



NON-STARCHY VEGETABLE EXCHANGES

Non-Starchy Vegetables

1 choice = 5 grams of carbohydrate and 25 calories

(1 choice is 1/2 cup cooked vegetables or 1 cup of raw vegetables)

Artichokes	Carrots	Kohlrabi	Salad greens, lettuce
Asparagus	Cauliflower	Leeks	Spinach
Beans (green, wax)	Celery	Mushrooms	Tomatoes
Bean sprouts	Collard greens	Okra	Turnips
Beets	Cucumbers	Onions	Water chestnuts
Broccoli	Eggplant	Pea pods	Yellow squash
Brussel sprouts	Green onions	Peppers	Zucchini
Cabbage	Jicama	Radishes	

Serving Size

Fork Friendly Selections (Cal/g carb)

Broccoli

Broccoli, florets ----- 1.25 cups,
Broccoli, cuts ----- 1 cup,
or chopped frozen

Green Giant - Valley Fresh Steamers
- 100% Broccoli Florets (20/4)
- Broccoli Cuts (or Chopped) (20/4)



Cauliflower

Riced Cauliflower --- 3/4 cup,
cooked

Bird's Eye - Steamfresh
- Riced Cauliflower (25/3)
Cece's Veggie Noodle Co.
- Riced Cauliflower (20/4)

Green Giant
- Riced Veggies Cauliflower (20/4)
- Riced Cauliflower Medley (25/5)
- Riced Cauliflower Risotto
Medley (25/5)



**Calculating safe pesticide
residue levels in produce...**
[click here.](#)



HEB

- Riced Veggie Original Cauliflower
(20/4)

Serving Size

Fork Friendly Selections (Cal/g carb)

Salad Mix

Salad Mix -----	3 oz
Iceburg -----	1.5 cups
Romaine, chopped -	2 cups
Spinach -----	3 cups

Dole

- Very Veggie (20/4)
- Hearts of Romaine (15/3)
- Italian Blend (15/3)
- Spinach (20/3)



Squash, Yellow

Squash, yellow -----	1/4 package
spirals	(2.7 oz)

Cece's Veggie Noodle Co.

- Organic Yellow Squash Spirals (10/3)



Vegetable Medley

Vegetable medley ----	1/2 cup,
	cooked
	(6 oz)

HEB Organics

- Vegetable Medley (25/5)

HEB - Steamable

- Baby Broccoli Normandy Blend (30/5)



Zucchini

Zucchini spirals -----	1/4 package,
	or 3/4 cup
	(85 g)

Cece's Veggie Noddle Co.

- Organic Zucchini Veggiccine (10/3)

Green Giant

- Zucchini Veggie Spirals (15/2)



Plant-Based Recipes



Click the link below for a list of 200 plant-based, vegan recipes you can add to your collection!

Source: [Plant-Based Diet Recipes](#)
by the Physician's Committee for Responsible Medicine