

## Non-Starchy Vegetables

- Alfalfa sprouts
- Artichoke
- Artichoke hearts
- Asparagus
- Bamboo shoots
- Beans: green, Italian, yellow or wax
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Chinese cabbage
- Cucumber
- Eggplant
- Green onions or scallions
- Greens: beet, collard, dandelion, kale, mustard or turnip
- Jicama (Mexican potato)
- Kohlrabi
- Leeks
- Lettuce: endive, escarole, leafy varieties, romaine or iceberg
- Mixed vegetables without corn, peas or pasta
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers (all varieties)
- Radishes
- Rhubarb, artificially sweetened
- Rutabaga
- Sauerkraut
- Snow peas or pea pods
- Spinach
- Summer squash
- Swiss chard
- Tomato, raw
- Tomato, cherry
- Tomato juice
- Tomato paste
- Tomato sauce
- Turnips
- Vegetable juice cocktail
- Water chestnuts
- Watercress
- Zucchini