



STARCHY VEGETABLE EXCHANGES

Starchy Vegetables

1 choice = 15 grams of carbohydrate and approximately 80 calories

Baked beans	1/3 cup	Parsnips	1/2 cup
Beans, dried (kidney, lima, navy, pinto, etc.)	1/2 cup	Potato	
Cassava	1/3 cup	baked w/ skin	1/4 large
Corn, canned	1/2 cup	boiled, all kinds	1/2 cup
Fries		mashed, w/ milk and fat	1/2 cup
Shoestring	30	hashed browns	1/2 cup
Medium	10	Pumpkin, no sugar added	1 cup
Steak	6	Squash (acorn, butternut, or winter)	1/2 cup
Mixed, frozen	1/2 cup	Succotash	1/2 cup
Peas, green	1/2 cup	Sweet Potato	1/2 cup
Plantain, ripe	1/3 cup	Yam	1/2 cup

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Corn

Del Monte

- Cream Corn, no salt added (70/15) ----- 1/2 cup
- Whole Corn, no salt added (60/13) ----- 1/2 cup

Green Giant Fresh Steamers

- Extra Sweet Niblets Corn (70/13) ----- 2/3 cup

Sensible Foods

- Corn Crunch Dried Snack (80/18) ----- 2 (12g) pkg



Fries, sweet potato

Alexia

- Sweet potato fries w/ sea salt (100/14) ----- 2 oz



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fries, veggie

Bird's Eye

- Broccoli & potato fries (112/16) ----- 8 pieces
- Cauliflower & potato fries (140/17) ----- 8 pieces

Farmwise

- Broccoli, potato & white bean fries (100/14) --- 2 oz



Peas

Green Giant

- Low sodium peas (75/15) ----- 3/4 cup



Potato, hashed

Ore Ida White Potato

- Diced hash browns (60/13) ----- 2/3 cup
- Hash browns (70/16) ----- 1 1/4 cup
- Potatoes O'Brien (67/16) ----- 1 cup



Potato, mashed

- Freshly made (80/15) ----- 1/2 c

Idahoan, boxed

- Original mashed potatoes (80/17) ----- 1/3 c, dry
1/2 c, cooked



Potato, tots

Green Giant - Veggie Tots

- Broccoli tots (130/14) ----- 6 pieces
- Cauliflower tots (130/15) ----- 6 pieces



Pumpkin, canned

Libby's

- 100% pure pumpkin, ----- 3/4 cup
no sugar added (75/15)



Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture
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Squash

Green Giant - Veggie Spirals
 - Butternut Squash (75/18) ----- 1 cup



Veggies, mixed

Green Giant - Fresh Steamers
 - Garden veggie medley (80/17) ----- 1 1/4 cup
 - Roasted red potatoes, green beans, and rosemary butter sauce (80/17) ----- 1 cup



Yams or Sweet Potatoes

Fresh Yams
 - Cubed (90/20) ----- 1/2 cup
 - Small with skin (54/12) ----- 3 oz
 - Medium with skin (103/23) ----- 2 x 5"



Sugary Sam, canned yams
 - Golden cut yams in syrup (80/19) ----- 1/3 cup
 - Mashed, no sugar added (55/13) ----- 1/3 cup



Sizing Potatoes

One Serving

A small 3 oz potato is about the size of a computer mouse.



3 ounces, 80 Cal, 15 g Carbs

Comparing Sizes

One 3 oz serving is about a quarter of a large potato.

