

# Vegetables

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This section includes:

- Starchy Vegetables
- Beans, Peas, and Lentils
- Non-Starchy Vegetables



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## Starchy vs Non-Starchy Veggies

Starchy vegetables have more carbs and calories than non-starchy vegetables.

Examples of starchy veggies are corn, potatoes, and legumes. Non-starchy veggies include broccoli, carrots, and onions. **Both types of vegetables are important to your diet.**

## What about beans, peas, and lentils?

Beans, peas, and lentils are often grouped together as legumes. They are a special category of vegetables because they have both carbs and protein.

**Legumes are an important part of your diet because they are high in fiber and protein, which helps with blood sugar control.**





# STARCHY VEGETABLE EXCHANGE

## 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



## Peas

### Green Giant

- Low sodium peas (50/10) ----- 1/2 cup

### Harvest Snaps

- Baked green pea snacks (130/16) ----- 22 pieces



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

**Serving Size**

**Product Picture**

**Fries, sweet potato**

**Alexia**

- Sweet potato fries w/ sea salt (95/16) ----- 2 oz (8 pieces)

**Kroger**

- Sweet potato crinkle cut (150/23) ----- 12 pieces



**Fries, veggie**

**Bird's Eye**

- Veggie made cauliflower fries (140/17) ----- 8 pieces



**Potato, hashed**

**Ore Ida White Potato**

- Diced hash browns (60/15) ----- 2/3 cup

- Potatoes O'Brien (60/13) ----- 3/4 cup

**Simply Potatoes**

- Shredded hash browns (70/15) ----- 2/3 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**

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

**Birds Eye**

- Broccoli tots (100/12) ----- 8 pieces

- Cauliflower tots (80/11) ----- 8 pieces



**Pumpkin, canned**

**Libby's**

- 100% pure pumpkin, no sugar added (70/15) -- 3/4 cup



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

**Serving Size**

**Product Picture**

**Squash**

**Green Giant - Veggie Spirals**

- Butternut Squash (65/16) ----- 1 cup



**Veggies, mixed**

**Green Giant - Simply Steam**

- Garden vegetable medley (70/14) ----- 1 cup
- Roasted red potatoes, green beans, & rosemary butter sauce (80/16) ----- 1 cup



**Yams or Sweet Potatoes**

**Fresh Yams**

- Cubed (90/20) ----- 1/2 cup
- Small with skin (55/12) ----- 3 oz
- Medium with skin (100/23) ----- 2 x 5"



**Sugary Sam, canned yams**

- Golden cut, in syrup (80/19) ----- 1/3 cup
- Golden mashed, no sugar added (55/13) ----- 1/3 cup



**Sizing Potatoes**

**One Serving**

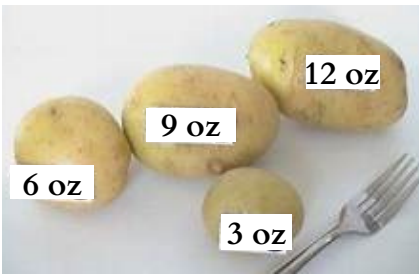
A small 3 oz potato is about the size of a computer mouse.



3 ounces, 80 Cal, 15 g Carbs

**Comparing Sizes**

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





# BEANS, PEAS & LENTILS EXCHANGE

## Beans, Peas & Lentils

1 choice = 1 starch (15 grams of carbohydrate) + 1 lean meat

Baked beans	1/3 cup	Lentils, cooked (brown, green, yellow)	1/2 cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup	Peas, cooked (black-eyed, split)	1/2 cup
Beans, dry	1/4 cup	Refried beans, canned	1/2 cup

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

### Serving Size

### Product Picture

## Baked Beans

Saturated fat-free - Under 300 mg sodium

### Van Camps

- Pork & Beans in Tomato Sauce (70/19) ----- 1/3 cup

### Bush's

- Best Brown Sugar Reduced Sugar & Sodium (90/19) ----- 1/3 cup



## Beans, cooked

Saturated fat-free - Under 150 mg sodium

### Black

- Bush's Reduced Sodium (105/23) ----- 1/2 cup

- Goya Low Sodium (100/18) ----- 1/2 cup

- Westbrae Vegetarian Black (100/19) ----- 1/2 cup

### Cannellini (or White)

- Bob's Red Mill (150/26) ----- 1/2 cup

### Garbanzo (or Chickpeas)

- Goya Chickpeas Low Sodium (100/20) ----- 1/2 cup

- Goya Organic Chickpeas (110/19) ----- 1/2 cup

- Westbrae Chickpeas (110/18) ----- 1/2 cup



### Beans, cooked (cont.)

Saturated fat-free - Under 150 mg sodium

#### Great Northern (or Navy)

- Westbrae (100/19) ----- 1/2 cup
- Good & Gather Organic Low Sodium (110/20) ----- 1/2 cup

#### Kidney

- Goya Low Sodium (110/19) ----- 1/2 cup
- Westbrae (100/18) ----- 1/2 cup

#### Pinto

- Bush's Reduced Sodium (80/18) ----- 1/2 cup
- Westbrae (100/19) ----- 1/2 cup



### Peas, cooked

#### Green Giant

- 50% Less Sodium Peas (50/10) ----- 1/2 cup

#### Birds Eye

- Steamfresh Sweet Peas (50/10) ----- 1/2 cup




### Lentils, cooked

#### Goya

- Lentils (70/19) ----- 1/2 cup




## Portion Size



1/2 cup beans  
1 serving, cooked

=



about the size  
of a lightbulb



### Lentils, hummus

Saturated fat-free - Under 125 mg sodium

**HEB**

- Deli Traditional Hummus (60/5) ----- 2 Tbsp

**Sabra**

- Classic Hummus (70/4) ----- 2 Tbsp



### Refried Beans, canned

Saturated fat-free - Under 300 mg sodium

**Goya**

- Refried Pinto Low Sodium (85/15) ----- 1/4 cup

**HEB**

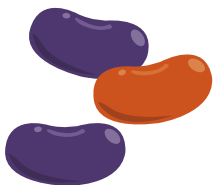
- Organics Fat Free Black Beans (50/9) ----- 1/4 cup

**Kroger**

- Vegetarian Refried Beans (75/13) ----- 1/4 cup



### What can you do with a can of beans?



Legumes (beans, peas and lentils) are plant-based proteins that serve as an important part of any diet. Legumes are enjoyed as part of local cuisine all around the world.

Click the link to find 21 unique budget-friendly recipes, all beginning with a can of beans. Also note, dried beans are naturally salt free and contain less than 10 mg/serving.

**Source: [21 Meals that Start with A Can of Beans](#)**





# 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 (25/4) ----- 1.25 cup
- Broccoli Cuts (or Chopped) (20/4) ----- 1 cup, frozen



### Cauliflower, mashed or riced

#### Bird's Eye - Steamfresh

- 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 (20/4) --- 3/4 cup, cooked





## 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 (30/3) ----- 3 cup



### Squash, Yellow

Cece's Veggie Noodle Co.

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



### Vegetable Medley

HEB Organics

- Vegetable Medley (25/6) ----- 1 cup, cooked



HEB - Steamable

- Baby Broccoli Normandy Blend (30/5) ----- 1 cup, cooked
- Prince Edward Vegetable Medley (30/6) --- 3/4 cup



### Zucchini

Cece's Veggie Noodle Co.

- Organic Zucchini Veggicchine (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](#)

