



NON-STARCHY VEGETABLE EXCHANGE

Non-Starchy Vegetables

1 choice = 5 grams of carbohydrate and 25 calories

(1 choice is equivalent to 1/2 cup cooked vegetables or 1 cup 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	

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Broccoli

Green Giant - Valley Fresh Steamers

- 100% Broccoli Florets (20/3) ----- 1 cup
- Broccoli Cuts (20/4) ----- 1 cup

HEB

- Broccoli Stir Fry Blend (25/5) ----- 1 cup



Brussels Sprouts

Green Giant - Simply Steam

- Seasoned Brussels Sprouts (50/7) ----- 6 sprouts

Kroger - Frozen

- Traditional Brussels Sprouts (45/8) ----- 5 sprouts

Bird's Eye

- Steam fresh Brussel Sprouts (40/6) ----- 3/4 cup



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Carrots

Bird's Eye

- Fire Roasted Carrots (45/5) ----- 1/2 cup

Bolthouse Farms

- Baby Carrots Individual Pack (30/7) ----- 1 package

Delmonte

- Fresh Sliced Carrots (35/8) ----- 1/2 cup

Green Giant

- Honey Glazed Carrots (30/6) ----- 1/2 cup



Cauliflower, mashed or riced (cooked)

Bird's Eye - Steamfresh

- Riced Cauliflower (15/3) ----- 1/2 cup

- Mashed Cauliflower (35/6) ----- 1/2 cup

Green Giant

- Riced Veggies Cauliflower (20/4) ----- 1/2 cup

- Riced Cauliflower Medley (30/5) ----- 1/2 cup

- Riced Cauliflower Risotto Medley (20/4) ----- 1/2 cup



Edamame

Bird's Eye - Steamfresh

- Edamame in the Pod (50/3) ----- 1/2 cup



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Green Beans

Bird's Eye - Steamfresh

- Whole Green Beans (15/3) ----- 1/2 cup

Delmonte - No Salt Added

- Cut Green Beans (20/3) ----- 1/2 cup

- French Style Green Beans (20/3) ----- 1/2 cup

Green Giant - Simply Steam

- Cut Green Beans (20/4) ----- 1/2 cup

Kroger - No Salt Added

- French Style Green Beans (20/4) ----- 1/2 cup



Salad Mix

Dole

- Spinach (20/2) ----- 2 cup

- Classis Romaine (27/5) ----- 2 cup

Kroger

- American Blend (15/3) ----- 2 cup

- Italian Style Blend (20/3) ----- 2 cup



Squash, Yellow

Cece's Veggie Noodle Co.

- Grillerz Z-cut Summer Squash (63/5) ----- 3 oz

HEB

- Sliced Yellow Squash (15/3) ----- 2/3 cup



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Vegetable Medley

Bird's Eye - Steamfresh

- Asian Medley (35/5) ----- 1/2 cup
- Normandy Blend (15/3) ----- 1/2 cup
- California Blend (15/3) ----- 1/2 cup



Great Value

- Deluxe Stir Fry (20/5) ----- 1/2 cup



Green Giant

- Simply Steam Antioxidant Blend (35/4) ----- 1/2 cup



HEB Organics

- Vegetable Medley (15/3) ----- 1/2 cup



Kroger

- Broccoli Blend (25/4) ----- 1/2 cup
- Asian Inspired Blend (25/4) ----- 1/2 cup

Zucchini

Great Value

- Zucchini Blend (8/2) ----- 3/4 cup



Green Giant

- Zucchini Veggie Spirals (15/2) ----- 3/4 cup



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](#)