

## STARCHY VEGETABLES

<u>Starchy Vegetables</u>	<u>Carbohydrate Content (per 1 cup)</u>	<u>From Fiber</u>	<u>Glycemic Index</u>
Artichoke	20	14	3
Beans, Black	41	15	14
Beans, Fava	33	9	13
Beans, Garbanzo (Chickpeas)	45	12	17
Beans, Kidney	40	13	14
Beans, Lima	39	13	14
Beans, Mung	39	15	13
Beans, Navy	48	19	15
Beans, Northern	37	12	13
Beans, Pinto	45	15	15
Beans, Snap	10	4	4
Beans, Red	40	13	14
Beets	8	4	4
Carrots	12	4	2
Edamame	16	8	6
Garlic	45	3	22
Jicama	11	6	2
Leek	8	0	2
Mushrooms	8	3	4
Mushrooms, portabella	6	3	3
Mushrooms, shiitake	21	3	7
Okra	8	4	2
Onions	21	3	8
Onion, sweet (whole)	25	3	8
Onions, yellow	7	1	2
Parsnips	26	6	8
Peas, blackeyed	34	8	13
Peas, Chickpeas (Garbanzo beans)	45	12	17
Peas, greens (garden)	25	9	9
Peas, snow / sugarsnap	11	4	5
Peas, split	41	16	13
Plantain	62	5	24
Potato, red (small baked)	27	2	12
Potato, sweet (baked)	41	7	17
Potato, white (small baked)	30	3	13
Pumpkin	12	3	3
Rutabaga	15	3	5
Squash, Acorn	30	9	8
Squash, Butternut (raw)	16	3	5
Squash, Hubbard	22	10	10
Squash, Spaghetti	10	2	2
Squash, Winter (all varieties)	10	2	3
Taro	46	7	18
Turnips	8	3	2
Yams	37	5	16
Yucca (Cassava root)	78	4	41

## NON-STARCHY VEGETABLES

<b><u>Non-Starchy Vegetables</u></b>
Asparagus
Banboo Shoots
Beans (Green, Italian, Wax)
Bean Sprouts
Bok Choy
Broccoli
Brussel Sprouts
Cabbage (Green, Purple, Chinese)
Cauliflower
Celery
Chayote
Cucumber
Daikon
Eggplant (Black, Japanese, etc.)
Greens (Collard, Kale, Mustard, Turnip)
Hearts of Palm
Kohlrabi
Pea Pods
Peppers (Banana, Bell, Poblano, etc.)
Radishes
Salad Greens (Arugula, Chicory, Endive, Lettuce, Spinach, etc.)
Sprouts
Squash (Crookneck, Yellow, Zucchini, etc.)
Swiss Chard
Tomato
Water Chestnuts