

## Non-starchy Vegetables

- One serving ½ cup cooked vegetables or 1 cup raw vegetables has 5g carbohydrates
- Fill ½ plate with non-starchy vegetables

Artichoke, artichoke hearts

Asparagus

Beans: Italian, green, yellow, wax

Bean sprouts

Broccoli

Brussels sprouts

Cabbage

Coleslaw

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Greens: beet, collard, dandelion, kale, mustard, turnip

Kohlrabi

Leeks

Lettuce: endive, escarole, leaf, Romaine, iceberg

Mixed vegetables, no corn or peas

Mushrooms

Okra

Onions, red, yellow, green onions or scallions

Parsley

Peppers, all varieties

Radishes

Rhubarb, fresh

Rutabaga

Sauerkraut

Snow peas or pea pods

Spinach

Summer squash (yellow squash, zucchini)

Swiss chard

Tomato, raw

Tomato paste, sauce, salsa

Turnips

Vegetable juice cocktail

Water chestnuts

Watercress