



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



Fries, sweet potato

Alexia

- Sweet potato fries w/ sea salt (95/16) ----- 8 pieces
- Waffle Cut Fries (85/13) ----- 9 pieces

Kroger

- Sweet potato crinkle cut (80/15) ----- 8 pieces



Fries, veggie

Bird's Eye

- Crinkle Cut Zucchini Fries (140/18) ----- 20 pieces

Dr. Praeger's

- California Veggie Fries (140/17) ----- 7 pieces



Peas

Bird's Eye

- Steamfresh Frozen Sweet Peas (70/13) ----- 2/3 cup

Green Giant

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

Harvest Snaps

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

Hungry Jack

- Mashed Potatoes (80/16) ----- 1/2 cup, cooked

Idahoan, boxed

- Original mashed potatoes (80/17) ----- 1/2 cup, cooked



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Potato, tots

Good and Gather

- Broccoli and Cheese Tots (160/15) ----- 7 pieces
- Cauliflower Tots (130/15) ----- 7 pieces

Green Giant - Veggie Tots

- Cauliflower tots (130/15) ----- 6 pieces
- Broccoli and Cheese Tots (150/15) ----- 6 pieces

Birds Eye

- Broccoli tots (100/12) ----- 8 pieces
- Cauliflower tots (80/11) ----- 8 pieces



Pumpkin, canned

Great Value

- 100% Pure Pumpkin (45/10) ----- 1/2 cup

Libby's

- 100% pure pumpkin, no sugar added (45/10) -- 1/2 cup



Squash, butternut

Great Value

- Frozen Butternut Squash (60/16) ----- 1 cup

Green Giant - Veggie Spirals

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



Veggies, mixed

Birds Eye - Steamfresh

- Frozen Mixed Vegetables (80/15) ----- 1 cup

Great Value

- Frozen Mixed Vegetables (65/15) ----- 1 cup

Green Giant - Simply Steam

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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

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"

Kroger

- Yams Cut Sweet Potatoes in Syrup (65/17) --- 1/3 cup

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.

