

Nonstarchy Vegetable Choices

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)