

# LOW-SUGAR VEGETABLES

THIS LIST IS ROUGHLY ARRANGED FROM LOWEST TO HIGHEST CARBOHYDRATE.

| Lowest  |                           |
|---|---------------------------|
| Sprouts (bean, alfalfa, etc.)                                     | Jalapeno Peppers          |
| Greens – lettuces, spinach, chard, collards, mustard greens, kale | Summer Squash             |
| Radicchio and endive  | Zucchini                  |
| Herbs – parsley, cilantro, basil, rosemary, thyme, etc.           | Scallions or green onions |
| Bok Choy  | Bamboo Shoots             |
| Celery  | Leeks                     |
| Radishes  | Brussels Sprouts          |
| Sea Vegetables (Nori, etc)  | Snow Peas (pods)          |
| Cabbage/Sauerkraut  | Tomatoes                  |
| Mushrooms   | Eggplant                  |
| Jicama  | Artichokes                |
| Avocado   | Fennel                    |
| Cucumbers (or dill pickles)                                       | Onions                    |
| Asparagus   | Okra                      |
| Green/Wax Beans   | Spaghetti Squash          |
| Broccoli  | Celery Root               |
| Cauliflower   | Carrots                   |
| Peppers   | Turnip                    |
| Green Bell Peppers  | Water Chestnuts           |
| Red Bell Peppers  | Pumpkin                   |
|   | Highest                   |

## STARCHY (HIGH CARB) VEGETABLES

The main veggies to be avoided when reducing carbohydrates are the starchier vegetables:

Beets

Carrots on some diets, but they aren't as high as others

Corn

Parsnips

Peas

Plantains

Potatoes in all forms

Winter Squashes (particularly acorn and butternut)