

# Vegetable Subgroups in the Child and Adult Care Food Program

The U.S. Department of Agriculture's (USDA) *CACFP Best Practices* recommends at least one serving each week of the five vegetable subgroups recommended by the *Dietary Guidelines for Americans*. These include dark green, red/orange, beans and peas (legumes), starchy, and other vegetables.

The chart below identifies some commonly eaten vegetables in each subgroup. All vegetables credit in the CACFP based on volume (cups), except for raw leafy greens such as lettuce and spinach, which credit as half the volume served; and tomato paste and puree, which credit based on the volume as if reconstituted. For more information, see the USDA's *Food Buying Guide for Child Nutrition Programs*.

Dark Green Fresh, frozen, and canned		Red/Orange Fresh, frozen, and canned	Beans and Peas (Legumes)* Canned, frozen, or cooked from dry	
<ul style="list-style-type: none"> <li>■ Arugula</li> <li>■ Beet greens</li> <li>■ Bok choy</li> <li>■ Broccoli</li> <li>■ Broccoli rabe (rapini)</li> <li>■ Broccolini</li> <li>■ Butterhead lettuce (boston, bibb)</li> <li>■ Chicory</li> <li>■ Cilantro</li> <li>■ Collard greens</li> <li>■ Endive</li> <li>■ Escarole</li> <li>■ Fiddle heads</li> <li>■ Grape leaves</li> <li>■ Kale</li> <li>■ Mesclun</li> <li>■ Mustard greens</li> <li>■ Parsley</li> <li>■ Spinach</li> <li>■ Swiss chard</li> <li>■ Red leaf lettuce</li> <li>■ Romaine lettuce</li> <li>■ Turnip greens</li> <li>■ Watercress</li> </ul>	<ul style="list-style-type: none"> <li>■ Acorn squash</li> <li>■ Butternut squash</li> <li>■ Carrots (orange only)</li> <li>■ Cherry peppers</li> <li>■ Hubbard squash</li> <li>■ Orange peppers</li> <li>■ Pimientos</li> <li>■ Pumpkin</li> <li>■ Red chili peppers</li> <li>■ Red peppers</li> <li>■ Salsa (all vegetables)</li> <li>■ Spaghetti squash</li> <li>■ Sweet potatoes/yams</li> <li>■ Tomatoes</li> <li>■ Tomato juice</li> <li>■ Winter squash</li> </ul>	<ul style="list-style-type: none"> <li>■ Black beans</li> <li>■ Black-eyed peas (mature, dry)</li> <li>■ Cowpeas</li> <li>■ Edamame</li> <li>■ Fava beans</li> <li>■ Garbanzo beans (chickpeas)</li> <li>■ Great northern beans</li> <li>■ Kidney beans</li> <li>■ Lentils</li> <li>■ Lima beans, (mature, dry)</li> <li>■ Mung beans</li> <li>■ Navy beans</li> <li>■ Pink beans</li> <li>■ Pinto beans</li> <li>■ Red beans</li> <li>■ Refried beans</li> <li>■ Soy beans (mature, dry)</li> <li>■ Split peas</li> <li>■ White beans</li> </ul>	<p>* Does not include green peas, green lima beans, wax beans, and green (string) beans</p>	
Starchy Fresh, frozen, and canned	Other Fresh, frozen, and canned			
<ul style="list-style-type: none"> <li>■ Black-eyed peas, fresh (not dry)</li> <li>■ Corn</li> <li>■ Cassava</li> <li>■ Cowpeas, fresh (not dry)</li> <li>■ Field peas, fresh (not dry)</li> <li>■ Green bananas</li> <li>■ Green peas</li> <li>■ Hominy, whole (canned, drained)</li> <li>■ Jicama</li> <li>■ Lima beans, green (not dry)</li> <li>■ Parsnips</li> <li>■ Pigeon peas, fresh (not dry)</li> <li>■ Plantains</li> <li>■ Potatoes</li> <li>■ Poi</li> <li>■ Taro</li> <li>■ Water chestnuts</li> <li>■ Yautia (tannier)</li> </ul>	<ul style="list-style-type: none"> <li>■ Artichokes</li> <li>■ Asparagus</li> <li>■ Avocado</li> <li>■ Bamboo shoots</li> <li>■ Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung</li> <li>■ Beans, green and yellow</li> <li>■ Beets</li> <li>■ Breadfruit</li> <li>■ Brussels sprouts</li> <li>■ Cabbage (green, red, celery, napa)</li> <li>■ Cactus (nopales)</li> <li>■ Cauliflower</li> <li>■ Carrots, rainbow (e.g., pink, purple, red, white, and yellow)</li> <li>■ Celeriac</li> <li>■ Celery</li> <li>■ Chayote (mirliton)</li> </ul>	<ul style="list-style-type: none"> <li>■ Cucumbers</li> <li>■ Chives</li> <li>■ Daikon (oriental radish)</li> <li>■ Eggplant</li> <li>■ Fennel</li> <li>■ Garlic</li> <li>■ Green chili peppers</li> <li>■ Green onions (scallions)</li> <li>■ Green peppers</li> <li>■ Horseradish</li> <li>■ Iceberg lettuce</li> <li>■ Kohlrabi</li> <li>■ Leeks</li> <li>■ Mushrooms</li> <li>■ Okra</li> <li>■ Olives</li> <li>■ Onions (white, yellow, red)</li> <li>■ Peas in pod, e.g., snap peas, snow peas</li> <li>■ Pepperoncini</li> <li>■ Pickles (cucumber)</li> </ul>	<ul style="list-style-type: none"> <li>■ Purple peppers</li> <li>■ Radishes</li> <li>■ Rhubarb</li> <li>■ Rutabagas</li> <li>■ Shallots</li> <li>■ Sauerkraut</li> <li>■ Seaweed</li> <li>■ Snap peas</li> <li>■ Snow peas</li> <li>■ Tomatillo</li> <li>■ Turnips</li> <li>■ Wax beans</li> <li>■ White sweet Potatoes</li> <li>■ Yellow peppers</li> <li>■ Yellow summer squash</li> <li>■ Zucchini squash</li> </ul>	

# Vegetable Subgroups in the CACFP

## Resources

CACFP Best Practices (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf)

Choose MyPlate Vegetables Group (USDA):

<https://www.choosemyplate.gov/vegetables>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Product Formulation Statement for Vegetables and Fruits (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Documenting\\_Vegetables\\_Subgroups\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Vegetables_Subgroups_Fruits.pdf)

Sample Completed Product Formulation Statement for Fruits (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/PFSsamplefruits.pdf>

Sample Completed Product Formulation Statement for Vegetables (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/PFSsamplevegetables.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFSscacfp.pdf>

# Vegetable Subgroups in the CACFP



For more information, visit the Connecticut State Department of Education's (CSDE) [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegGroupCACFP.pdf>.

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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