

## FOOD GROUP: VEGETABLES

Most vegetables are low in carbohydrate and are a good source of vitamins, minerals and fibre. Only those marked with an asterisk (\*) contain enough carbohydrate to be counted as a serving (15 g of carbohydrate) when the portion size eaten is more than ½ cup (125 mL).

### CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Artichoke	1 cup (250 mL)	10	6	Tr	N/a
*Artichoke, Jerusalem	1 cup (250 mL)	24	3	Tr	N/a
Asparagus	4 spears	1	1	Tr	N/a
Beans, yellow or green	1 cup (250 mL)	6	6	Tr	N/a
Beets	1 cup (250 mL)	11	2	Tr	64
Bean sprouts	1 cup (250 mL)	4	3	Tr	N/a
Broccoli	1 cup (250 mL)	6	4	Tr	N/a
Brussel sprouts	1 cup (250 mL)	7	4	Tr	N/a
Cabbage	1 cup (250 mL)	4	2	Tr	N/a
Chinese cabbage	1 cup (250 mL)	1	3	Tr	N/a
Carrots	1 cup (250 mL)	8	1	Tr	47
Cauliflower	1 cup (250 mL)	2	2	Tr	N/a
Celery	1 cup (250 mL)	2	1	Tr	N/a
Collards, Kale, Kohlrabi	1 cup (250 mL)	6	3	Tr	N/a
Cucumber	1 cup (250 mL)	3	1	Tr	N/a
Dandelion greens	1 cup (250 mL)	4	1	Tr	N/a
Eggplant	1 cup (250 mL)	6	1	Tr	N/a
Endive	1 cup (250 mL)	Tr	1	Tr	N/a
Hearts of palm	1 piece	1	1	Tr	N/a
Leeks	1 cup (250 mL)	7	1	Tr	N/a
Lettuce	1 cup (250 mL)	1	1	Tr	N/a
Mixed vegetable, canned/frozen peas and carrots	1 cup (250 mL)	11	5	Tr	48
Mushrooms	1 cup (250 mL)	5	3	Tr	N/a
* Shitake, raw	1 cup (250 mL)	18	2	Tr	N/a
Shitake, dried	1 mushroom	2	Tr	Tr	N/a
Okra	1 cup (250 mL)	3	3	Tr	N/a
Onions	1 cup (250 mL)	8	1	Tr	N/a
* Parsnips	1 cup (250 mL)	21	2	Tr	97
* Peas	1 cup (250 mL)	14	8	Tr	48

Peppers	1 cup (250 mL)	5	1	Tr	N/a
Radish	1 radish	Tr	Tr	Tr	N/a
Sauerkraut, canned	1 cup (250 mL)	4	2	Tr	N/a
Rutabaga	1 cup (250 mL)	12	2	Tr	N/a
Spinach	1 cup (250 mL)	2	5	Tr	N/a
Squash					
*Acorn, cooked, mashed	1 cup (250 mL)	19	2	Tr	N/a
*Butternut, baked	1 cup (250 mL)	19	2	Tr	N/a
Hubbard, cooked, mashed	1 cup (250 mL)	12	4	1	N/a
Pumpkin, boiled, mashed	1 cup (250 mL)	11	2	Tr	N/a
Spaghetti, baked/boiled	1 cup (250 mL)	9	1	Tr	N/a
Tomatoes, fresh	1 cup (250 mL)	6	2	Tr	N/a
Tomatoes, canned, regular	1 cup (250 mL)	7	2	Tr	N/a
*Tomatoes, canned, stewed	1 cup (250 mL)	13	2	Tr	N/a
Turnip	1 cup (250 mL)	5	1	Tr	N/a
*Water chestnuts	1 cup (250 mL)	14	1	Tr	N/a
Zucchini	1 cup (250 mL)	8	2	Tr	N/a