



Nonstarchy Vegetables

There are 2 types of vegetables—starchy and nonstarchy. Starchy vegetables like potatoes, corn, and peas are considered grains, since they contain more carbohydrates. There are numerous nonstarchy vegetables (below are a few common ones).

- Artichoke
- Asparagus
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Cucumber
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Tomato
- Turnips

Best choices and general tips

- Fresh, frozen, and canned vegetables and vegetable juices without added sodium, fat, or sugar (if using canned or frozen vegetables, look for ones that say low sodium or no salt added on the label).
- Frozen or canned vegetables in sauces are higher in both fat and sodium.
- If using canned vegetables with sodium, drain the vegetables and rinse with water then warm in fresh water. This will cut back on how much sodium is left on the vegetables.

Fruits

There are many fruits to choose. Listed below are a few common ones:

- Apple
- Apricot
- Banana
- Blueberries
- Cherries
- Grapes
- Kiwi
- Mango
- Orange
- Peach
- Pear
- Plum
- Raspberries
- Strawberries
- Watermelon

Best choices and general tips

- Choose fresh, frozen, or canned fruit without added sugars in juice or light syrup.
- Dried fruit and fruit juice are also nutritious choices, but the portion sizes are small, so they may not be as filling as other choices.

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.



Eat the Rainbow
Enjoy lots of vegetables and fruits and the variety of nutrients they offer by choosing from the rainbow of colors available.