

 **Vanderbilt University Medical Center**
DIABETES NUTRITION CLINIC

CARBOHYDRATE LIST FOR VEGETABLES

1 vegetable serving/exchange = 5 - 6 grams carb
1 starchy vegetable serving/exchange = 12 – 18 grams carb

Vegetable	Serving Size	Carb grams	Fiber grams	Grams per oz if weighed
Alfalfa seeds, sprouted	1 cup	1	1	
Artichoke, whole	1 medium	13	16	
Asparagus	6 spears	4	1	
Beans, dry, average	½ cup	8 – 24	7	Average for all types
Bean sprouts	½ cup	Less than 1	1	
Beets, boiled	½ cup	6	2	
Broccoli, raw	½ cup	2	1	
cooked	½ cup	4	2	
Brussels sprouts	½ cup, or 4 sprouts	7	2	
Cabbage, all varieties	½ cup cooked	2	2	
Carrots, raw or cooked	1 medium, ½ cup	8	2	
Cauliflower, raw or cooked	½ cup	3	2	
Celery	1 stalk, 7"	1	1	
Corn, kernels	½ cup	21	2	
Corn, ear	8"	26	1	
Cucumber	½ cup slices	1	0	
Edamame, soybean	½ cup bean only	3	4	
Eggplant	½ cup	3	1	
Green beans, cooked	½ cup	5	2	
Greens, cooked, all varieties	½ cup	4	1/2	
Hominy	½ cup	12	2	
Lettuce, all varieties	½ cup	2	1/2	
Lima beans	½ cup	24	7	
Mushrooms, button, raw	½ cup	2	1/2	
cooked	½ cup	4	2	
Okra, boiled	½ cup	6	2	
Onion, raw	½ cup	7	1	
cooked	½ cup	11	1	
green	½ cup, chopped	4	1	
Peas, green	½ cup	11	4	
Pepper, all varieties	½ cup	4	1	
Potato, white, baked	1 medium, 7 oz.	51	4 w/skin	7 grams per ounce
Potato, sweet, baked	1 small, 4 oz.	27	3	7 grams per ounce
Pumpkin	½ cup	6	4	
Radish	10 radishes	2	1	

