

# DIABETIC VEGETABLE EXCHANGE CHART

## 1 Vegetable Exchange Equals:

- 5g Carbohydrates | 2g Protein | 0g Fat | 25 Calories
- **Serving Size:** 1/2 cup Cooked or 1 cup Raw

### Vegetable Type

### Common Examples

#### Non-Starchy Vegetables (Low Glycemic)

Leafy Greens

Spinach, Kale, Lettuce, Swiss Chard, Arugula

Cruciferous

Broccoli, Cauliflower, Cabbage, Brussels Sprouts

Gourd/Marrow

Zucchini, Cucumber, Summer Squash, Pumpkin

Alliums

Onions, Garlic, Leeks, Shallots

Other

Asparagus, Bell Peppers, Eggplant, Celery, Mushrooms

#### Free Foods (Negligible Carbs per serving)

High Water Content

Radishes, Endive, Escarole, Chicory

#### Important Note on Starchy Vegetables:

Potatoes, Peas, Corn, and Winter Squash are counted as **1 Starch Exchange** (15g Carbs), not as vegetable exchanges.

*\* Consult with a registered dietitian or healthcare provider for personalized meal planning.*