Goal:
The goal of this lesson is to increase the likelihood that participants will consume a variety of vegetables each day at meals and snacks in the amounts recommended by MyPyramid.

Objectives:
As a result of participating in today’s lesson, participants will be able to:
- Recognize the benefits of choosing a variety of different vegetables.
- Plan ways to include vegetables of at least 3 different colors in meals and snacks each day.
- Interpret the Nutrition Facts Label to determine vitamin C, vitamin A, calcium, fat and calorie content of foods and make product comparisons to get the most vitamins and minerals for the calories.

Materials Needed:
- Green construction paper from MyPyramid lesson showing a variety of colorful vegetables (food models from National Dairy Council)
- Sliced banana which has turned brown along with a sliced banana which was dipped in orange juice (optional)
- Empty baby food jars of beta carotene-rich foods (optional)
- Yellow and red food coloring
- 2 cups of water in leak proof plastic container, colored orange/yellow
- 1 set of measuring spoons
- 5 test tubes which hold a minimum of 70 ml each, clear plastic preferred
- Test tube holder which allows the contents of the test tubes to be seen
- Funnel
- Small table tents with labels for each test tube as follows:
  - Fat budget for one day – 65 g
  - All Meat Pizza – 16 g
  - Supreme Pizza – 11 g
  - Veggie Pizza – 9 g
  - 4 Slices All Meat Pizza - 64 g
- Transparencies or power point slides (available online) of pizza labels
- Calculator (optional)
- 4-H Pizza Recipe handout (1 recipe per student)
Note: Before class starts, measure orange/yellow colored water into 5 test tubes as follows, and arrange in test tube holder.

16 ¼ tsp. – Fat budget for the day (65 grams for a 2000 kcal diet)
4 tsp. – Fat in 1 slice of “all meat” pizza – 16 grams
2 ¾ tsp – Fat in 1 slice of “supreme” pizza – 11 grams
2 ¼ tsp – Fat in 1 slice of “veggie” pizza – 9 grams
16 tsp. – Fat in 4 slices of “all meat” pizza – 64 grams

Introduction:

1. How many of you have thought at the end of the day, "I would just like to go home and “Veg Out?” (yawn and say as if you were tired). When you think of “vegging out” you probably think of doing nothing strenuous. To “veg out” implies no action and perhaps no fun.
2. What do you think of when I say, “I think I’ll go home tonight and “Veg In!”” (Say with enthusiasm)
3. Since we’ve been talking about nutrition for the past five sessions, you probably have already figured out that the “veg” in this case has to do with vegetables, and the “in” part is eating them! Vegetables are also very “In” or “cool” right now in the nutrition world.

Benefits of Vegetables
One thing nutrition scientists agree on is that vegetables are very good for you and we should be eating more of them if we really want to have optimal health. The recommendation for someone eating 2000 calories has gone up from 3 servings of vegetables a day to 5 or more 1/2 cup servings, for a total of at least 2 1/2 cups of vegetables a day!

Most teenagers eat fewer than 3 servings of vegetables a day and they wouldn’t get that many if it wasn’t for one particular food – can you guess what food that is? French fries!

The good news is that French fries do count as a vegetable. If you eat at fast food restaurants a lot, and you don’t choose salads often, you may not get enough vegetables each day to keep your skin healthy and your immune system functioning properly. Vegetables contribute important vitamins to the diet, including Vitamin A and Vitamin C. Vitamin A is important for healthy skin and eyes. Vitamin C is important for your immune system and wound healing. No one likes to have a cold so keeping your immune system in top shape helps you fight germs and recover more quickly when you do get sick.
**Variety is Important!**
Some people love vegetables and eat a wide variety. But for others, vegetables are not their first choice of foods to eat. Have any of you ever heard someone say, “Eat your vegetables and then you can have dessert?” Maybe we would have a better impression of them if we were told, “Eat your dessert and then you can have some broccoli!”

Let’s think about some vegetables we like and list them. Remember, everyone’s food preferences are different and it’s important not to criticize anyone’s food choices.

Let’s start with orange/dark yellow vegetables – name a few of these (carrots, sweet potatoes, yellow peppers, winter squash).

