<u>Vegetables (write in your weekly recommendations)</u> A serving size = $\frac{1}{2}$ cup cut-up, juice, or 1 cup leafy greens

<u>Dark Green</u> _____ broccoli, collard greens, dark green leafy lettuce, kale, mesculin, mustard greens, romaine lettuce, spinach, turnip greens, watercress, endive, escarole <u>Orange Vegetables</u> _____ acorn squash ($\frac{1}{2}$ small = $\frac{3}{4}$ cup), butternut squash, carrots (6 baby or 1 medium), hubbard squash, pumpkin, sweet potato, or yam (1 large = 1 cup) <u>Dry Beans/Peas</u> _____ black, garbanzo (chickpeas, kidney, lima, navy, pinto, and edamame beans; black-eyed peas, split peas, lentils, and tofu (4 oz = $\frac{1}{2}$ cup)

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