

Do you know your vegetables? There are different groups according to their nutrition content....

May consume: unlimited

Green Vegetables

Broccoli
Dark green leafy lettuce
Kale
Mustard greens
Spinach
Turnip greens
Watercress
Bok Choy

Other Vegetables

Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Cucumbers
Eggplant
Green beans
Bell peppers
Mushrooms
Okra
Onions
Tomatoes
Turnips
Wax beans
Zucchini
Carrots

Starchy Vegetables: 1/2 c servings

Corn
Green peas
Lima beans/butter beans
Potatoes (white and sweet)

Dry beans/peas: 3/4 cup servings

Black beans
Black-eyed peas
Garbanzo beans
Lentils
Kidney beans
Navy beans
Split peas
White beans
Edamame/Soy bean
Pinto beans

Grains:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice