

Low & Medium Carb Info Sheet

To add a little more variety, stick to these carbs for your 3 p.m. carb cut-off.

LOW CARB VEGGIES:

3% OR FEWER

Asparagus	Chicory	Mushrooms	Yellow Squash
Bamboo Shoots	Collard Greens	Mustard Greens	Zucchini Squash
Bean Sprouts	Cucumber	Parsley	
Beet Greens	Endive	Radishes*	
Bok Choy	Escarole	Salad Greens	
Broccoli*	Garlic	Sauerkraut	
Cabbages*	Green Beans	Spinach*	
Cauliflower*	Kale*	Summer Squash	
Celery	Kohlrabi*	Turnip Greens	
Chards	Lettuces	Watercress	

MEDIUM CARB VEGGIES

6% OR FEWER

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra
Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

MEDIUM CARB VEGGIES

7-9%

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts*
Butternut Squash
Carrots
Jicama
Leeks
Onions
Pumpkin
Rutabagas*
Turnips*
Winter Squash

