



# 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 (or Chopped) (20/4) ----- 1 cup
- Simply Steam Tuscan Style (60/6) ----- 1/2 cup



## Brussels Sprouts

### Green Giant - Simply Steam

- Seasoned Brussels Sprouts (40/5) ----- 4 sprouts

### Kroger - Frozen

- Traditional Brussels Sprouts (35/7) ----- 4 sprouts



## Carrots

### Bird's Eye

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

### Bolthouse Farms

- Baby Carrots Individual Pack (25/6) ----- 1 package



**Fork Friendly Selections (Cal/g carb)**

**Serving Size**

**Product Picture**

**Carrots cont.**

**Delmonte**

- Fresh Sliced Carrots (25/6) ----- 1/2 cup

**HEB - Steamfresh**

- Premier Parisienne Carrots (25/5) ----- 1/2 cup



**Cauliflower, mashed or riced (cooked)**

**Bird's Eye - Steamfresh**

- Riced Cauliflower (20/4) ----- 3/4 cup

**Green Giant**

- Cauliflower Mashed Potatoes (80/7) ----- 1/2 cup

- Riced Veggies Cauliflower (20/4) ----- 3/4 cup

- Riced Cauliflower Medley (30/5) ----- 3/4 cup

- Riced Cauliflower Risotto Medley (20/4) ----- 3/4 cup



**Edamame**

**Bird's Eye - Steamfresh**

- Edamame in the Pod (60/4) ----- 1/2 cup



**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



**Fork Friendly Selections (Cal/g carb)**

**Serving Size**

**Product Picture**

**Salad Mix**

**Dole**

- Butter Bliss Salad Blend (20/3) ----- 2 cup
- Very Veggie (27/5) ----- 2 cup
- Hearts of Romaine (20/3) ----- 2 cup
- Italian Blend (20/3) ----- 2 cup
- Spinach (20/2) ----- 2 cup

**Kroger**

- Italian Style Blend Salad Bag (12/3) ----- 2 cup



**Squash, Yellow**

**Cece's Veggie Noodle Co.**

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



**Vegetable Medley**

**Bird's Eye - Steamfresh**

- Asian Medley (35/5)----- 1/2 cup
- Normandy Blend (15/3)----- 1/2 cup
- Carrots, Broccoli, Cauliflower (15/2)----- 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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

## Zucchini

Cece's Veggie Noddle Co.

- Organic Zucchini Veggicine (10/3) ----- 1/4 pkg (3/4 cup)

Green Giant

- Zucchini Veggie Spirals (15/2) ----- 1/4 pkg (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](#)