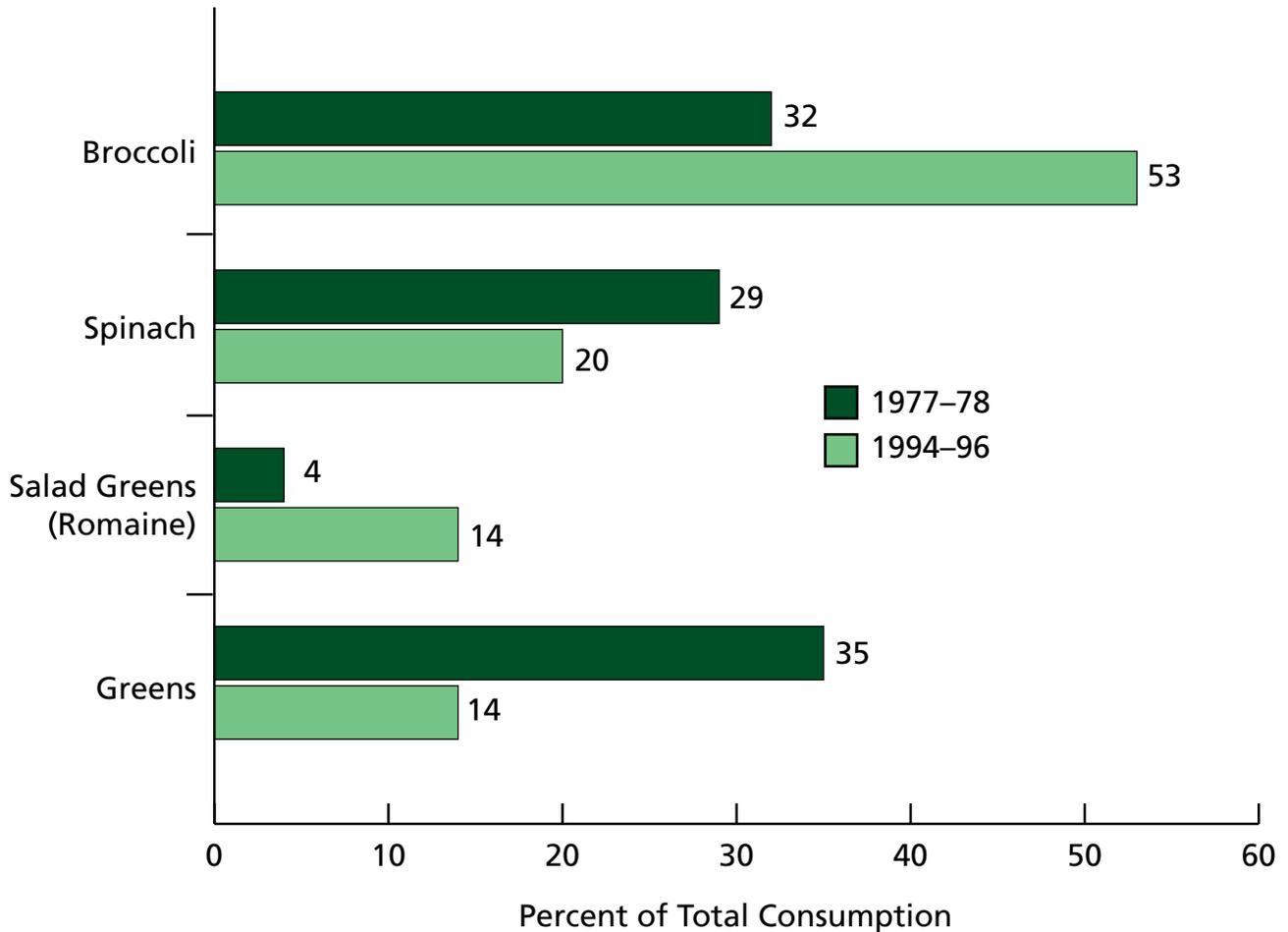


Dark Green Vegetables

Likelihood of Being Eaten



This graph shows the changes over time in the types of dark green vegetables Americans eat. The proportions of some, like broccoli and romaine, have increased, while spinach and cooked greens have become less popular in comparison. By tracking these changes, USDA can better predict the nutrients Americans will get from eating foods such as dark green vegetables.