



Non-starchy vegetables

Non-starchy vegetables come in a number of categories:

Green leafy vegetables:

Arugula (rocket), Asian greens (all types, baby spinach, beet greens, bok choy, Brussels sprouts*, cabbage - green and purple*, silverbeet - all colours, endive, kale, lettuce (all types), mung bean sprouts, radicchio, spinach, micro-greens and sprouts.

Many herbs also fit into this category, such as parsley, basil, coriander, mint, chives and more.

Root vegetables: (be careful with these if eating 'low carb')

Carrots, celeriac, daikon (Japanese radish), radish, swede and turnips.

Squash family:

Cucumber, zucchini, button squash, and spaghetti squash.

Stalk family:

Asparagus*, celery*, leek*, shallots* and spring onions*.

Others:

Artichoke, eggplant, avocado, broccoli, broccolini, capsicums (all varieties), cauliflower*, chili peppers, green beans, snow peas*, snap peas*, and tomatoes.

Mushrooms:*

Technically they are fungi rather than vegetables, but all varieties fit into this category.

Those with significant gut issues may want to minimise those with an Asterix (*) initially as they can contribute to bloating and gut pain.