
Nonstarchy Vegetables

One nonstarchy vegetable choice ($\frac{1}{2}$ 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)	Hearts of palm
Artichoke	Jicama
Artichoke hearts (no oil)	Kale
Asparagus	Kohlrabi
Baby corn	Leeks
Bamboo shoots	Mixed vegetables (without starchy vegetables, legumes, or pasta)
Bean sprouts (alfalfa, mung, soybean)	Mushrooms, all kinds, fresh
Beans (green, wax, Italian, yard-long beans)	Okra
Beets	Onions
Broccoli	Pea pods
Broccoli slaw, packaged, no dressing	Peppers (all varieties)
Brussels sprouts	Radishes
Cabbage (green, red, bok choy, Chinese)	Rutabaga
Carrots	Sauerkraut, drained and rinsed
Cauliflower	Spinach
Celery	Squash, summer varieties (yellow, pattypan, crookneck, zucchini)
Chayote	Sugar snap peas
Coleslaw, packaged, no dressing	Swiss chard
Cucumber	Tomato
Daikon	Tomatoes, canned
Eggplant	Tomato sauce (unsweetened)
Fennel	Tomato/vegetable juice
Gourds (bitter, bottle, luffa, bitter melon)	Turnips
Green onions or scallions	Water chestnuts
Greens (collard, dandelion, mustard, purslane, turnip)	

Note: Salad greens (such as arugula, chicory, endive, escarole, lettuce, radicchio, romaine, and watercress) are on the **Free Foods** list.