The orange/dark yellow vegetables are important because they contain betacarotene and other carotenoids. These are called phytochemicals – “phyto” meaning from a plant. Carotenoids like betacarotene serve as antioxidants and are believed to have many long term health benefits, such as helping to prevent heart disease and cancer. Antioxidants keep destructive oxidation reactions from happening. Have you ever seen a piece of rusty metal? The chemical reaction that occurred which resulted in the rust was an oxidation reaction. Have you ever sliced a banana and not eaten it right away and noticed that it turned brown? This discoloration resulted from an oxidation reaction when the fruit was in contact with the oxygen in the air. Inside the body, there are many good oxidation reactions occurring every minute. But there are also oxidation reactions which cause damage to the cells. A supply of antioxidants is needed in your diet to help keep the damaging oxidation reactions from occurring. Vitamin C and several of the carotenoids function as antioxidants in your body. And if you had coated the banana we talked about earlier in orange juice or another juice containing Vitamin C, it would not have turned brown as quickly! The Vitamin C acts as an antioxidant to prevent the browning. (show examples, opt.)

Betacarotene is an important carotenoid because it can be converted in the body to Vitamin A, which is necessary for your eyes to function properly. It helps your eyes adjust from dark to light. Think about coming out of a dark movie theater into bright sunshine. It takes a few seconds for your eyes to adjust. Vitamin A helps with this.

You can also get vitamin A value from dark green vegetables. What are some of these? (take responses) Examples include collards, mustard greens, turnip greens, spinach, broccoli, Romaine lettuce, Brussels sprouts.
*Lighter green vegetables like Iceberg lettuce and cabbage contain some vitamin A but not as much. You can get the benefits of vitamin A from these vegetables whether they are raw or cooked.

If you ate quite a few foods high in vitamin A value each day, your skin could start to look yellow. That condition has a name – betacarotenemia. It’s not thought to be harmful and usually is found in babies that eat too many baby foods containing high amounts of vitamin A value, such as baby food spinach, carrots, winter squash, and sweet potatoes (show examples, optional). Also, some people drink large amounts of carrot juice and this can result in betacarotenemia as well. On the other hand, if you ate all of your vegetable servings each day from French fries it is likely that you wouldn’t get enough of this important vitamin. So variety is important! That being said, let’s look at some other colorful vegetables you might want to include in your diet. The more colorful your diet, the more likely you are to get the benefits of eating many different phytochemicals as well as important vitamins and minerals.

What are some red, blue or purple vegetables you can think of? (Ask for responses) Examples might include purple cabbage, beets, eggplant, tomato, radishes.

(Note: If tomato came up under orange/dark yellow vegetables, be sure to add it in here as well for the transition to the next section. If the issue of fruits vs. vegetables comes up, refer to “Edible Parts of the Plant” handout in Teacher Resources.)

The purple and some of the red foods contain pigments called anthocyanins which also may play a role in disease prevention. The red foods, such as tomatoes, contain lycopene, which is a carotenoid.

Some people don’t like to eat tomatoes, but they do like products made with tomatoes. That’s an important point, because foods come in many different forms. There are many ways to include vegetables in your diet besides eating the vegetable by itself.

What are some foods made with tomatoes that you enjoy? (ask for responses) Examples might include spaghetti, chili and pizza.

Pizza is a favorite of many teens and while the amount of sauce on one piece of pizza isn’t very great, it does contribute important nutrients from the vegetable group to your diet. Considering the amount of pizza many teens eat, this can
add up! But depending on what you add to your pizza, you could get more fat and calories than you need if you eat more than one slice.

What are your favorite pizza toppings? (take responses)
These all sound great! Let’s take a look at what these mean from a nutritional standpoint.

**Fat Activity**

**Before class starts, measure orange/yellow colored water into 5 test tubes as follows, and arrange in test tube holder.**

16 ¼ tsp. – Fat budget for the day (65 grams for a 2000 kcal diet)
4 tsp. – Fat in 1 slice of “all meat” pizza – 16 grams
2 ¾ tsp – Fat in 1 slice of “supreme” pizza – 11 grams
2 ¼ tsp – Fat in 1 slice of “veggie” pizza – 9 grams
16 tsp. – Fat in 4 slices of “all meat” pizza – 64 grams

This activity uses Power Point slides or transparencies, available on the 4-H website, “Pizza Labels.”

Each day, it’s important to get all the nutrients we need for good health within a certain calorie and fat allowance. A person eating 2000 calories should try to get no more than 65 grams of fat in their diet (30% of calories). I have a test tube with the amount of fat (water colored orange/yellow) you shouldn’t exceed for one day. This represents 65 grams of fat (16 l/4 teaspoons). (Place table tent beside this test tube – Fat Budget for One Day)

Let’s take a look at the Nutrition Facts label (transparency or Power Point slide) for pizza from a popular restaurant chain.

The first type of pizza we’ll look at is “all meat” since many people mentioned that they like meat on their pizza.

