

Prediabetes

@Holton_Nutrition

Non-Starchy Vegetable Guide

<i>Vegetable</i>	<i>Serving</i>	<i>Grams of Total Carbohydrates</i>	<i>Grams of Fiber</i>
Alfalfa Sprouts	1 cup raw	0.7	0.6
Artichoke	1 medium, cooked	14.3	6.8
Artichoke Heart	1 heart, cooked	3.6	1.7
Arugula	1 cup, raw	0.7	0.3
Asparagus	1 cup, cooked	7.4	3.6
Baby Corn	3 oz drained, canned	5.0	2.0
Banana Pepper	1 cup chopped, raw	6.6	4.2
Bamboo Shoots	1 cup, canned	4.2	1.8
Bean Sprouts	1 cup, raw	6.2	1.9
Beets	1 cup, cooked	15.6	3.1
Bell Pepper (Green)	1 cup slices, raw	4.3	1.6
Bell Pepper (Green or Red)	1 cup chopped, cooked	9.0	1.6
Bell Pepper, Red	1 cup slices, raw	5.5	1.9
Bell Pepper, Yellow	1 cup slices, raw	5.8	0.8
Bell Pepper (Yellow)	1 cup chopped, cooked	8.9	1.3
Bitter Melon	1 cup, cooked	5.4	2.5
Bok Choy	1 cup, cooked	3.0	1.7
Broccoli	1 cup, cooked	11.2	5.1
Broccoli	1 cup, raw	4.7	1.8
Broccolini	7 pieces, cooked	5.0	4.0
Brussels Sprouts	1 cup, cooked	11.1	4.1
Cabbage (Green)	1 cup, cooked	8.3	2.9
Cabbage (Green)	1 cup shredded, raw	4.5	1.6



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Cabbage (Red)	1 cup, raw	6.6	1.9
Carrots	1/2 cup diced, cooked	11.9	4.3
Carrots	6 medium baby, raw	5.7	1.7
Cauliflower	1 cup, cooked	5.1	2.9
Cauliflower	1 cup, raw	5.3	2.1
Celery	1 medium stalk, raw	1.2	0.6
Celeriac	1 cup, cooked	9.1	1.9
Chayote	1 cup, cooked	8.1	4.5
Chicory Leaves	1 cup, raw	1.4	1.2
Chili Pepper	1 pepper, 4-6 inches, raw	4.0	0.7
Chinese Broccoli	1 cup, cooked	3.4	2.2
Collard Greens	1 cup frozen, cooked	3.0	2.0
Collard Greens	2 cups raw	5.0	3.0
Cucumber	1/2 cup raw, with peel	2.7	0.8
Daikon Radish	1 cup, raw slices	4.8	1.9
Eggplant	1 cup, cooked	4.3	1.2
Endive	1/2 cup, raw	0.8	0.8
Escarole	2 cups, raw	2.3	2.2
Fennel Bulb	1/2 cup, raw	12.4	5.3
Garlic	1 clove, raw	1.0	0.1
Green Beans	1 cup, cooked	9.8	4.0
Habanero Pepper	1 pepper, raw	0	0

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Hearts of Palm	1 cup, canned	6.7	3.5
Iceberg Lettuce	1 cup, chopped raw	1.7	0.7
Italian Beans	1/2 cup, canned	4.0	1.3
Jalapeno	2 inch long pepper	0.9	0.4
Jicama	1 cup, sliced raw	11.5	6.4
Kale	1 cup, raw	0.9	0.9
Kohlrabi	1 cup, cooked	11.0	1.8
Kohlrabi	1 cup, slices raw	8.4	4.9
Leeks	1/2 cup, cooked	4.0	0.5
Morning Glory/Water Spinach	1 cup, raw	1.8	1.2
Mushrooms (Button)	1 cup, chopped cooked	8.3	3.4
Mushrooms (Button)	1 cup, chopped raw	2.3	0.7
Mustard Greens	1/2 cup, cooked	3.2	1.4
Mustard Greens	1 cup, raw	2.6	1.8
Napa Cabbage	1 cup, cooked	2.9	2.0
Okra	1 cup slices, cooked	7.2	4.0
Onion	1/2 cup, cooked	10.7	1.5
Onion	1/4 cup chopped, raw	4.5	0.7
Patty Pan Squash/Scallop Squash	1 cup slices, cooked	5.9	3.4
Poblano Pepper	1 cup slices, raw	7.0	2.5

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Portabella Mushroom	1 cup slices, cooked	5.6	2.3
Portabella Mushroom	1 cup diced, raw	3.3	1.1
Radicchio	1 cup shredded, raw	1.8	0.4
Radishes	1 cup slices, raw	3.9	1.9
Rhubarb	1 cup, cooked	6.0	3.1
Romaine	1 cup chopped, raw	1.5	1.0
Rutabaga	1 cup mashed, cooked	16.4	4.3
Scallions	1/4 cup chopped, raw	1.8	0.6
Scotch Bonnet Pepper	1 pepper, about 14 grams, raw	0.7	0.1
Snow Peas	1 cup whole pieces, cooked	11.3	4.5
Snow Peas	1 cup whole pieces, raw	4.8	1.6
Spaghetti Squash	1 cup, cooked	10.0	2.2
Spinach	1 cup chopped, cooked	6.8	4.3
Spinach	2 cups cut pieces, raw	2.2	1.3
Sugar Snap Peas	1 cup, raw	5.0	2.4
Summer Squash	1 cup slices, cooked	7.8	2.5
Summer Squash	1 cup slices, raw	5.0	1.6



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Swiss Chard	1 cup pieces, cooked	7.2	3.7
Swiss Chard	1 cup pieces, raw	1.3	0.6
Tomato	1 cup chopped, raw	7.0	2.2
Tomatillos	1 cup chopped, raw	7.7	2.5
Turnip	1 cup pieces, cooked	7.9	3.1
Turnip Greens	1 cup chopped, cooked	6.3	5.0
Water Chestnuts	2/3 cup canned	12.2	2.1
Watercress	1 cup chopped, raw	0.4	0.2
Wax Beans	1 cup cut pieces, cooked	9.8	4.1
Zucchini	1 medium, about 5.5 oz, cooked	4.5	1.7
Zucchini	1 medium, about 6.5 oz, raw	6.1	2.0

Tips for Adding More Veggies to Your Day

Start small. If you aren't a veggie lover already, don't feel like you have to suddenly start eating a bunch all at once. Start with a little for a few days and start adding a little over time.

Try different cooking methods. Not a fan of boiled broccoli? No fear! Try roasted, sauteed, raw in a salad, grilled, or even in the air fryer! There are so many ways to enjoy veggies in different ways!

Use flavors you enjoy. Veggies don't have to be plain and boring! Use seasonings or sauces you know you already enjoy to help you eat more veggies every day!

Don't force it. If you really don't like something, don't force yourself to try again and again. There are so many veggies you can enjoy, so branch out and try something new!