

What are Non-Starchy Vegetables?



There are 2 types of vegetables: **non-starchy** and **starchy**. Both types have lots of vitamins, minerals, and fiber.

Non-starchy vegetables are carbohydrates, but they are **low in calories** and **do not cause a spike in your blood sugar**. If you have diabetes, you should eat lots of non-starchy vegetables. More is better!

Fresh vegetables are the best, but canned and frozen vegetables are good too! If you're using canned or frozen vegetables, look for ones that say low-sodium or no salt added. To stay healthy, eat **3-5 servings of vegetables each day**.

1 serving of vegetables is:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Here is a list of non-starchy vegetables:

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| <ul style="list-style-type: none">• Amaranth or Chinese spinach• Artichoke• Artichoke hearts• Asparagus• Baby corn• Bamboo shoots• Beans (green, wax, Italian)• Bean sprouts• Beets• Brussels sprouts• Broccoli• Cabbage (green, bok choy, Chinese)• Carrots• Cauliflower• Celery | <ul style="list-style-type: none">• Chayote Coleslaw (packaged, no dressing)• Cucumber• Daikon• Eggplant• Greens (collard, kale, mustard, turnip)• Hearts of palm• Jicama• Kohlrabi• Leeks• Mushrooms• Okra• Onions• Pea pods• Peppers | <ul style="list-style-type: none">• Radishes• Rutabaga• Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)• Sprouts• Squash (cushaw, summer, crookneck, spaghetti, zucchini)• Sugar snap peas• Swiss chard• Tomato• Turnips• Water chestnuts• Yard-long beans |
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What are Starchy Vegetables?



There are 2 types of vegetables: **non-starchy** and **starchy**. Both types have lots of vitamins, minerals, and fiber.

Starchy vegetables are healthy, but they have **more carbohydrates** and calories than non-starchy vegetables. This means that starchy vegetables can **make your blood sugar spike**. If you have diabetes, you should **limit the amount of starchy vegetables you eat**. When you do eat starchy vegetables, look for ones with no added fats, sugar, or salt.

Fresh vegetables are the best, but canned and frozen vegetables are good too! If you're using canned or frozen vegetables, look for ones that say low-sodium or no salt added. To stay healthy, eat 3-5 servings of vegetables each day. Most of these servings should be non-starchy vegetables.

1 serving of vegetables is:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Here is a list of starchy vegetables:

<ul style="list-style-type: none">• Beans• Corn• Green Peas• Lima beans• Parsnips• Plantains• Pumpkin• Sweet potatoes• Cassava• Yautia	<ul style="list-style-type: none">• Taro• White potatoes• Winter squash, butternut squash, or acorn squash• Yams• Red potato• Chickpeas (garbanzos)• Lentils• Ñame
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