# Dark Green

Vegetables

### **Red / Orange**

- ♦ Acorn Squash
- ♦ Butternut Squash
- ♦ Carrots
- ♦ Hubbard Sauash
- ♦ Pumpkin

- ♦ Red Peppers
- ♦ Sweet Potatoes

♦ Chard

♦ Bok Choy

♦ Broccoli

- ♦ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ♦ Kale

- Mesclun
- Mustard Greens
- Romaine Lettuce
- ♦ Spinach
- ♦ Turnip Greens
- ♦ Watercress

- ♦ Tomatoes
- **♦ Tomato Juice**

#### Legumes

- ♦ Black Beans
- ♦ Black-eyed Peas (mature)
- ◆ Edamame
- ♦ Garbanzo Beans (chickpeas)
- ♦ Kidney Beans
- **♦** Lentils

- ♦ Navy Beans
- ♦ Pinto Beans
- ♦ Soy Beans
- ♦ Split Peas
- ♦ White Beans

## Starchy

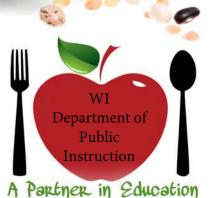
- ♦ Cassava
- ♦ Corn
- Black-eyed peas (not dry)
- ♦ Green Bananas
- ♦ Green Peas
- ♦ Green Lima Beans

- ♦ Jicama
- ♦ Plantains
- Potatoes
- ♦ Taro
- ♦ Water Chestnuts

## Other

- ♦ Artichokes
- ♦ Asparagus
- ♦ Avocado
- ♦ Bean Sprouts
- ♦ Beets
- ♦ Brussels Sprouts
- ◆ Cabbage
- ♦ Cauliflower
- ♦ Celery
- ♦ Cucumbers
- ♦ Eggplant
- ♦ Green Beans

- ♦ Green Bell Peppers
- ♦ Iceberg (Head) Lettuce
- ♦ Mushrooms
- ♦ Okra
- ♦ Onions
- ♦ Parsnips
- Peas (edible pods)
- ♦ Radish
- **♦** Turnips
- ♦ Wax Beans
- Zucchini



Adapted from the State of Washington OSPI Child Nutriton Services