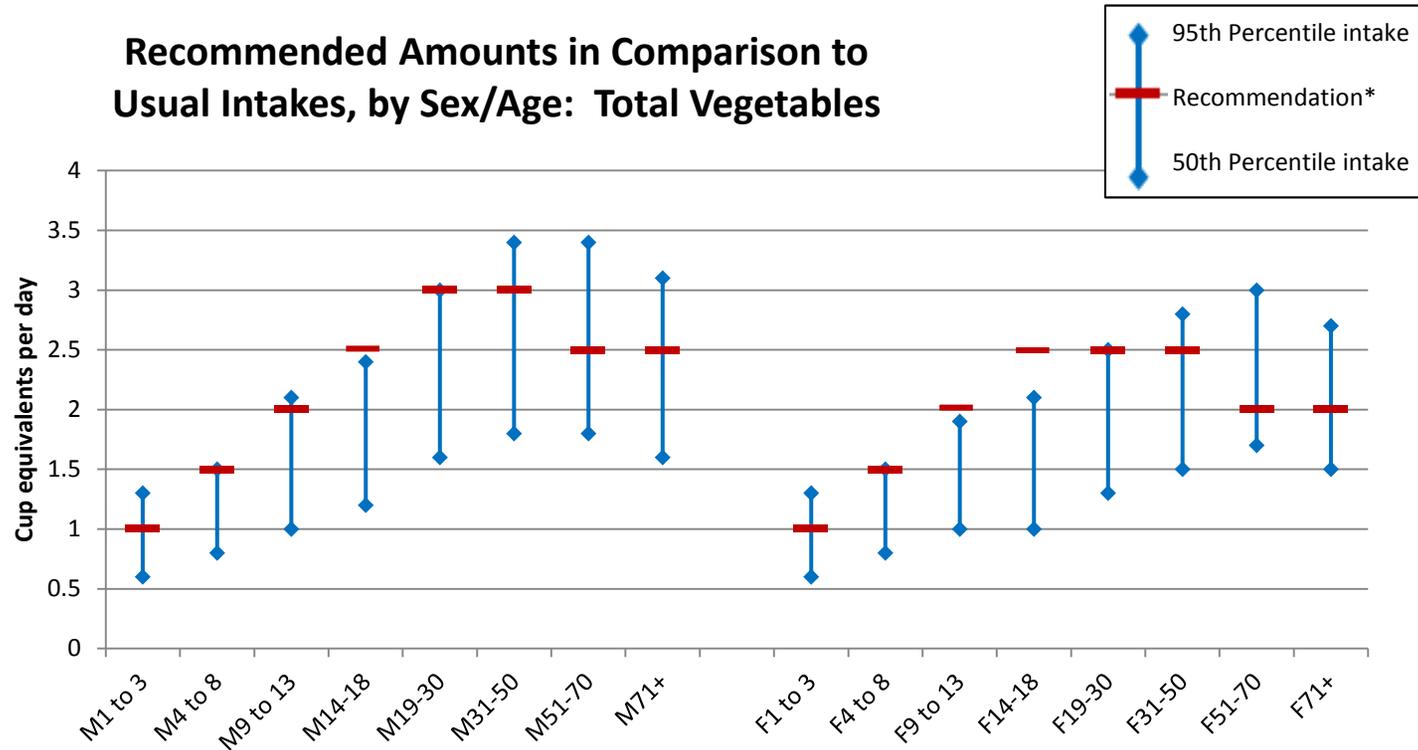


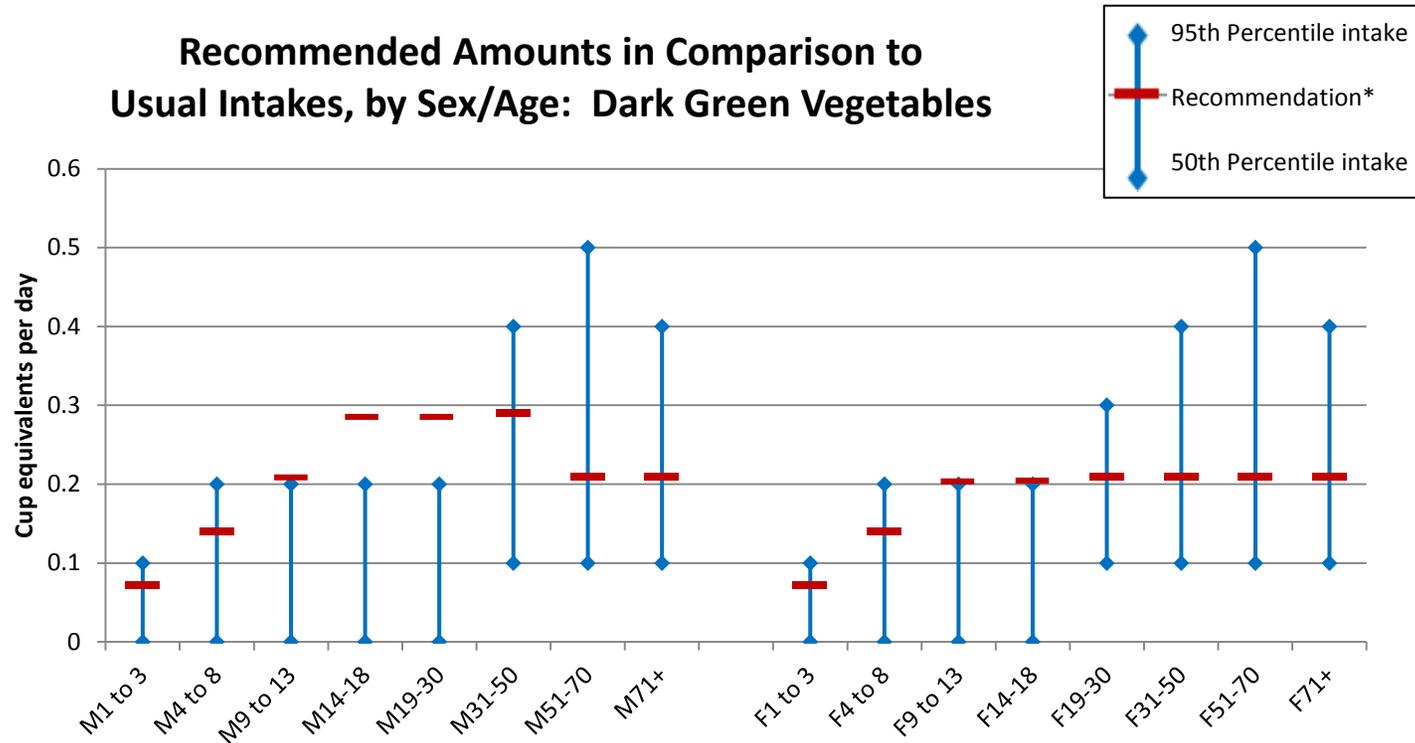
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Total Vegetables



