

Non-Starchy Vegetables

Supporting
Your Health

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Optimal Non-Starchy Vegetable Choices

Arugula	Ginger root
Asparagus	Green beans
Bamboo Shoots	Hearts of palm
Bean sprouts	Jalapeno peppers
Beet greens	Kale
Bell Peppers	Lettuce
Broccoli	Mushrooms
Brussels sprouts	Mustard greens
Cabbage	Onions parsley
Cauliflower	Radishes
Celery	Radicchio
Chicory	Snap beans
Chives	Snow peas
Collard greens	Shallots
Coriander	Spinach
Cucumber	Spaghetti squash
Dandelion greens	Summer squash
Eggplant	Swiss chard
Endive	Tomatoes
Fennel	Turnip greens
Garlic	Watercress