

## **NON-STARCHY VEGETABLES**

**(3-5 servings daily) ½ cup cooked or 1 cup raw = 1 serving**

Amaranth and Chinese Spinach

Artichoke and Artichoke Hearts

Asparagus

Baby corn

Bamboo Shoots

Bean Sprouts and all Sprouts

Beets

Broccoli or Broccolini

Brussel Sprouts

Cabbage, green, purple, Chinese, or Bok-choy

Carrots

Cauliflower

Celery

Chayote

Cucumbers

Daikon

Eggplant

Green beans, wax beans, or Italian Beans

Greens (collard, kale, spinach, turnip, mustard, chard)

Hearts of Palm

Jicama

Kohlrabi

Mushrooms

Okra

Onions, Leeks, Shallots

Parsnips

Pea Pods and sugar-snap peas

Peppers (green, yellow, orange, sweet, jalapeno)

Radishes

Rutabagas

Salad Greens (chicory, endive, escarole, romaine, spinach, arugula, radicchio, watercress)

Sauerkraut

Seaweed kelp

Squash (cushaw, summer, crookneck, spaghetti, zucchini)

Tomatoes

Water Chestnuts