also has a recipe converter. <http://www.razzledazzlerecipes.com/quantity/index.htm>

Recipe Hut.com This site has some recipes for more picnic type meals. Scroll down to "Do it yourself catering recipes". The quantities are for 50 servings. It's worth looking at
<http://recipehut.homestead.com/Bulk.html>

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Sebastian's Café, the cafeteria at the Harvard T.H. Chan School of Public Health. Quantity recipes: <https://www.hsph.harvard.edu/nutritionsource/recipes-2/food-service-recipes/>

South Dakota Department of Social Services This site has cycle menus, quantity recipes and a wealth of information! <http://dhs.sd.gov/ltss/menusandrecipes.aspx>

Soy Connection.com This site is wonderful if you want to add some vegetarian entrees to your menus. The recipes allow you to enter the quantity you want to make and it automatically recalculates the recipe! They also offer a menu planner. Check it out at <http://www.soyconnection.com/recipes/index.php>

Sysco Foods: They have recipes with nutrient analysis available. Click on this link and then look at the left hand side to choose the category you want <http://www.kc.sysco.com/recipes/recipes.html>

The Lunch Box: Recipes and Cycle Menus <http://www.thelunchbox.org/recipes-menus/>

- 6 week Lunch Cycle Menus <http://www.thelunchbox.org/recipes-menus/menu-cycles/?tab=sub-4-2>
- 1 Week Breakfast Menus <http://www.thelunchbox.org/recipes-menus/menu-cycles/?tab=sub-4-1>
- Searchable Recipes that have nutrient analysis, costing and quantities can be modified and exported as a pdf or excel file <http://www.thelunchbox.org/recipes-menus/recipes?page=2>

US Foodservice: Has recipes available by category, visit them at <http://www.usfoods.com/food/recipes.html> Note: some of the recipes don't tell you the number of servings that each recipe makes or the serving utensil to use.

USDA Large Quantity Recipes <https://whatscooking.fns.usda.gov/search/quantity>

West Virginia Department of Education: Cycle Menus and Recipes from <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/>

Yummly.com This is a very interesting site that has many special diet and search tips. Here is the link for the quantity recipes <http://www.yummly.com/recipes?q=quantity>

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Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> ▪ beet greens ▪ bok choy ▪ broccoli ▪ chicory ▪ collard greens ▪ dark green leafy lettuce ▪ endive or escarole ▪ grape leaves ▪ kale ▪ mesclun ▪ mustard greens ▪ parsley ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	<p>Beans and Peas*</p> <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ great northern ▪ kidney beans ▪ lentils ▪ mung beans ▪ navy beans ▪ pink beans ▪ pinto beans ▪ red beans ▪ soy beans ▪ split peas ▪ white beans
<p>Starchy Vegetables</p> <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ jicama ▪ malanga or yautia (tannia, tannier) ▪ parsnips ▪ plantains ▪ poi (undiluted) ▪ potatoes ▪ taro ▪ water chestnuts 	<p>Other Vegetables</p> <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bamboo shoots ▪ bean sprouts ▪ beets ▪ breadfruit ▪ brussels sprouts ▪ cabbage ▪ cactus (nopales) ▪ cauliflower ▪ celery ▪ chayote (mirliton) ▪ cucumbers or pickles ▪ eggplant ▪ green beans ▪ green peppers ▪ iceberg (head) lettuce ▪ kohlrabi ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ pepperoncini ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini
<p>Red & Orange Vegetables</p> <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pimentos (cherry pepper) ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	

*For more information on Beans and Peas, refer to:
<http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>