

## Child and Adult Care Food Program (CACFP)

# VEGETABLE SUBGROUPS IN THE CACFP

The U.S. Department of Agriculture's (USDA) [best practices](#) for the CACFP meal patterns recommend 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 raw leafy greens like lettuce and spinach credit as half the volume served, and tomato paste and puree 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</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>■ 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> </ul>	<ul style="list-style-type: none"> <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 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>■ 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>■ celeriac</li> <li>■ celery</li> <li>■ chayote (mirliton)</li> <li>■ chives</li> <li>■ cucumbers</li> </ul>	<ul style="list-style-type: none"> <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>■ spaghetti squash</li> <li>■ tomatillo</li> <li>■ turnips</li> <li>■ wax beans</li> <li>■ yellow peppers</li> <li>■ yellow summer squash</li> <li>■ zucchini squash</li> </ul>

## VEGETABLE SUBGROUPS IN THE CACFP, continued

### RESOURCES

Choose MyPlate Vegetables Group:

[www.choosemyplate.gov/vegetables](http://www.choosemyplate.gov/vegetables)

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694#mealpattern](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694#mealpattern)

Meal Pattern Requirements for CACFP Child Care Programs (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#mealpattern](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#mealpattern)

Nutrition Policies and Guidance for CACFP Adult Day Care Centers (CSDE Web Page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694)

Nutrition Policies and Guidance for CACFP Child Care Programs (CSDE Web Page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326)

Nutrition Standards for CACFP Meals and Snacks (USDA Web page):

[www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks)

USDA Sample Product Formulation Statement for Vegetables:

[www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf](http://www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf)

Using Product Formulation Statements in the CACFP:

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/pfscacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/pfscacfp.pdf)



For more information, visit the CSDE's [CACFP Web page](#) or contact the [CACFP staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/veggroupcacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/veggroupcacfp.pdf).

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*To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

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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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