

Common Non-starchy (Healthy) Vegetables

The following is a list of common non-starchy vegetables:

Artichoke

Artichoke hearts

Asparagus

Bamboo shoots

Beans (green, wax, Italian)

Bean sprouts

Beets

Brussels sprouts

Broccoli

Cabbage (green, bok choy, Chinese)

Carrots

Cauliflower

Celery

Chayote

Chinese spinach

Coleslaw (packaged, no dressing)

Cucumber

Daikon

Eggplant

Greens (collard, kale, mustard, turnip)

Hearts of palm

Jicama

Kohlrabi

Leeks

Mushrooms

Okra

Onions

Pea pods

Peppers

Radishes

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

Sprouts

Summer Squash (cushaw, crookneck, zucchini)

Sugar snap peas

Swiss chard

Tomato

Turnips

Yard-long beans

Total Carbohydrate minus total sugar minus total fiber = Starch Content