Name that Veggie!

Nebraska Lincoln EXTENSION

Know how. Know now.

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How well do you know your veggies? The Dietary Guidelines for Americans, 2010 (DGA2010) recommend eating at least 2-1/2 cups of vegetables ***daily*** (based on a 2,000-calorie diet). The DGA2010 further divide vegetables into five subgroups and recommend the following intake from each subgroup ***per week*** (for a 2,000-calorie diet):

- Dark-green vegetables (1-1/2 cups/week)
- Red and orange vegetables (5-1/2 cups/week)
- Beans and peas (legumes) (1-1/2 cups/week)
- Starchy vegetables (5 cups/week)
- Other vegetables (4 cups/week)

See if you can guess the following vegetables. There is one from each vegetable subgroup. The answers are at the end of the article.

Veggie 1

1. Excellent source of protein, high in dietary fiber, potassium, and folate
2. Often eaten cold in salads or hot in soups
3. The type sold in the United States is usually cream-colored and relatively round
4. Main ingredient in hummus

Veggie 2

1. The French called them "love apples"
2. High in lycopene, an antioxidant that may help lower the risk of certain cancers and other conditions such as cardiovascular disease and osteoporosis
3. Taste best when stored at room temperature
4. Botanically, they are a fruit

Veggie 3

1. High in vitamin A
2. A dark green lettuce

3. Had its start as a Mediterranean weed
4. Has a long, loaf-shaped head of sturdy leaves

Veggie 4

1. Contains phytochemicals that may help reduce the risk of certain cancers
2. Its four-petaled flowers bear a resemblance to a Greek cross, resulting in it frequently referred to as a crucifer or cruciferous vegetable
3. Mark Twain called this vegetable "…a cabbage with a college education"
4. Creamy white in color

Veggie 5

1. The leading vegetable crop in the United States
2. A medium (5.3 oz.) skin-on serving has just 110 calories
3. High in potassium, a nutrient the DGA2010 recommend Americans increase in their diet
4. A model of this vegetable serves as the basis for a toy named after it

ANSWERS

Veggie 1: Garbanzo beans; also called chickpeas. (Beans and Peas [Legumes] Subgroup). Additional vegetables in this subgroup include all cooked and canned beans and peas — for example, kidney beans, lentils, chickpeas, and pinto beans. Does not include green beans or green peas.

Veggie 2: Tomato. (Red and Orange Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned red and orange vegetables, cooked or raw — for example, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

Veggie 3: Romaine Lettuce. (Dark-Green Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw — for example, broccoli; spinach; collard, turnip, and mustard greens.

Veggie 4: Cauliflower. (Other Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned other vegetables, cooked or raw — for example, iceberg lettuce, green beans, and onions.

Veggie 5: White Potatoes. (Starchy Vegetables Subgroup). Additional vegetables in this subgroup include all fresh, frozen, and canned starchy vegetables — for example, corn, and green peas.

References:

- *U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.* (http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm) *Retrieved April 22, 2011*
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