

Nonstarchy Vegetables

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Amaranth or Chinese spinach	Kohlrabi
Artichoke	Leeks
Artichoke hearts	Mixed vegetables (without corn, peas, or pasta)
Asparagus	Mung bean sprouts
Baby corn	Mushrooms, all kinds, fresh
Bamboo shoots	Okra
Beans (green, wax, Italian)	Onions
Bean sprouts	Oriental radish or daikon
Beets	Pea pods
Borscht	Peppers (all varieties)
Broccoli	Radishes
Brussels sprouts	Rutabaga
Cabbage (green, bok choy, Chinese)	Sauerkraut
Carrots	Soybean sprouts
Cauliflower	Spinach
Celery	Squash (summer, crookneck, zucchini)
Chayote	Sugar pea snaps
Coleslaw, packaged, no dressing	Swiss chard
Cucumber	Tomato
Eggplant	Tomatoes, canned
Gourds (bitter, bottle, luffa, bitter melon)	Tomato sauce
Green onions or scallions	Tomato/vegetable juice
Greens (collard, kale, mustard, turnip)	Turnips
Hearts of palm	Water chestnuts
Jicama	Yard-long beans