

Sugar/starch in veggies

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(raw)	Vegetables			
3 1/2 oz	Artichokes	3	11	0
3 1/2 oz	Asparagus	2	4	0
3 1/2 oz	Avocado	2	9	15
3 1/2 oz	Bamboo Shoots	3	5	0
3 1/2 oz	Beets	2	10	0
3 1/2 oz	Bok Choy	1	2	0
3 1/2 oz	Broccoli	3	7	0
3 1/2 oz	Brussels Sprouts	3	9	0
3 1/2 oz	Cabbage	1	6	0
3 1/2 oz	Carrots	1	10	0
3 1/2 oz	Cauliflower	2	5	0
3 1/2 oz	Celery	1	3	0
3 1/2 oz	Corn	3	19	1
3 1/2 oz	Cucumber	1	4	0
3 1/2 oz	Daikon	1	4	0
3 1/2 oz	Eggplant	1	6	0
3 1/2 oz	Fennel	1	7	0
1 clove	Garlic	0	1	0
3 1/2 oz	Ginger Root	2	18	1
3 1/2 oz	Jerusalem Artichoke	2	17	0
3 1/2 oz	Jicama	1	9	0
3 1/2 oz	Kohlrabi	2	6	0
3 1/2 oz	Leek	2	14	0
3 1/2 oz	Mushrooms (all types)	3	3	0
3 1/2 oz	Okra	2	7	0
3 1/2 oz	Olives (all types)	1	6	11
3 1/2 oz	Onions (all types)	1	10	0
3 1/2 oz	Parsnips	1	18	0
3 1/2 oz	Pepper (bell, all colors)	1	6	0
3 1/2 oz	Pepper (hot, all colors)	2	9	0
3 1/2 oz	Potatoes (all types)	2	16	0
3 1/2 oz	Pumpkin	1	7	0
3 1/2 oz	Radishes	1	3	0
3 1/2 oz	Rutabaga	1	8	0
3 1/2 oz	Shallots	2	17	0
3 1/2 oz	Squash (all types)	1	6	0
3 1/2 oz	Sweet Potato (yam)	1	28	0
3 1/2 oz	Tomatoes	1	3	0
3 1/2 oz	Turnips	1	6	0
3 1/2 oz	Water Chestnuts	3	38	1
3 1/2 oz	Zucchini	3	3	0
(dried)	Sea Vegetables			
1 tbs	All types	0	1	0

Highest sugar greens=kale, dandelion & turnip

(raw)	Greens			
3 1/2 oz	Aruqula	3	4	1
3 1/2 oz	Beet Greens	2	4	0
3 1/2 oz	Cilantro	2	4	1
3 1/2 oz	Collard Greens	2	6	0
3 1/2 oz	Dandelion Greens	2	9	1
3 1/2 oz	Endive	1	3	0
3 1/2 oz	Kale	3	10	1
3 1/2 oz	Lettuce (all types)	1	3	0
3 1/2 oz	Mustard Greens	3	5	0
3 1/2 oz	Radicchio	1	4	0
3 1/2 oz	Spinach	3	4	0
3 1/2 oz	Sprouts (all types)	4	4	1
3 1/2 oz	Swiss Chard	2	4	0
3 1/2 oz	Turnip Greens	1	7	0
3 1/2 oz	Watercress	2	1	0

Lowest sugar veggies=mushrooms, zucchini, celery, tomatoes & sea vegetables

Sugar/starch in fruits & grains

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(raw)	Fruits			
3 1/2 oz	Apples	0	14	0
3 1/2 oz	Apricots	1	11	0
3 1/2 oz	Bananas	1	23	0
3 1/2 oz	Blackberries	1	10	0
3 1/2 oz	Blueberries	1	14	0
3 1/2 oz	Boysenberries	1	13	0
3 1/2 oz	Cantaloupe	1	8	0
3 1/2 oz	Casaba Melon	1	7	0
3 1/2 oz	Cherries	1	12	0
3 1/2 oz	Coconut	3	15	33
3 1/2 oz	Cranberries	0	12	0
3 1/2 oz	Currants	1	14	0
3 1/2 oz	Dates	2	75	0
3 1/2 oz	Elderberries	1	18	0
3 1/2 oz	Figs	3	64	1
3 1/2 oz	Gooseberries	1	10	1
3 1/2 oz	Grapefruit	1	7	0
3 1/2 oz	Grapes	1	17	0
3 1/2 oz	Guava	1	12	1
3 1/2 oz	Honeydew Melon	1	9	0
3 1/2 oz	Kiwi Fruit	1	15	1
3 1/2 oz	Kumquat	2	16	1
3 1/2 oz	Lemons	1	9	0
3 1/2 oz	Limes	0	8	0
3 1/2 oz	Loganberries	2	13	0
3 1/2 oz	Mango	1	17	0
3 1/2 oz	Nectarines	1	11	0
3 1/2 oz	Oranges	1	12	0
3 1/2 oz	Papaya	1	10	0
3 1/2 oz	Peaches	1	10	0
3 1/2 oz	Pears	1	11	0
3 1/2 oz	Persimmon	1	33	0
3 1/2 oz	Pineapple	1	13	0
3 1/2 oz	Plums	1	11	0
3 1/2 oz	Pomegranate	1	17	0
3 1/2 oz	Prunes	2	64	0
3 1/2 oz	Raisins	3	79	0
3 1/2 oz	Raspberries	1	12	1
3 1/2 oz	Rhubarb	1	5	0
3 1/2 oz	Strawberries	1	8	0
3 1/2 oz	Tangerines	1	11	0
3 1/2 oz	Watermelon	1	8	0

Lowest sugar grain=wild rice

(cooked)	Whole Grains			
1/2 cup	Amaranth	14	60	4
1/2 cup	Barley	10	67	2
1/2 cup	Buckwheat	10	58	3
1/2 cup	Kamut	12	58	0
1/2 cup	Millet	3	21	1
1/2 cup	Oat	12	50	5
1/2 cup	Quinoa	14	60	5
1/2 cup	Rice (all types)	2	25	0
1/2 cup	Rye	13	55	1
1/2 cup	Spelt	15	57	1
1/2 cup	Triticale	10	58	2
1/2 cup	Wheat	11	57	1
1/2 cup	Wild Rice	3	18	0

Lowest sugar fruit=rhubarb...but strawberries, watermelon, grapefruit & casaba melon are all very low (below 10 grams of carbs)