

Starch and No Starch Groups

Starchy vegetables are

- Beets
- Carrots
- Corn
- Parsnips
- Peas
- Plantains
- Potatoes in all forms
- Winter Squashes (particularly acorn and butternut)

Non-starches/green are:

- Sprouts (bean, alfalfa, etc.)
- Greens – lettuces, spinach, chard, etc.
- Hearty Greens - collards, mustard greens, kale, etc.
- Radicchio and endive count as greens
- Herbs - parsley, cilantro, basil, rosemary, thyme, etc.
- Bok Choy
- Celery
- Radishes
- Sea Vegetables (Nori, etc)
- Broccoli
- Cauliflower
- Cabbage (or sauerkraut)
- Mushrooms
- Jicama
- Avocado
- Cucumber (or pickles without added sugars)
- Peppers (all kinds)
- Summer Squash (including zucchini)
- Scallions or green onions

- Asparagus
- Bamboo Shoots
- Leeks
- Brussels Sprouts
- Snow Peas (pods)
- Green Beans and Wax Beans
- Tomatoes
- Eggplant
- Artichoke Hearts
- Fennel
- Onions
- Okra
- Spaghetti Squash
- Celery Root (Celeriac)
- Turnip
- Water Chestnuts
- Pumpkin

Thanks,
HCGrenew