

Keto Exchanges



EACH OF THE FOLLOWING VEGETABLE SERVINGS CONTAINS APPROX. 5 GRAMS OF CARBOHYDRATES

Food

Serving Size

ARTICHOKE HEARTS, COOKED	1/4 CUP
ASPARAGUS, COOKED	1 1/2 CUPS
BEANS (GREEN)	1 1/4 CUPS RAW OR 3/4 CUP COOKED
BEETS	1/2 C RAW OR 1/3 CUP COOKED
BROCCOLI	2 CUP RAW OR 1 CUP COOKED
BRUSSEL SPROUTS, COOKED	1 CUP
CABBAGE (ALL TYPES)	2 CUPS RAW OR 1 CUP COOKED
CARROTS	1/3 CUP SLICED COOKED OR 1/3 CUP CHOPPED RAW
CAULIFLOWER	2 CUPS RAW OR 1 1/2 CUP COOKED
CELERY	2 1/2 CUP RAW, CHOPPED OR 1 1/4 CUP COOKED
CUCUMBER	2 1/3 CUPS CHOPPED, RAW
EGGPLANT	3/4 CUP COOKED
GREENS (COLLARD, KALE, MUSTARD)	1 CUP RAW, 1/2 CUP COOKED
MUSHROOMS	1 CUP RAW, 1/2 CUP COOKED
OKRA	1/2 CUP SLICES, COOKED OR 3/4 CUP RAW
ONIONS	1/2 CUP RAW OR 1/4 CUP COOKED
PEPPERS (ALL TYPES)	1 CUP RAW OR 1/2 CUP COOKED
SALAD GREENS (ROMAINE, ICEBERG, ENDIVE, SPINACH)	1 CUP = 1 G CARB
SPAGHETTI SQUASH, COOKED	1/2 CUP
SPINACH	1 1/2 CUP COOKED
YELLOW SQUASH, COOKED	1 CUP COOKED
TOMATO	1 MEDIUM RAW
TURNIPS	1 CUP COOKED, CUBES
ZUCCHINI	1 CUP COOKED, SLICES