How much is a serving: 1/8 of a large pizza (141 g)
How many calories would be in one slice: 350.
And how many grams of fat: 16 grams

There are about 4 grams of fat in 1 teaspoon. If you divide 16 grams by 4, you’ll see that 16 grams of fat is about 4 teaspoons. That is the amount in this test tube, marked “All Meat.”
In comparing the amount of fat in the “All Meat Pizza” test tube to the amount for the whole day, about what fraction would we be getting from 1 slice of pizza? About ¼. That’s ¼ of the amount of fat for the entire day.

Going back to the nutrition label, about how much Vitamin A value do you get from this one slice of pizza? 8% of the amount needed for one day. Vitamin C? 6%

Let’s also look at how much calcium we would get because that’s one of the major nutrients contributed by pizza and many teens don’t get enough calcium.

Calcium? 15% of the amount needed each day. Teens need 1300 mg of calcium, which is the highest of any age group.

Supreme pizzas or pizzas with “the works” also include quite a few high fat meats, but if you are already getting meat on your pizza, you might consider the Supreme instead of the “all meat” as a way to “Veg In!”

When you order a Supreme pizza, what vegetables usually come on it? (ask for responses). Examples usually include onion, bell pepper, mushrooms, ripe olives.

Let’s take a look at the nutrient content of one piece of Supreme pizza (transparency or Power Point slide).

Calories: 330
Fat: 11 grams
Vitamin A: 8%
Vitamin C: 10% (higher than the 6% in the “all meat”)
Calcium: 15%

The calories are lower, fat is lower, Vitamin A is the same (probably because very few Vitamin A rich foods were added), vitamin C almost doubled, and calcium stayed the same.

11 grams would be 2 ¾ teaspoons of fat, or about 1/6 of your fat budget for the day.

The Supreme Pizza has less fat, fewer calories, and more Vitamin C than the “All Meat” Pizza. We’re making progress!
Have any of you ordered a Veggie pizza? If you order a Veggie pizza, what vegetables usually come on it? (ask for responses)
(Often these include broccoli, tomato slices, and spinach in addition to the green peppers, onions, mushrooms and ripe olives already mentioned on the Supreme)

Is an anchovy a vegetable? (No, it’s actually a fish.)

Let’s take a look at what nutrients we get from a Veggie pizza (transparency or Power Point slide).

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>280</td>
</tr>
<tr>
<td>Fat</td>
<td>9 grams</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>8%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
</tbody>
</table>

The calories are lower, fat is lower, vitamin A is the same – probably because only small amounts of vitamin A rich foods were added. Vitamin C increased and calcium stayed the same. The amount of fat is almost half that of the “all meat” pizza and the Vitamin C is over twice as high!

9 grams of fat would be 2 1/4 tsp. of fat.
Place table tent beside tube of orange/yellow water for “veggie pizza”
This is about 1/8 of our fat for the day. Obviously this is the healthiest choice of the 3 types of pizza. But what if you don’t like all of the vegetables that come on a veggie pizza? (take responses)

Examples include:
*Ask that one or two of them be left off
*Order it and try them anyway
*Pick the vegetables you don’t like off yourself

If you usually order cheese pizza and don’t like all the vegetables that come on a veggie pizza, you could also consider just adding one or two vegetable toppings you do like, such as green pepper and ripe olives.

One slice of any of these pizza choices would give you some Vitamin A, Vitamin C and calcium. It’s important to keep your fat budget in mind when you consider how many slices of pizza to eat.

What would our fat intake be if we were to eat 4 slices of the all meat pizza? (This is half of a large pizza which has been cut into 8 slices.)
16 grams of fat per slice x 4 slices = 64 grams of fat.
Place table tent for “4 slices All Meat Pizza” beside test tube containing the 16 tsp. test tube.
Hold this up beside the test tube containing the fat budget for the entire day.

Our fat budget for the day is 65 grams of fat, so we have only 1 gram left for the entire day.

Getting all the nutrients you need for good health each day is important but so is staying within your fat budget. Adding vegetables to combination foods like pizza gives you more vitamins and minerals for your calories. Since vegetables also contain fiber, which helps you feel full faster, you might also consider eating a salad with low-fat dressing with your pizza.

If you would like to try to make a healthy, low-fat pizza at home, we have a recipe we use in the 4-H Pizza Project which has been very popular. It uses whole wheat flour in the crust and part-skim mozzarella cheese as a topping. You can add any vegetable toppings you like to create your own personal pizza!

