

NON-STARCHY VEGETABLES

Starchy vs non-starchy vegetables

Vegetables are an important part of a healthy diet. They are loaded with important vitamins, minerals, and fiber. There are two main types of vegetables: starchy and non-starchy. A starchy vegetable will contain carbohydrates. This includes potatoes, corn, and peas. A non-starchy vegetable will contain very little, if any, carbohydrates. They will also be lower in calories than starchy vegetables. Ideally, aim to fill half of your plate with non-starchy vegetables at least 1 meal a day!

Why are non-starchy vegetables important?

While both starchy and non-starchy vegetables are an important part of a healthy diet, non-starchy vegetables pack a nutritional punch without added carbohydrates. They are also loaded with fiber, which helps to keep you full and regular. Look at the options below and choose your favorites!

EXAMPLES

Artichoke and Artichoke Hearts
Asparagus
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Kale
Lettuce

Mushrooms
Okra
Onions
Peppers
Salad greens
String beans
Squash (summer, crookneck, and spaghetti)
Swiss chard
Tomato
Turnips
Zucchini



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