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

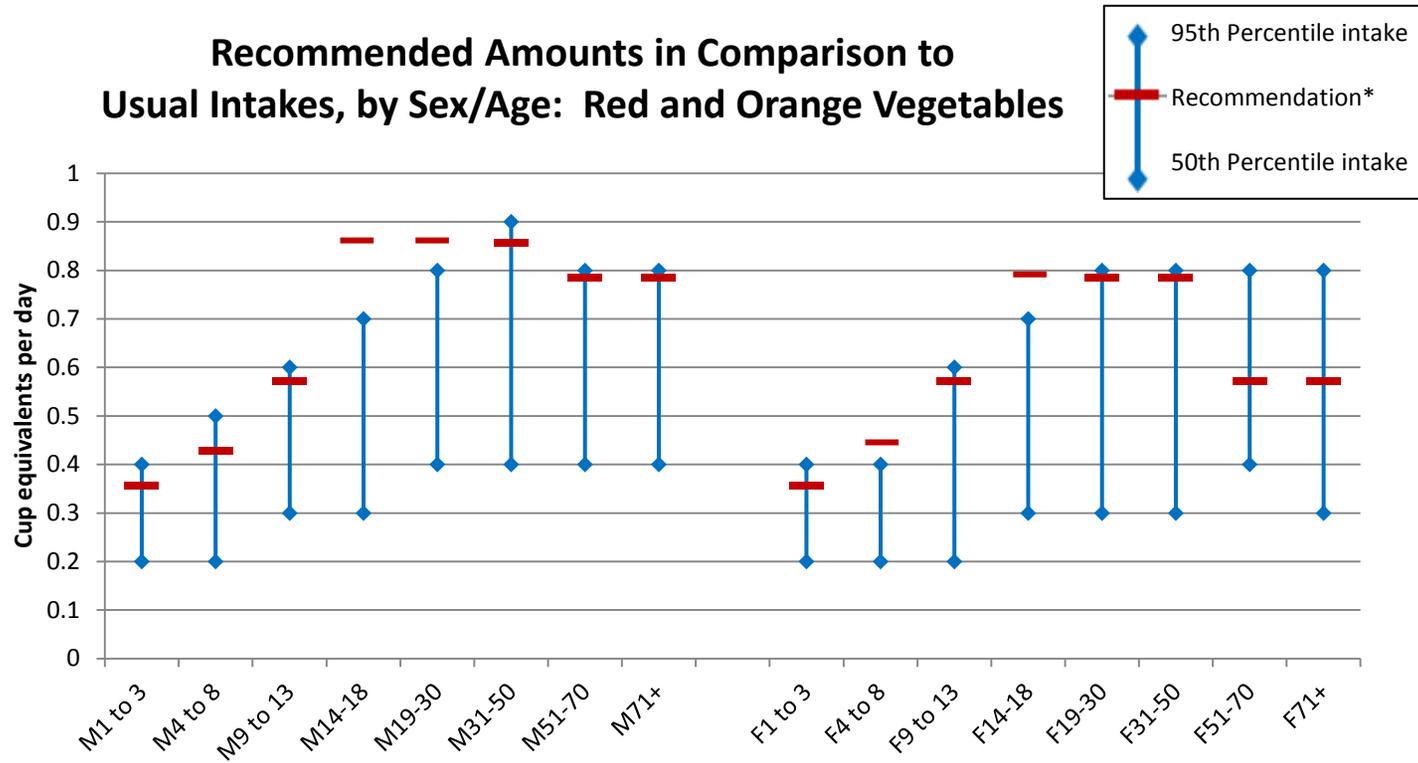
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Dark Green Vegetables



