



Low Carbohydrate Vegetables

This list is roughly arranged from lowest to highest carbohydrate counts, but all are non-starchy and generally low in carbohydrates.

- Sprouts (bean, alfalfa, etc.)
- Greens – lettuces, spinach etc.
- Hearty Greens - collards, mustard greens, kale, etc.
- Herbs - parsley, cilantro, basil, rosemary, thyme, etc.
- Celery
- Radishes
- Broccoli
- Cauliflower
- Cabbage
- Mushrooms
- Avocado
- Cucumber
- Peppers
- Summer Squash (including zucchini)
- Scallions or green onions
- Asparagus
- Bamboo Shoots
- Leeks
- Brussels Sprouts
- Snow Peas
- Green Beans and Wax Beans
- Tomatoes
- Eggplant
- Artichoke Hearts
- Fennel
- Onions
- Okra
- Spaghetti Squash
- Celery Root
- Carrots
- Turnip
- Water Chestnuts
- Pumpkin

Starchy (High Carbohydrate) Vegetables

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

- Beets
- Carrots (depends on diet)
- Corn
- Parsnips
- Peas
- Plantains
- Potatoes in all forms
- Winter Squashes (particularly acorn and butternut)