

Vegetables 3% or less carbohydrate	Vegetables 6% or less carbohydrate	Vegetables 7-9% carbohydrate
Asparagus Bamboo Shoots Bean Sprouts Beet Greens Bok Choy Greens Broccoli Cabbages Cauliflower Celery Chard Chicory Collard Greens Cucumber Endive Escarole Garlic Kale Kohlrabi Lettuces Mushrooms Mustard Greens Parsley Radishes Raw Cob Corn Salad Greens Sauerkraut Spinach String Beans Summer Squashes Turnip Greens Watercress Yellow Squash Zucchini Squash	Bell Peppers Bok Choy Stems Chives Eggplant Green Beans Green Onions Okra Olives Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yams	Acorn Squash Artichokes Avocado Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes