

Non-Starchy Vegetables

Patient Education

One Serving: 1 cup raw or ½ cup cooked vegetables

Calories: 25

Total Fat: 0 g

Total Carbohydrates: 5 g (dietary fiber 1-4 g)

Total Protein: 2 g

Alfalfa sprouts

Artichoke

Artichoke hearts

Asparagus

Bamboo shoots

Beans: Italian, green, yellow, wax

Bean sprouts

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Chinese cabbage

Cucumber

Eggplant

Endive

Green onions or scallions

Beet greens

Collard greens

Dandelion greens

Kale

Mustard greens

Turnip greens

Jicama

Kohlrabi

Leeks

Leaf lettuce

Romaine lettuce

Mixed vegetables (no corn or peas)

Mushrooms

Okra

Onions

Parsley

Peppers, all varieties

Radishes

Rutabaga

Sauerkraut

Snow peas or pea pods

Spaghetti squash

Spinach

Summer squash

Swiss chard

Tomato

Turnips

Water chestnuts

Watercress

Zucchini