

# GREEN VEGETABLES AND SALAD

## Lowest Carbohydrate

Serving size = ½ cup unless  
otherwise specified

- Mustard greens (1 cup)
- Collards, fresh/raw (1 cup)
- Romaine lettuce (1 cup)
- Endive (1 cup)
- Lettuce, butter head (1 cup)
- Celery
- Cucumber
- Mushrooms, white
- Radishes
- Sprouts, alfalfa or mung bean
- Turnip greens

## Moderate Carbohydrate

Serving size = ½ cup unless  
otherwise specified

- Asparagus
- Cabbage
- Cauliflower
- Eggplant
- Fennel
- Kale
- Mushrooms, portabella
- Spinach, cooked
- Summer squash, zucchini and scallop

## Highest Carbohydrate

Serving size = ½ cup unless  
otherwise specified

- Broccoli
- Cabbage, red
- Collards or mustard greens, cooked
- Green or wax beans
- Kohlrabi
- Okra
- Peppers, green/red/yellow
- Scallions
- Summer squash, crookneck/straightneck
- Tomato, red ripe/canned
- Turnips
- Winter squash (spaghetti squash only)