There are many vegetables to choose from. They add color, flavor and interest to meals, in addition to being very good for you. We all want to look and feel our best! So tonight when you get home, instead of thinking about “vegging out” think about how you will get your “veggies in!” Good luck!
“Veg In” with Pizza!

Friends Eat Well

Healthy Lifestyles Lesson 6
Fat Budget for the Day

- 2000 calories per day
- 30% of calories would be:
  - ~ 65 grams of fat
**“All Meat” Pizza**

1 serving = 1 slice of a large pizza cut into 8 pieces.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 141 grams</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories 350</td>
</tr>
<tr>
<td><strong>% Daily Value</strong>*</td>
</tr>
<tr>
<td>Total Fat 16g</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
</tr>
<tr>
<td>Sodium 920mg</td>
</tr>
<tr>
<td>Total Carbohydrate 38g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 5g</td>
</tr>
<tr>
<td>Protein 15g</td>
</tr>
<tr>
<td>Vitamin A 8% • Vitamin C 6%</td>
</tr>
<tr>
<td>Calcium 15% • Iron 20%</td>
</tr>
</tbody>
</table>
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
“Supreme” Pizza

- 1 serving = 1 slice of a large pizza cut into 8 pieces.
“Veggie” Pizza

- 1 serving = 1 slice of a large pizza cut into 8 pieces.
Pizza Comparisons

<table>
<thead>
<tr>
<th></th>
<th>Fat (g)</th>
<th>Vitamin A (%)</th>
<th>Vitamin C (%)</th>
<th>Calcium (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>16</td>
<td>10</td>
<td>12</td>
<td>14</td>
</tr>
<tr>
<td>Meat</td>
<td>18</td>
<td>15</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>Supreme</td>
<td>14</td>
<td>12</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>Veggie</td>
<td>20</td>
<td>18</td>
<td>20</td>
<td>20</td>
</tr>
</tbody>
</table>
Meet Vitamin and Mineral Needs Within Your Fat Allowance!

![Bar Chart]

- Daily Need
- 4 Slices "All Meat"
- 1 Slice "All Meat"

- Fat
- Vitamin A
- Vitamin C
- Calcium
Cran-Orange Muffins

- ¼ cup light brown sugar, packed
- ½ cup whole wheat flour
- ½ cup all purpose flour
- 1¼ teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup orange juice (any type except canned)
- 1 egg
- 2 tablespoons vegetable oil
- ½ cup cranberries, dried and sweetened
- Non-stick cooking spray or paper muffin liners (12)

Directions:
Preheat oven to 350 degrees. Lightly spray muffin tins with non-stick spray or put paper liners in muffin tins. Place first six ingredients (dry ingredients) in medium sized mixing bowl and stir. Make a “well” in the center of dry mixture. Add wet ingredients to the well: orange juice, egg and oil. Stir just until dry ingredients are moistened. Do not overmix. Break up clumps of cranberries and add to batter. Stir to distribute cranberries.

Georgia 4-H Quick Pizza

Dough

- ½ cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 tsp salt
- 2 tsp sugar
- 1 envelope quick-rising yeast
- 2/3 cup hot water (125-130°F)
- 1 cup all-purpose flour (for steps 4, 5, 12)
- Non-stick cooking spray

Sauce

- 1 (8 oz) can tomato sauce, combined with any or all of the following seasonings:
  - 1/4 tsp garlic powder
  - 1/4 tsp oregano
  - 1/4 tsp black pepper
  - 1/4 cup basil

Topping:

- 1 cup shredded part-skim mozzarella cheese

Steps:
1. In a large mixing bowl, combine 1/2 cup all-purpose and 3/4 cup whole wheat flour.
2. Add salt, sugar, and yeast to flour. Mix well to blend.
3. Pour hot water into dry mixture and stir to form a dough. Make sure all flour in bowl is mixed in.
4. Spread about 1/4 cup all-purpose flour on work surface.
5. Place dough on floured surface and knead gently until dough is smooth and elastic. If dough is
Nutrition Facts

Servings Per Recipe 12 (1.5 oz muffin)
Amount Per Serving
Calories 103
Total Fat 3g
*Vitamin A 1%
*Calcium 11%
26% of total calories from fat
Sodium 93mg
*Vitamin C 12%
*Iron 3%
Fiber 1g
* Percentage Daily Values

Directions continued: Fill muffin tins 1/3 – 1/2 full. Recipe will make 12 small muffins. Bake for approximately 12-15 minutes. Tops of muffins should spring back when lightly touched and there should be no areas of uncooked muffin. Cool muffins slightly and remove from tins.