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

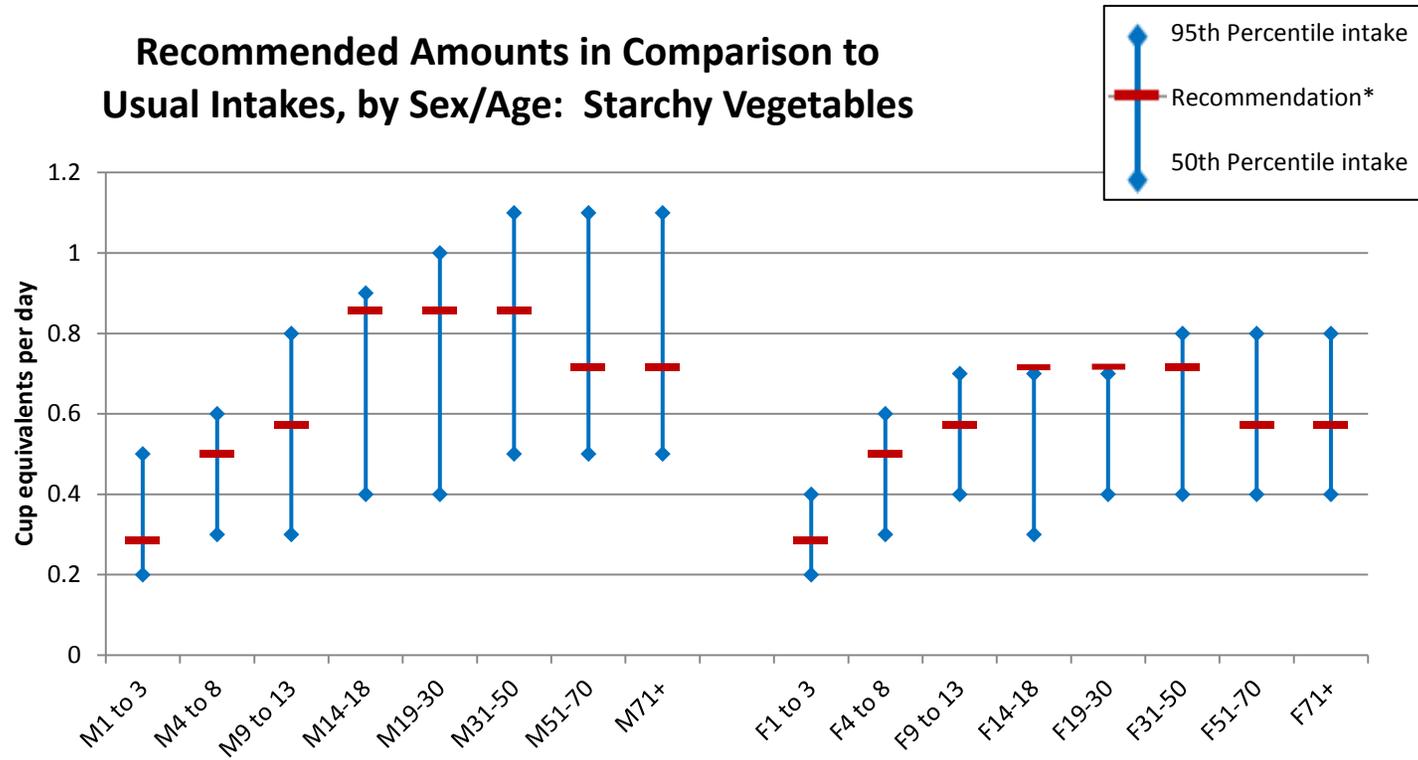
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Red and Orange Vegetables



