

# NEAT

## Georgia Vegetables - Fact Sheet

### Vegetables Grown in Georgia:

- Lima beans, pole beans, cabbage, carrots, collards, sweet corn, cucumbers, eggplant, okra, peas, field peas, sweet peppers, potatoes, sweet potatoes, squash, tomatoes, turnips, Vidalia onions, arugula, asparagus, beets, broccoli, Brussels sprouts, kale, lettuce, mushrooms, radishes, and soybeans.
- Georgia ranks 2<sup>nd</sup> in the US for onion, cucumber, and snap bean production. Georgia ranks 3<sup>rd</sup> in the US for bell pepper and sweet corn production. Georgia ranks 4<sup>th</sup> in the US for squash, and 5<sup>th</sup> for cabbage production.

### Nutrition:

- Any vegetable or 100% vegetable juice is considered a member of the vegetable group.

#### 5 Subgroups:

Dark green vegetables: Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mustard greens, romaine lettuce, spinach, turnip greens

Starchy vegetables: Corn, green peas, lima beans, potatoes

Orange vegetables: Acorn squash, butternut squash, carrots, pumpkin, sweet potatoes

Dry beans and peas: Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, tofu, white beans

Other vegetables: Artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes, tomato juice, vegetable juice, turnips, wax beans, zucchini

- Most vegetables are low in fat and calories, and have no cholesterol. Vegetables are sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, vitamin E, and vitamin C. Eating a variety of vegetables from the different subgroups can help ensure that you get all the different nutrients. Eating fruits and vegetables can even help reduce the risk of chronic diseases like heart disease.
- We measure vegetables in cups. 1 cup of raw or cooked vegetables or vegetable juice counts as one cup. 2 cups of raw leafy greens are considered as 1 cup.

#### Daily recommendation:

Children 4-8	1 ½ cups
Girls 9-13	2 cups
Girls 14-18	2 ½ cups
Boys 9-13	2 ½ cups
Boys 14-18	3 cups