too sticky, add more flour, about 1/4 cup at a time. Kneading usually takes about 5 minutes.
7. Place dough in bowl and turn it over once to coat the surface of the dough.
8. Cover bowl with a clean dish towel and allow to rise at room temperature until the dough doubles in size, about 10-15 minutes.
9. Preheat oven to 400 degrees F.
10. While dough is rising, clean off work surface.
11. When dough has doubled in size, punch the dough in the center with your fist to release air bubbles.
12. Spread about 1/4 cup flour onto clean work surface.
13. Using rolling pin to roll dough into a 12” circle if using a round pizza pan (or a rectangle if using a baking sheet).
14. Spray pizza pan with non-stick spray. Place dough on pizza pan.
15. Spread sauce evenly over dough, leaving 1/2 inch around edge.
16. Top with 1 cup shredded mozzarella cheese.
17. Bake at 400 degrees F for 20 minutes or until crust is golden brown. Slice and serve hot.
Veg In
Background Information for Instructors

- In the “Veg In” lesson plan we state that 2 1/2 cups of vegetables are needed for 2000 calories. We emphasize the importance of variety but do not go into detail about the amount of vegetables needed from each vegetable subgroup as listed on the USDA mypyramid.gov website. In addition, dry beans and peas are not emphasized in the lesson plan but could be added at your discretion.

- A great deal of technical information on the health benefits of fruits and vegetables can be found at the following CDC website:
  - http://www.cdc.gov/nccdphp/dnpa/5ADay/research.htm

- The pizza comparisons were taken from the Papa John’s website but the names were changed so they would not sound brand specific. Large pizzas divided into 8 slices were the standard. The “all meat” pizza used was without beef. “The works” was used to represent “Supreme” pizzas and the “Garden Fresh” was used for Veggie pizzas.

- Pronunciation guide for the following words:
  - Beta carotene – (bay’ ta carrot teen)
  - Lycopene – (lie’ ko peen)
  - Anthocyanins – (ann tho’ sigh a ninz)
  - Phytochemicals – (fight’ o chemicals)
  - Carotenoids – (cah rot’ in oids)

- Current intake of fruits and vegetables among adults (CDC website)
  - http://www.cdc.gov/nccdphp/dnpa/5ADay/faq/consumption.htm#1

Q: How many fruits and vegetables do Americans eat?

A: The 1997 5 A Day for Better Health Program survey reported that:

An adult's daily fruit and vegetable intake is about 4 servings after excluding fried potatoes but including 100% fruit juice. This means that each day, the typical American is about 1 serving short of the recommended minimum of 5 servings per day.

In 1997, approximately 26% of Americans reported consuming 5 or more servings of fruits and vegetables a day, which means that over 135 million Americans, or 74%, were not eating the minimum daily amount of fruits and vegetables recommended.

References:

Q. What are fruit and vegetable consumption patterns for specific demographic groups?

A: Using the 1997 5 A Day for Better Health Program survey, the following summarizes the reported mean number of fruits and vegetables by socio-demographic groups. Fruit and vegetable serving estimates exclude fried potatoes but include 100% fruit juice.

- Women consume more fruits and vegetables than men (4.2 servings per day for women compared to 3.5 servings per day for men).
- Individuals with more education eat more fruits and vegetables. Those without a high school degree eat 3.6 servings per day, while high school graduates eat 3.8 servings per day, and those educated beyond high school eat 4.1 servings per day.
- Non-smokers eat 4.1 servings per day compared to their smoking counterparts who eat 3.4 servings per day.
- People 65 years and older consume an average of 4.3 servings per day compared to the 3.8 servings per day in all other age groups.
- There was no significant difference in fruit and vegetable consumption among the African American, Hispanic, and White populations.

Reference:

Health benefits of vegetables:

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

Food sources of the nutrients in bold can be found in the Dietary Guidelines for Americans. Click on the nutrient name to link to the food sources table.

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.
What foods are in the vegetable group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

**Dark green vegetables**
- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

**Orange vegetables**
- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- sweetpotatoes

**Dry beans and peas**
- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans
- split peas
- tofu (bean curd made from soybeans)
- white beans

**Starchy vegetables**
- corn
- green peas
- lima beans (green)
- potatoes

**Other vegetables**
- artichokes
- asparagus
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green or red peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- parsnips
- tomatoes
- tomato juice
- vegetable juice
- turnips
- wax beans
- zucchini

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. The chart on the MyPyramid.gov website lists specific amounts count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake.