Handout 3.2: Vegetable Subgroups and HUSSC

The basic HUSSC vegetable criteria is to offer a different vegetable each day with all servings at least ¼ cup serving size. Vegetables from any group may be offered to meet these criteria. Any vegetable or 100% vegetable juice counts in the vegetable group in MyPyramid. Vegetables are organized into the subgroups below, based on their nutrient content

The following are the <u>only</u> foods that meet the HUSSC criteria for dark green or orange vegetables and dry beans or peas (including those peas and beans listed on pages 1-5 through 1-12 and on page 1-40 in the USDA Food Buying Guide):

Dark green and orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. Of the 3, at least 2 must be different. At least ¼ cup servings are required.

Acorn squash	1	Collard greens	Kale	Spinach
Beet greens	•	Dark green leafy lettuce	Mesclun	Sweet potatoes
Bok choy		Endive	Mustard greens	Swiss chard
Broccoli		Escarole	Pumpkin	Turnip greens
Butternut squ	ash	Hubbard squash	Romaine lettuce	Watercress
Carrots		-		

Dry beans and peas*: Offer at least 1 serving per week. At least ¼ cup servings required.

Black beans	Kidney beans	Pink beans	Split peas	
Black-eyed peas	Lentils	Pinto beans		
Garbanzo beans	Lima beans, mature	Red beans		
(chickpeas)	Navy (Pea) beans	Soybeans, mature		
Great Northern beans				

The following are commonly eaten vegetables that meet HUSSC criteria. These and any other vegetable may count toward HUSSC criteria for a different vegetable each day of the week:

Starchy vegetables: At least ¼ cup servings are required.

Com	Edamame, green	Lima beans, green
Green peas	sovbeans	Potatoes

Other vegetables: At least 1/4 cup servings are required.

Artichokes	Celery	Kohlrabi	Squash, white scallop
Asparagus	Cucumbers	Mushrooms	Squash, yellow crookneck
Bean sprouts	Eggplant	Okra	Squash, zucchini
Beets	Green beans	Olives, green or black	Tomatoes
Brussels sprouts	Green or red peppers	Onions	Tomato juice
Cabbage (red or green)	Iceberg (head) lettuce	Parsnips	Turnips, root
Cauliflower	Jicama	Radishes	Vegetable juice
		Rutabaga	Wax beans

^{*} Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or meat/meat alternate component, but not as both components in the same meal. Dry refers to the bean being harvested dry, not to the purchase form of the bean. Many canned beans and peas are actually dry beans and peas that have been cooked and canned. Any fresh or frozen bean or pea does not qualify.