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## Nonstarchy Vegetables

One nonstarchy vegetable choice (1/2 cup cooked or 1 cup raw) has 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories.

Amaranth leaves (Chinese spinach)	Jicama
Artichoke	Kale
Artichoke hearts (no oil)	Kohlrabi
Asparagus	Leeks
Bamboo shoots	Mushrooms, all kinds, fresh
Bean sprouts (alfalfa, mung, soybean)	Okra
Beets	Onions
Broccoli	Pea pods
Broccoli slaw, packaged, no dressing	Peppers (all varieties)
Brussel sprouts	Radishes
Cabbage (green, red, bok choy, Chinese)	Rutabaga
Carrots	Salad*
Cauliflower	Sauerkraut, drained and rinsed
Celery	Spinach
Chayote	Squash, summer varieties (yellow, pattypan, crookneck, zucchini)
Coleslaw, packaged, no dressing	Sugar snap peas
Cucumber	Swiss chard
Daikon	Tomato
Eggplant	Tomatoes, canned
Fennel	Tomato sauce (unsweetened)
Gourds (bitter, bottle, luffa, bitter melon)	Tomato/vegetable juice
Green onion or scallions	Turnips
Greens (collard, dandelion, mustard, purslane, turnip)	Water chestnuts
Green beans	

Hearts of palm

\*Salad greens such as arugula, chicory, endive, escarole, lettuce, radicchio, romaine, and watercress) do not provide significant calories or carbohydrates.