

VARY YOUR VEGETABLES

Vegetables are an essential part of your family's diet. It's important to eat a variety of vegetables! Eat veggies from the vegetable subgroups - dark green, red and orange, starchy, beans and peas, and other. See the [Vegetable Group Food Gallery](#) for a complete list.

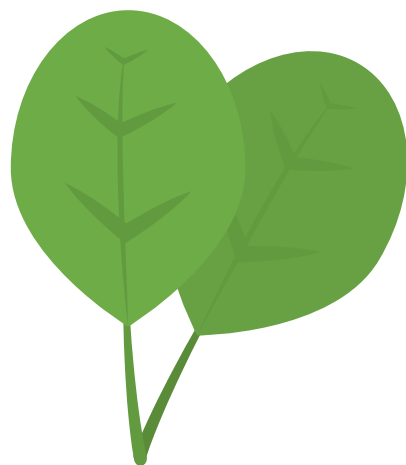


FUEL YOUR FAMILY

Dark Green Vegetables

Great source of Vitamin A and C, fiber, potassium, and magnesium

Examples: broccoli, spinach, kale, romaine lettuce, bok choy, dark green leafy lettuce



Red and Orange Vegetables

Rich in Vitamin A, potassium, and fiber

Examples: carrots, red bell peppers, pumpkins, tomatoes, red chili peppers, sweet potatoes, acorn squash, butternut squash



Starchy Vegetables

Source of carbohydrates and fiber

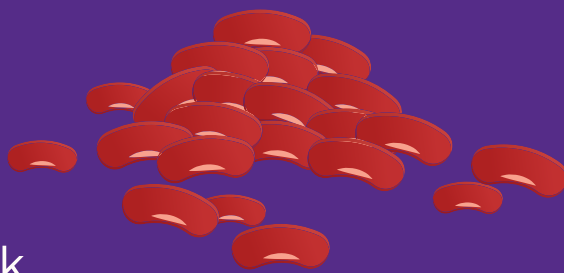
Examples: potatoes, peas, corn, parsnips, green lima beans



Beans and Peas (Legumes)

Great source of protein, minerals, and folate. They are part of the protein and vegetable food groups.

Examples: pinto beans, chickpeas, black beans, lentils, edamame



Other

"Other" subgroup vegetables vary in nutrients, so it's important to eat a variety

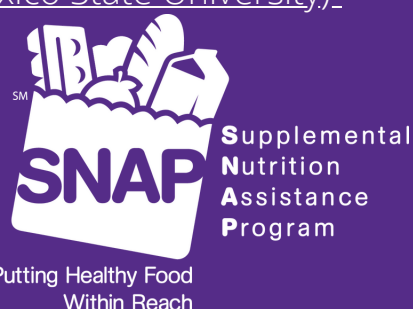
Examples: Cucumbers, tomatillos, onions, mushrooms, cabbages, eggplants, beets, avocados, asparagus, celery, green beans



Source: <https://www.choosemyplate.gov/eathealthy/vegetables/vegetable-group-food-gallery>.
"MyPlate - The Vegetable Group: Vary Your Veggies" (New Mexico State University).

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