	vegetables		<u>vegetables</u>
A serving size = $\frac{1}{2}$ o	ut-up, juice, or 1 cup leafy greens	A serving size = $\frac{1}{2}$ c	ut-up, juice, or 1 cup leafy greens
Starchy Vegetables -	corn (1 small 6" ear = ½ cup), green	Starchy Vegetables -	corn (1 small 6" ear = ½ cup), green
	potatoes (1 medium baked 3" diameter= 1 cup)		potatoes (1 medium baked 3" diameter= 1 cup)
beets, Brussels sprouts	_ artichokes, asparagus, bean sprouts, , cabbage, cauliflower, celery (1 large	beets, Brussels sprouts	_ artichokes, asparagus, bean sprouts, , cabbage, cauliflower, celery (1 large
stalk = ½ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax beans, zucchini		stalk = ½ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax beans, zucchini	
<u>Vegetables</u>			<u>Vegetables</u>
A serving size = $\frac{1}{2}$ cut-up, juice, or 1 cup leafy greens		A serving size = ½ cut-up, juice, or 1 cup leafy greens	
Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green			corn (1 small 6" ear = $\frac{1}{2}$ cup), green
peas, lima beans (green), potatoes (1 medium baked 3" diameter= $1 \ \mathrm{cup})$		peas, lima beans (green), potatoes (1 medium baked 3" diameter= 1 cup)	
Other Vegetables artichokes, asparagus, bean sprouts,		Other Vegetables artichokes, asparagus, bean sprouts,	
beets, Brussels sprouts, cabbage, cauliflower, celery (1 large		beets, Brussels sprouts, cabbage, cauliflower, celery (1 large	
stalk = ½ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax		stalk = ½ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax	
beans, zucchini		beans, zucchini	
$\frac{\text{Vegetables}}{\text{A serving size}} = \frac{1}{2} \text{ cut-up, juice, or 1 cup leafy greens}$		<u>Vegetables</u> A serving size = ½ cut-up, juice, or 1 cup leafy greens	
Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter=		Starchy Vegetables - corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter=	
1 cup)		1 cup)	
Other Vegetables artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery (1 large stalk = $\frac{1}{2}$ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax beans, zucchini		Other Vegetables artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery (1 large stalk = $\frac{1}{2}$ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax beans, zucchini	
A serving size = $\frac{1}{2}$ c	ut-up, juice, or 1 cup leafy greens	A serving size = $\frac{1}{2}$ c	ut-up, juice, or 1 cup leafy greens
Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter= 1 cup)		Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter= 1 cup)	
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A serving size = $\frac{1}{2}$ cut-up, juice, or 1 cup leafy greens		<u>Vegetables</u> A serving size = ½ cut-up, juice, or 1 cup leafy greens	
Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter= 1 cup)		Starchy Vegetables corn (1 small 6" ear = $\frac{1}{2}$ cup), green peas, lima beans (green), potatoes (1 medium baked 3" diameter= 1 cup)	
Other Vegetables -	artichokes, asparagus, bean sprouts,	Other Vegetables -	_ artichokes, asparagus, bean sprouts,
beets, Brussels sprouts, cabbage, cauliflower, celery (1 large stalk = $\frac{1}{2}$ cup), cucumbers, eggplant, green beans, green or red pepper, iceberg lettuce, mushrooms, okra, onions, geen onions, parsnips, tomato, tomato juice, vegetable juice, turnip, wax beans, zucchini		beets, Brussels sprouts stalk = ½ cup), cucumber pepper, iceberg lettuce, parsnips, tomato, toma	, cabbage, cauliflower, celery (1 large s, eggplant, green beans, green or red mushrooms, okra, onions, geen onions, to juice, vegetable juice, turnip, wax beans, zucchini
	Jeuns, Zucchini		Jeuns, Zucchini