
HOW VEGETABLES STACK UP

Many people think that vegetables are so low in carbohydrate they're not worth counting, but some vegetables have more carbohydrate per serving than you might think. And if you eat more than one serving at a time, the carbohydrate might really start to add up.

VEGETABLE	SERVING SIZE	CARBOHYDRATE (GRAMS)	FIBER (GRAMS)
Asparagus	4 medium spears	2	1
Bell pepper	½ large, raw	4	2
Broccoli	1 cup chopped, cooked	12	6
Cabbage, green	1 cup shredded, raw	4	2
Carrots, baby	10 medium, raw	8	3
Cauliflower	1 cup chopped, cooked	6	2
Celery	1 medium stalk, raw	1	1
Corn	½ cup cooked	20	3
Cucumber	1 cup peeled, sliced	3	1
French fries, McDonald's	1 small order	26	2
Green beans	1 cup cooked	10	4
Lettuce, green leaf	2 cups	2	1
Mushrooms, white	½ cup sliced	1	0
Onions, yellow	¼ cup sautéed	2	0
Peas	½ cup frozen	10	3
Potato, boiled	5 ounces (2½ inches in diameter)	27	2
Potato chips	1 ounce	14	1
Spinach, cooked	½ cup	4	2
Spinach, raw	2 cups	2	2
Tomatoes, cherry	1 cup raw	6	2
Tomatoes, canned	1 cup	10	2
Zucchini	1 cup sliced, cooked	7	3

Nutrient information from www.nutritiondata.com.

Diabetes Self-Management, "How Well Do You Know Your Diabetes Management Plan?" by Allison Blass.

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