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

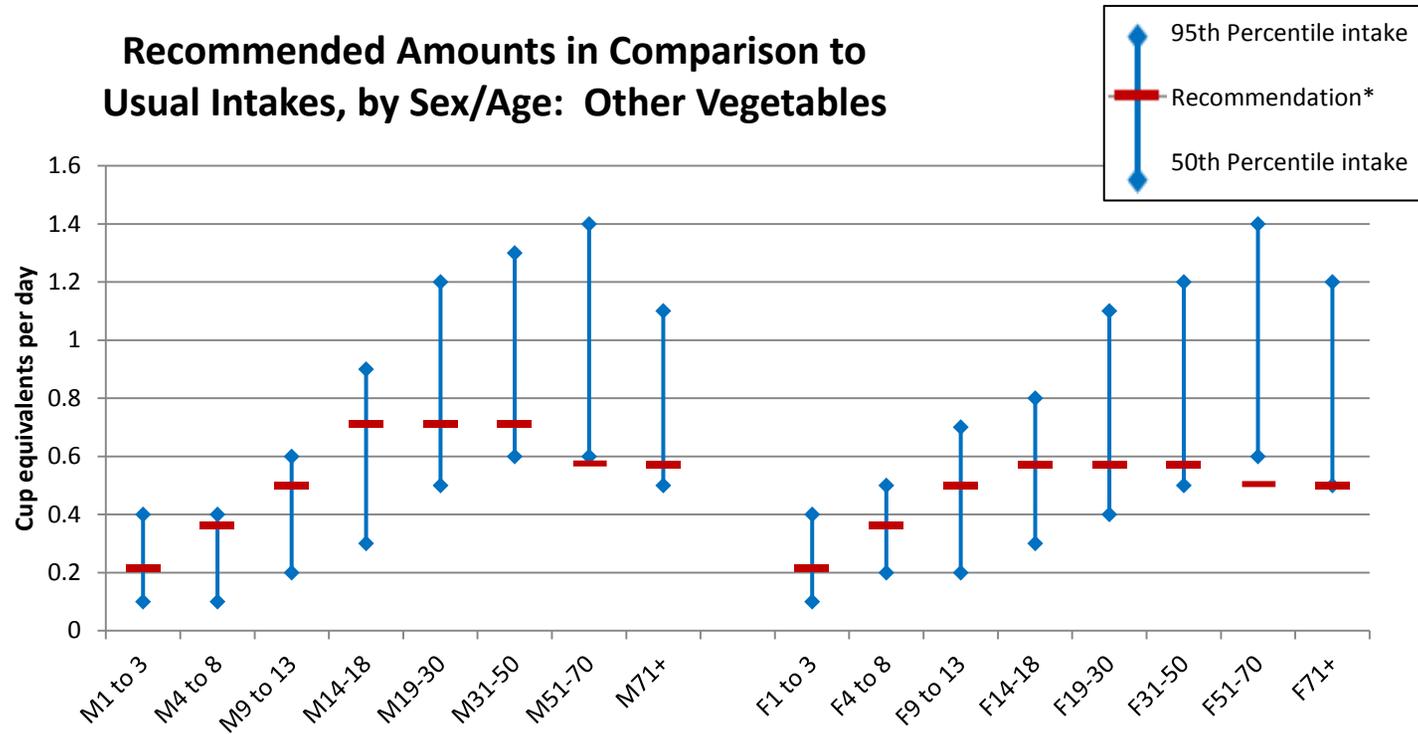
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Starchy Vegetables



