



1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens are considered a serving.

- Low in fat, calories, and lack cholesterol.
- Potassium may help to maintain healthy blood pressure.
- Fiber helps reduce cholesterol levels and lowers risk of heart disease.
- Fiber is important for proper bowel function: reducing constipation and diverticulosis.
- Fiber-containing vegetables create the feeling of fullness.
- Vitamin A keeps eyes and skin healthy and protects against infections.
- Vitamin C helps heal wounds and keeps teeth and gums healthy.
- Vitamin C aids in iron absorption.

Based on nutrition content, vegetables have 5 subgroups:

Dark Green Vegetables

Broccoli

Greens (collards, mustard greens, turnip greens, kale)

Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole

Red and Orange Vegetables

Carrots, Pumpkin, Red peppers, Tomatoes, Sweet potato, Winter squash (acorn, butternut, hubbard)

Beans and Peas

Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)

Starchy Vegetables

Corn, yellow or white, Green peas, White potatoes

Other Vegetables

Bean sprouts, Cabbage, Cauliflower, Celery, Cucumbers, Green or wax beans, Green peppers
Lettuce, iceberg or head, Mushrooms, Onion, Summer squash or zucchini

MyPlate." Choose MyPlate. N.p., 14 Nov. 2017. Web.