

CARBS

VEGETABLES



	SERVING	PROTEIN	CARBS	FAT	FIBER
Arugula	1/2 cup	0.3	0.4	0	0.2
Asparagus	1/2 cup	2	3	0	1
Broccoli	1/2 cup	1	3	0	1
Brussel Sprouts	1/2 cup	2	6	0	2
Carrots	1/2 cup	1	6	0	2
Cauliflower	1/2 cup	1	3	0	2
Celery	1/2 cup	0	2	0	1
Cucumber	1/2 cup	0	2	0	0
Green Beans	1/2 cup	1	4	0	2
Jicama	1/2 cup	1	6	0	3
Kale	1/2 cup	2	3	0	1
Leek	1/2 cup	1	7	0	1
Lettuce	1/2 cup	0.3	0.5	0	0.3
Mushrooms	1/2 cup	0	2	0	1
Onion	1/2 cup	1	8	0	1
Parsnips	1/2 cup	1	12	0	3
Peppers	1/2 cup	1	4	0	1
Radish	1/2 cup	0	2	0	1
Spinach	1/2 cup	0.5	0.6	0	0.4
Tomato	1/2 cup	1	4	0	1
Zucchini	1/2 cup	1	2	0	1