

Non - Starchy Veggies

ARTICHOKE HEARTS

ASPARAGUS

BABY CORN

BEANS (WAX, GREEN, ITALIAN)

BEAN SPROUTS

BEETS

BRUSSELS SPROUTS

BROCCOLI

CABBAGE

CARROTS

CAULIFLOWER

CELERY

COLESLAW

CUCUMBER

DAIKON

EGGPLANT

**GREENS (COLLARD, KALE, MUSTARD,
TURNIP)**

**SALAD GREENS (LETTUCE, ROMAINE,
SPINACH)**

JICAMA

KOHLIRABI

LEEKs

MUSHROOMS

OKRA

ONIONS

PEA PODS

PEPPERS

RADISHES

RUTABAGA

SPROUTS

**SQUASH (SPAGHETTI,
SUMMER, ZUCCHINI)**

SUGAR SNAP PEAS

SWISS CHARD

TOMATO

TURNIPS

**NON-STARCHY VEGGIES ARE THOSE THAT CONTAIN
SMALLER AMOUNTS OF CARBOHYDRATE**