

LOW-CARBOHYDRATE FOOD OPTIONS

People living with diabetes can and should eat food containing carbohydrates (carbs). Carbs are the body's primary source of energy and fuel for the brain, muscles and other organs. How many carbs you require varies from person to person. A registered dietitian can help you select a variety of healthy options.

The following list can help you choose and include low-carb vegetables to compliment balanced meals and snacks.

VEGETABLE	PORTION SIZE	CARBS (G)
Artichoke, cooked	1 heart	3.3
Arugula, raw	½ cup	0.4
Asparagus, cooked	1 cup	7.4
Bamboo shoots cooked	1 cup	9.9
Bell peppers, raw slices/cooked slices	1 cup	3.7 / 9
Beet greens, cooked	1 cup	7.8
Beets, cooked, one whole	2-inch diameter	5
Bok choy, shredded, cooked/raw	1 cup	3 / 1.5
Broccoli cooked, flowerets	½ cup	7
Broccoli, raw, flowerets	1 cup	4.7
Broccoli, Chinese, cooked	1 cup	3.4
Broccoli rabe (Rapini)	¾ cup	3.1
Brussels sprouts, cooked	1 cup	10.9
Cabbage (green), cooked/raw, chopped	1 cup	8.2 / 5.2
Cabbage (Napa), cooked	1 cup	2.4
Cabbage (red), cooked/raw, chooped	1 cup	10.3 / 6.6
Carrots, cooked slices	½ cup	6.4
Carrots, raw	5 ½ inches long	4.8
Cauliflower, cooked/raw	1 cup	5.1 / 5.3
Celery (diced), cooked/raw	1 cup	6 / 3.6
Chives	1 Tbsp	0.1
Collard greens, cooked/raw	1 cup	7 / 2
Crookneck (summer) squash, cooked slices	½ cup	2.4
Crookneck (summer) squash, raw slices	1 cup	3.5
Daikon radish, cooked slices	1 cup	5
Dandelion greens, cooked slices	1 cup	6.7
Eggplant, cooked, 1-inch cubes	1 cup	8.3

Continued on the other side

DIABETES CENTER OF EXCELLENCE

AMBULATORY CARE CENTER (ACC), SECOND FLOOR
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)

EXISTING PATIENTS: **508-334-3206**



Diabetes Center of Excellence

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VEGETABLE	PORTION SIZE	CARBS (G)
Endive raw	¾ cup	3.4
Escarole, cooked	1 cup	4
Escarole, raw	2 cups	3
Green onion, raw	1 stalk	0.7
Jicama, cooked	¾ cup	8.8
Jicama, raw slices	1 cup	10.6
Kale, cooked/raw	1 cup	7.3 / 2.2
Kimchi	1 cup	3.6
Kohlrabi, cooked	¾ cup	6.7
Kohlrabi, raw	1 cup	8
Leeks, cooked, bulb and lower leaf	1 leek	9.4
Lettuce, cooked	1 cup	2.4
Lettuce, raw chopped/raw shredded	1 cup	1.7 / 2.1
Mushrooms, cooked pieces/raw slices	1 cup	8.3 / 3
Mustard greens, chopped, cooked/raw	1 cup	2.9 / 2.7
Okra, cooked slices	½ cup	3.9
Onions, cooked	¾ cup	10.1
Onions, raw	1 cup	10.7
Parsnips, cooked	2 oz. (56 g)	9.6
Radicchio, raw, shredded	1 cup	1.8
Radish, raw	1 cup	4
Swede (Rutabaga), cooked	¾ cup	6.8
Sauerkraut	1 cup	6
Seaweed, cooked/dried/regular	1 cup	4.9 / 7 / 6.1
Shallots	1 Tbsp	1.7
Spaghetti squash, cooked	1 cup	10
Spinach, cooked/raw	1 cup	6.7 / 1
Swiss chard, cooked	1 cup	6
Tomatillo, raw, chopped/diced	½ cup	3.9
Tomatoes (red), cooked/raw chopped or sliced	1 cup	9.6 / 7
Turnips, cooked pieces	1 cup	7.8
Watercress, cooked/raw, chopped	1 cup	1.8 / 0.5
Water chestnut, cooked/raw	1 oz.	9.5 / 6.8
Zucchini, cooked slices	½ cup	2.4
Zucchini, raw slices	1 cup	3.5

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