

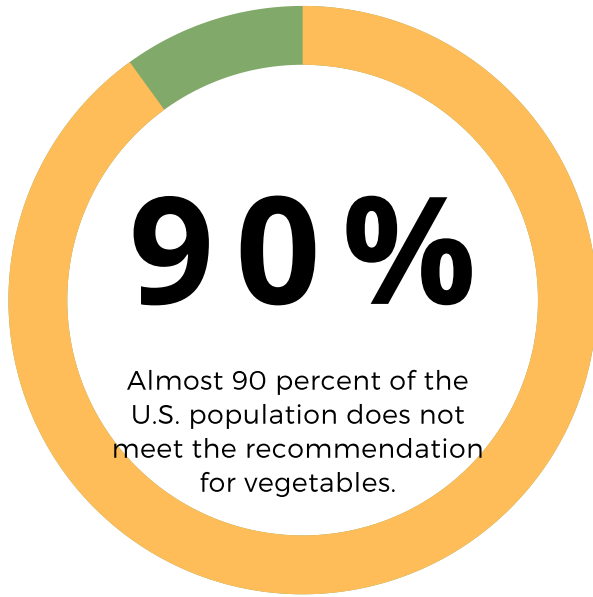
Focus on the Five

VEGETABLES

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Eat a variety of vegetables. Aim to eat different vegetables at each meal daily. Varying the colors of the vegetables that you eat will result in consuming a variety of nutrients.

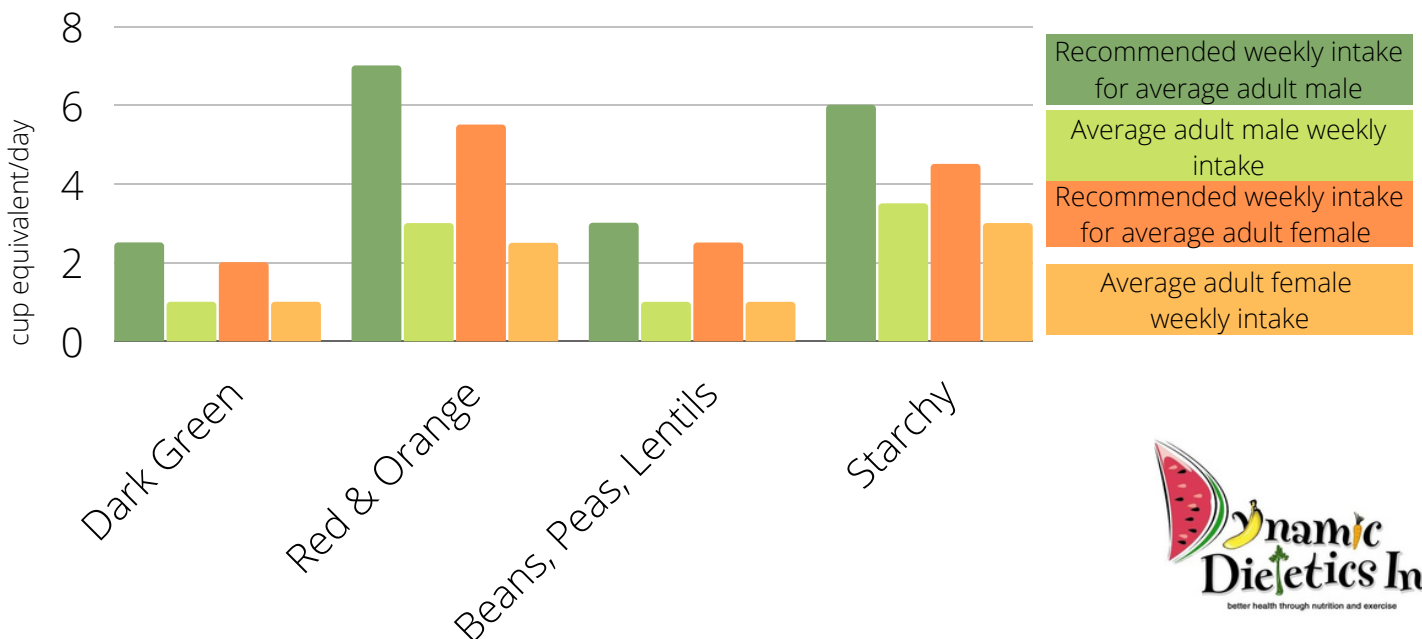
DID YOU KNOW



DO YOU?

Aim to eat about 2.5 cups of vegetables per day!

Average intakes of vegetable subgroups compared to recommended intake



Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

Focus on the Five

VEGETABLES

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The average person should consume about 2.5 servings of vegetables per day. It will help you to meet your nutrition goals if you aim to eat a variety of vegetables from all of the subgroups. Ideas are listed below!

~1.5
cups per week

• **Dark-Green Vegetables:** All fresh, frozen, and canned darkgreen leafy vegetables and broccoli, cooked or raw: for example, amaranth leaves, bok choy, broccoli, chamnamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.

~5.5
cups per week

• **Red and Orange Vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, calabaza, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.

~1.5
cups per week

• **Beans, Peas, Lentils:** All cooked from dry or canned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas.

~5
cups per week

• **Starchy Vegetables:** All fresh, frozen, and canned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.

~4
cups per week

• **Other Vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw: for example, asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (mirliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips

