Nonstarchy Vegetables (One choice = ½ cup cooked vegetables or 1 cup raw vegetables and contains 5 grams of carbohydrate, 0 grams of fat, 25 calories)

Artichoke
Artichoke hearts
Asparagus
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Kohlrabi

Leeks
Mixed vegetables (without corn, peas, or pasta)
Mushrooms
Okra
Onions
Pea pods
Peppers (all varieties)
Radishes
Salad greens (endive, escarole, lettuce, romaine, spinach)