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

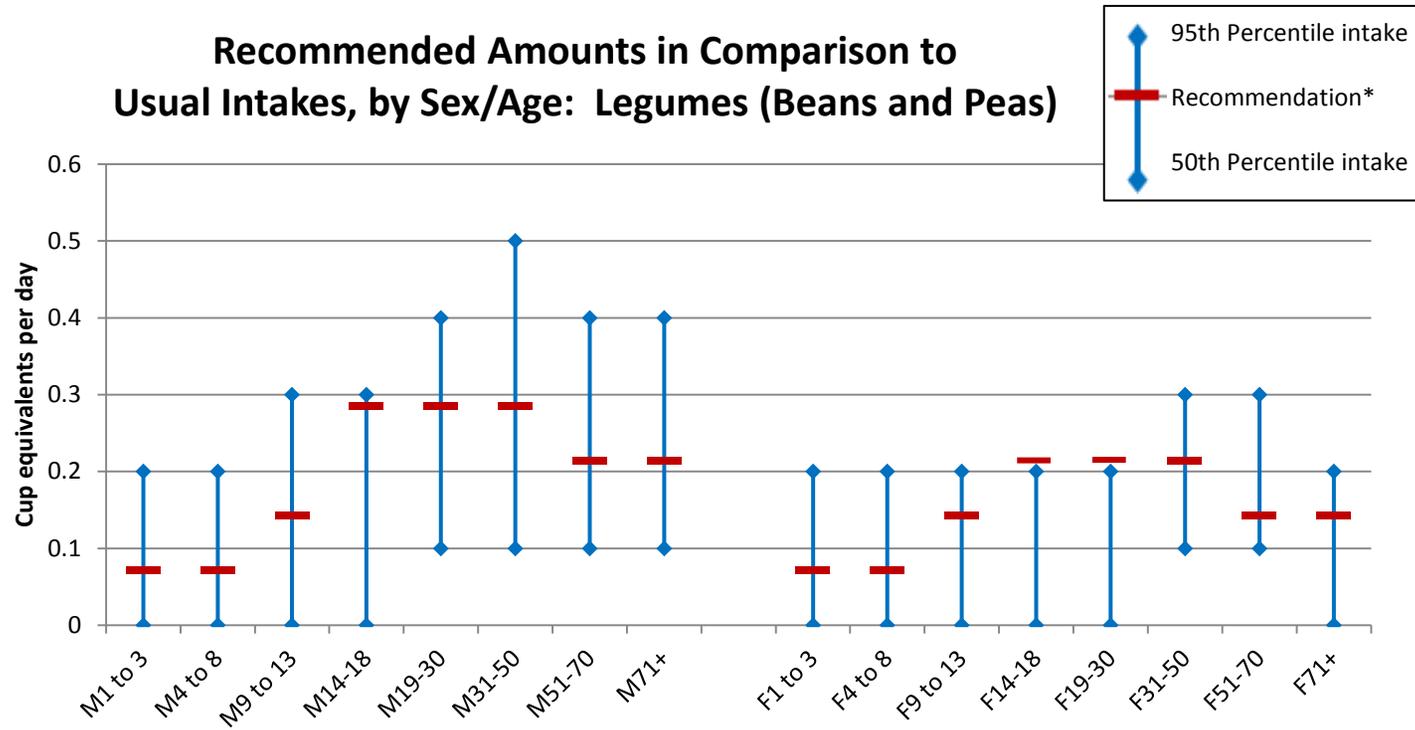
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Other Vegetables



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Legumes (Beans and Peas)



* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.