

## Guidance on Dark Green and Orange Vegetables and Dry Beans and Peas for *HUSSC*

The basic **HUSSC vegetable criteria is to offer a different vegetable each day with all servings at least ¼ cup serving size.** Vegetables from any group may be offered to meet these criteria. Any vegetable or 100% vegetable juice counts in the vegetable group in MyPyramid. Vegetables are organized into subgroups, based on their nutrient content.

The following are the **only** foods that meet the **HUSSC** criteria for dark green or orange vegetables and dry beans and peas (including those peas and beans listed on pages 1-5 through 1-12 and on page 1-40 in the USDA Food Buying Guide).

**Dark green and orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. Of the 3, at least 2 must be different. At least ¼ cup serving size.**

Acorn squash	Collard greens	Kale	Spinach
Beet greens	Dark green leafy lettuce	Mesclun	Sweet potatoes
Bok choy	Endive	Mustard greens	Swiss chard
Broccoli	Escarole	Pumpkin	Turnip greens
Butternut squash	Hubbard squash	Romaine lettuce	Watercress
Carrots			

**Dry beans and peas\*: Offer at least 1 serving per week. At least ¼ cup serving size.**

Black beans	Great Northern beans	Lima beans, mature	Pinto beans
Black-eyed peas, mature	Kidney beans	Navy (Pea) beans	Red beans
Garbanzo beans (chickpeas)	Lentils	Pink beans	Soybeans, mature
			Split peas

\* Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or meat/meat alternate component, but not as both components in the same meal. Dry refers to the bean being harvested dry, not to the purchase form of the bean. Many canned beans and peas are actually dry beans and peas that have been cooked and canned. Any fresh or frozen bean or pea does not qualify.