

VEGETABLE GROUP

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Asparagus, cooked	4 spears	15	3	2	0
Broccoli, chopped, cooked	1/2 cup	25	5	3	0
Cabbage, shredded, raw	1/2 cup	10	2	0	0
Carrots, cooked	1/2 cup	35	8	1	0
Carrots, raw	1 medium	30	7	1	0
Cauliflower, raw	1/2 cup	10	2	1	0
Celery, raw	1 stalk	5	1	0	0
Collard Greens, chopped, boiled	1 cup	35	8	2	0
Corn, canned, drained	1/2 cup	65	15	2	1
Cucumbers, sliced, raw	1/2 cup	10	2	0	0
Eggplant, cooked	1/2 cup	15	3	0	0
Green Beans, cooked	1/2 cup	20	5	1	0
Lettuce, Iceberg, raw	2 large leaves	4	1	0	0
Lettuce, Romaine, raw	1/2 cup	4	1	0	0
Mushrooms, canned	1/2 cup	20	4	1	0
Onion, chopped, raw	1 tablespoon	4	1	0	0
Onion Rings, frozen, heated	7 rings	285	27	4	19
Peas, green, cooked	1/2 cup	65	13	4	0
Peppers, green or red, raw	1/2 cup	15	3	0	0
Potato, baked with skin	1	220	51	5	0

Potatoes, French fried	10 fries	160	20	2	8
Potatoes, mashed	1/2 cup	110	18	2	4
Potato Chips	1 ounce (about 15)	150	15	2	10
Potato Salad	1/2 cup	180	14	3	10
Radishes, raw	5	4	1	0	0
Spinach, cooked	1/2 cup	20	3	3	0
Squash, Butternut, cooked	1/2 cup	45	12	2	0
Squash, Summer, raw	1/2 cup	10	2	1	0
Tomato, raw	1	25	6	1	0
Tomatoes, canned	1/2 cup	35	8	1	0
Tomato Juice	3/4 cup	30	8	1	0
Vegetable Soup	1 cup	60	10	2	2
<p>Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.</p>					

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