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**This resource may inspire you to stock up on some of the lowest carbohydrate, nutrient-rich veggies.**

- Use veggies to round out meals or as part of a healthy snack. Veggies add **volume and texture** to meals; and they may slow down your eating pace so you have time to feel more satiated.
- Eating these at the start of a meal - **especially ones containing more fiber** - can **decrease the blood sugar spike** from that meal. Fiber also helps nourish gut bacteria.
- **PRO:** Veggies can be a source of **nutrients, antioxidants and other beneficial plant compounds**.
- **CON:** They may have some **antinutrients** (like **oxalates** and **phytates**); they may contain certain indigestible carbohydrates called **FODMAPs** (which can give undesirable side effects like gas and bloating); and may contain nutrients that interfere with some medications. **It can help to vary your choices from day to day, and to also identify, limit or avoid ones you don't tolerate as well.**
- For this PDF, pictures and useful tips are included first, followed by a table that lists fiber and net carb content. Use the **net carb** info to compare one against another in terms of potential to raise your blood sugar. Potential health benefits/tips can be viewed using the [blue hyperlink](#).
- FYI: Some of these “veggies” are actually classified as **fruits** (and mushrooms are fungi!) - but to **keep it simple** we will refer to all that you see here as **non-starchy veggies**, in contrast to a separate PDF that will highlight **starchy veggies** along with other starchy foods.

<a href="#">Romaine</a>	<a href="#">Green Leaf Lettuce</a>	<a href="#">Mixed Lettuces</a>	<a href="#">Iceberg Lettuce</a>	<a href="#">Spinach</a>
				
A base for Caesar salad or low-carb “boats”; finely chop and add to low-carb tacos. Hearty enough to sit in the fridge for 7-10 days. Rinse well with water and pat dry.	Use this and other lettuce varieties for salads. Large, flexible leaves (like you find with green leaf lettuce) work well for deli meat wraps.	To save time, get a container of mixed lettuces; use in salads or as the base of some meals to make a “low carb bowl”. Use these quickly, though, the shelf-life is short.	Iceberg lettuce isn't as nutrient-rich as darker green varieties but still provides some nutrients and may be useful as part of your lower carb plan. Mild flavor; kids like it!	Use <u>fresh</u> spinach as a base for salad; add to omelets, “egg cups” and casseroles. <u>Frozen</u> works well for creamed spinach, in dips and in casseroles. Con: high in <u>oxalates</u> .
<a href="#">Asparagus</a>	<a href="#">Broccoli</a>	<a href="#">Riced Broccoli</a>	<a href="#">Cauliflower</a>	<a href="#">Riced Cauliflower</a>
				
Steam; add butter or olive oil; roast in the oven; serve with eggs and hollandaise; try grilling it too! A high <b>FODMAP</b> food so use in moderation.	Steam it; roast with olive oil; add to casseroles; great with Italian dishes; add Parmesan for a simple side dish; use raw with Ranch dressing.	A versatile ingredient; find it with frozen foods. Here is a link for <a href="#">19 Low Carb Recipes</a> using it. It's an ingredient in the “Cheesy Bread” in the <a href="#">STARTER RECIPE SET</a> .	Steam or roast it; or try mashing it (like potatoes); or slice and add toppings, then roast in the oven. High in <b>FODMAPs</b> so use in moderation.	Riced cauliflower is found in the frozen section; but you also may find it with produce or pantry. Make it yourself - or save time and buy <a href="#">one of these</a> versions.

<a href="#">Brussels Sprouts</a>	<a href="#">Cabbage</a>	<a href="#">Carrots</a>	<a href="#">Celery</a>	<a href="#">Collards</a>
				
Boil/steam and serve with butter; cut into quarters and roast it; dice up as a “hash” and cook with bacon. Con: High in <a href="#">FODMAPs</a> .	Use large leaves as a “bowl” or wrap; chop and use for slaw; thin strips can become “noodles” for sauteed cabbage & onions.	A versatile veggie that even kids love! Eat raw (plain or with dip); roast it; add to soup/stew; stir-fry; add to slaw or salad.	Use smaller, bite-sized pieces for dipping or as a base for snacks; dice and add to salad; also add to casseroles or soup.	A versatile vegetable. Caution: Very high in vitamin K1; use it in consistent amounts when on blood thinners.
<a href="#">Green Beans</a>	<a href="#">Kale</a>	<a href="#">Mushrooms</a>	<a href="#">Okra</a>	<a href="#">Onions &amp; Scallions</a>
				
