Vegetable Group

Breaking it down … 5 sub-groups

The vegetable group now contains 5 sub-groups. MyPyramid gives weekly recommendations for each vegetable sub-group based on each calorie level.

- dark green vegetables: broccoli, greens, raw leafy greens (spinach, romaine, dark green leafy lettuce, endive, escarole)
- orange vegetables: carrots, pumpkin, sweet potato, winter squash
- dry beans and peas, tofu
- starchy vegetables: corn, green peas, white potatoes
- other: bean sprouts, green cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes, summer squash or zucchini, tomato or other vegetable juice

Potassium, Fiber, Folate, Vitamins A, E, C

Double Duty for Legumes

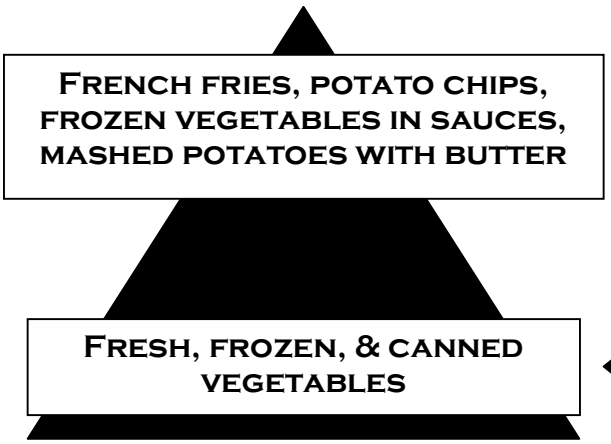
Legumes can count in either the vegetable group or the meat & bean group, but don't count in both groups. They contain at least one nutrient found in each group; fiber and protein.

Amounts are different for each group:
¼ cup = 1 oz. equivalent for meat and beans group;
1 cup beans = 1 cup vegetables.

Measuring up:

Amounts are now measured in cups.

1 cup of vegetables is equivalent to:
1 cup raw or cooked vegetables or vegetable juice,
or
2 cups raw leafy greens



MyPyramid & Food Choices

Foods with added fat and sugars are at the top of the color band.

Nutrient-dense foods are at the bottom of the color band.

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