

STARCHY VEGETABLES

(2 servings daily) ½ cup = 1 serving

Starchy Vegetables: (15 grams carbohydrate in ½ cup serving)

Corn

Peas (green peas, black eyed peas, field peas, crowder peas, purple-hull peas)

Pumpkin

Potatoes

Yams/Sweet Potatoes

Acorn Squash

Butternut Squash

Beans (pinto, lima, black beans, red beans, kidney beans, garbanzo, navy beans, lentils, great northern, baked beans, refried beans, soy beans)

Peas and Carrots

Mixed Vegetables