Steam; roast; add to casseroles; prepare on the stove; saute. Season with butter or olive oil; cook with garlic for extra flavor.	Use as the base of a salad; steam or saute to use as a side dish; add to casseroles and one-pot dishes; use as a “bed” for a burger.	Great in salads; in omelets, casseroles, stir-fry and on pizza. Use <a href="#">large portobellos</a> as a base for many low-carb recipes. High in <a href="#">FODMAPs</a> .	Saute in olive oil and butter (and leave off the breading!); add to gumbo; slice and roast in the oven; grill it; or enjoy it pickled.	Use in casseroles, on salad, or to top off a dish; roast them whole or chopped; a source of prebiotic fiber; some are high in <a href="#">FODMAPs</a> .
<a href="#">Radishes</a>	<a href="#">Snap or Snow Peas</a>	<a href="#">Spaghetti Squash</a>	<a href="#">Tomatoes</a>	<a href="#">Turnips</a>
				
Add raw versions to salads; slice and use with dips; roast them for a lower-carb potato substitute. More tips <a href="#">here</a> and <a href="#">here</a> .	<a href="#">Sugar snap</a> and <a href="#">snow peas</a> are similar; both are lower in carbs than green peas; remove the tough string before cooking. High in <a href="#">FODMAPs</a> .	A great substitute for spaghetti; bake in the oven & scoop out the seeds, then use a fork to “string it” onto a plate; saves carbs and calories.	Add a fresh pop of flavor to many dishes. Great on salads; dice and top off casseroles; add to stews; use for salsa/Mexican cuisine, Mediterranean dishes.	The bulb can be used as a potato alternative; the <a href="#">greens</a> can make a nutritious side dish (but high in <a href="#">oxalates</a> ).
<a href="#">Beets</a>	<a href="#">Bell Peppers</a>	<a href="#">Cucumbers</a>	<a href="#">Eggplant</a>	<a href="#">Squash/Zucchini</a>
				
Pickled or roasted are favorite options; but the glycemic index is medium + they are high in <a href="#">oxalates</a> and <a href="#">FODMAPs</a> ; so use in moderation.	Use raw peppers in salads or with dips; add to egg dishes or casseroles; roast in the oven w/EVOO; stir-fry; saute; grill. Red high in <a href="#">FODMAPs</a> .	Slice and use in place of crackers with tuna or chicken salad; add to salads or deli meat wraps; use with hummus or dip; enjoy them pickled.	Eggplant is versatile! Grill it, stuff it, bake it, use it in casseroles; saute it too. Get inspired <a href="#">here</a> .	Use in casseroles and soup; “spiralize” to use as “noodles”; roast in the oven or steam and use as an easy side dish.

## NET CARB COMPARISON TABLE

FOOD	AMOUNT	CALORIES	CARBS (grams)	FIBER (grams)	NET CARBS (grams)
Asparagus	5 medium spears	15	3.1	1.5	1.6
Beets	1/2 cup, diced	35	7.8	1.6	6.2
Bell peppers	1/2 medium pepper	15	3.6	1.2	2.3
Broccoli	1 cup whole pieces	34	7	3.2	3.8
Brussels sprouts	6 sprouts	49	10.2	4.3	5.9
Cabbage	1 cup shredded	17	4.1	1.6	2.5
Carrots	1 medium carrot, 6-7 inches	25	5.8	1.7	4.1
Cauliflower	1 cup, cut pieces	27	5.3	2.1	3.2
Celery	1 medium stalk, 7-8 inches	6	1.2	0.6	0.5
Collard greens	1/2 cup cooked	31	5.4	3.8	1.6
Cucumber	1 cup sliced, with peel	8	1.9	0.6	1.3
Eggplant	1 cup cooked, cubed	35	8.6	2.5	6.2
Green beans	1 cup cooked from fresh	44	9.8	4.0	5.8
Kale	1 cup chopped, fresh	7	0.9	0.8	0.1
Lettuce - Iceberg	1 cup chopped	8	1.7	0.7	1.0
Lettuce - Romaine	1 cup chopped	16	3.1	2	1.1
Mushrooms	1/2 cup whole pieces	11	1.6	0.5	1.1
Okra	1/2 cup cooked from fresh	18	3.6	2	1.6
Onions	1 ounce or 2 Tbsp chopped	11	2.6	0.4	2.2
Radishes	1/2 cup slices, raw	9	2.0	0.9	1.1
Scallions (green onions)	1 medium, top and bulb, raw	5	1.1	0.4	0.7
Snap or snow peas	1 cup, fresh	35	6.0	2.0	4.0
Spaghetti squash	1 cup shredded	42	10	2.2	7.8
Spinach	1 cup fresh cut pieces	7	1.1	0.7	0.4
Summer squash	1 cup, including skin	25	4.6	1.5	3.1
Tomato	5 cherry tomatoes	15	3.3	1	2.3
Turnips	1 cup, raw	36	8	2	6
Turnip greens	1 cup, chopped	18	4	2	2
Zucchini	1 cup, including skin	25	4.6	1.5	3.1