

Non-starchy vegetables

The bulk of our diet should be from a colorful variety of non-starchy vegetables.

A serving is 1/2 cup of cooked vegetables or vegetable juice, or 1 cup of raw vegetables.

Non-starchy vegetables are rich in vitamins, minerals, fiber, and phytochemical and yet have few calories. I recommend that you eat predominantly fresh or frozen. If you choose a canned non-starchy veggie, then choose a low salt option. Rinse the canned vegetables with water.

Your goal should be to eat at least 3-5 servings a day - more is even better! If you are like most people, this may feel overwhelming. Start with committing to eat just one serving twice a day for the next 12 weeks. Once you are in the habit of that, tackle another 2-3 servings a day.

Most people will find that if they concentrate on adding non-starchy vegetables to their meals, they will restrict starchy foods without even thinking about it. Psychologically, adding something is easier to do consistently than restricting. Nobody likes to concentrate in the negatives.

Common non-starchy vegetables:

Amaranth/Chinese spinach	Cucumber	Rutabaga
Artichoke	Daikon	Salad greens (<i>chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress</i>)
Artichoke hearts	Eggplant	Sprouts
Asparagus	Greens (<i>collard, kale, mustard, turnip</i>)	Squash (<i>cushaw, summer, crookneck, spaghetti, zucchini</i>)
Baby corn	Hearts of Palm	Sugar snap peas
Bamboo shoots	Jicama	Swiss chard
Beans (<i>green, wax, Italian</i>)	Kohlrabi	Tomato
Bean sprouts	Leeks	Turnips
Broccoli	Mushrooms	Water chestnuts
Cabbage	Okra	Yard-long beans
Carrots	Onions	
Cauliflower	Pea Pods	
Celery	Peppers	
Chayote	Radishes	
Coleslaw		