

Vegetables 3% or less carbohydrate	Vegetables 6% or less carbohydrate	Vegetables 12-21% carbohydrate (on limited basis, 2-3 x's/week)
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	Celeriac Chickpeas Cooked Corn Horseradish Kidney Beans Lima Beans Lentils Parsnips Peas Popcorn Potatoes Seeds, Sprouted Sunflower Seeds
	Vegetables 7-9% carbohydrate	
	Acorn Squash Artichokes Avocado Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes	