

CARBOHYDRATE CLASSIFICATIONS OF FRUIT AND VEGETABLES

(According to Carbohydrate Content)

Vegetables				
3 Percent	6 Percent	15 Percent	20 Percent	25 Percent
Asparagus	Beans, string	Artichokes	Beans, dried	Baked Potato
Bean sprouts	Beets	Oyster Plant	Beans, lima	Sweet Yams
Beet Greens	Brussel Sprouts	Parsnips	Corn	
Broccoli	Chives	Peas, green	Potato, white	
Cabbage	Collards	Squash		
Cauliflower	Dandelion Greens	Carrots		
Celery	Eggplant			
Chard, Swiss	Kale			
Cucumber	Kohlrabi			
Endive	Leeks			
Lettuce	Okra			
Mustard Greens	Onions			
Radishes	Parsley			
Spinach	Peppers, red			
Watercress	Pimento			
	Pumpkin			
	Rutabagas			
	Turnips			
Fruits				
3 Percent	6 Percent	15 Percent	20 Percent	25 Percent
Cantaloupe	Apricots (fresh only)	Apples	Bananas	
Rhubarb	Blackberries	Blueberries	Figs	
Strawberries	Cranberries	Cherries	Prunes	
Watermelon	Grapefruit	Grapes	Or any dried fruits	
Melons	Guava	Kumquats		
	Melons	Loganberries		
	Lemons	Mangoes		
	Limes	Mulberries		
	Oranges	Pears		
	Papayas	Pineapple (fresh)		
	Peaches	Pomegranates		
	Plums			
	Raspberries			
	Tangerines			

Those on a lower carbohydrate program may generally choose:

All of the 3% and 6% vegetable selections that you wish, the 15% to 25% vegetables in limited quantities and only one type at each meal. They are nutritious and should generally be included in your diet unless your doctor has told you otherwise. Fruits should be eaten separately from other foods and in the morning is best.

Limited quantities of the 3% or 6% fruit daily, small amount at any one time (one cup), watching citrus and melons for intolerance. The 15% to 20% fruits may be selected but only in small portions at any given time (i.e. ½ banana or 1 small apple or 3 prunes etc.).

Eat a large variety, including many different types, but rotate them as much as possible. Avoid eating the same foods day after day.