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 (30/4) ---------- **1.25 cup**
- Broccoli Cuts (or Chopped) (20/4) -------- **1 cup, frozen**

Cauliflower, mashed or riced

Bird's Eye - Steamfresh

- Riced Cauliflower (30/3) ---------- **3/4 cup, cooked**

Cece's Veggie Noodle Co.

- Riced Cauliflower (20/4) ---------- **3/4 cup, cooked**

Green Giant

- Cauliflower Mashed Potatoes (80/7) ------- **1/2 cup, cooked**
- Riced Veggies Cauliflower (20/4) --------- **3/4 cup, cooked**
- Riced Cauliflower Medley (30/5) --------- **3/4 cup, cooked**
- Riced Cauliflower Risotto Medley (30/5) --- **3/4 cup, cooked**

HEB

- Riced Veggie Original Cauliflower (20/4) -- **3/4 cup, cooked**

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

Salad Mix

Dole

- Very Veggie (20/4) ---------- **1.5 cup**
- Hearts of Romaine (20/3) ---------- **2 cup, chopped**
- Italian Blend (20/3) ---------- **2 cup**
- Spinach (20/3) ---------- **3 cup**

Squash, Yellow

Cece's Veggie Noodle Co.

- Organic Yellow Squash Spirals (10/3) ----- **1/4 pkg (2.7 oz)**

Vegetable Medley

HEB Organics

- Vegetable Medley (30/5) ---------- **1/2 cup, cooked**

HEB - Steamable

- Baby Broccoli Normandy Blend (30/5) ---- **1/2 cup, cooked**

Zucchini

Cece's Veggie Noddle Co.

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

Green Giant

- Zucchini Veggie Spirals (20/2) ---------- **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

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