

NON-STARCHY VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Broccoli rabe
- Brussel sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chayote
- Cucumber

- Daikon
- Edamame
- Eggplant
- Endive
- Fennel
- Greens (all leafy greens)
- Green beans
- Hearts of palm
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuces
- Mushrooms
- Nopal
- Okra
- Onion (all)

- Pea pods
- Peppers
- Pumpkin
- Radicchio
- Radish
- Rhubarb
- Rutabaga
- Spaghetti squash
- Spinach
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatillo
- Tomato
- Turnip
- Watercress
- Yellow squash
- Zucchini

Lists are not all inclusive.

STARCHY VEGETABLES

- Cassava
- Corn
- Lima beans
- Peas
- Parsnips
- Plantains
- Potatoes (all)
- Salsify
- Sweet potatoes

- Taro
- Water chestnuts
- Winter squash (acorn, butternut, delicata)
- Yams

LOW IN NET CARBS PER CUP

- Celeriac
- Hubbard squash
- Kabocha squash
- Rutabaga