

CARBOHYDRATES IN VEGETABLES

Vegetables are absolutely essential for good health. Even though by all other standards, vegetables are low in carbohydrates, from a ketogenic diet viewpoint, they are still carbs that can push someone out of ketosis. It is important to have some vegetables every day but the amount and type of vegetable is important.

The vegetables that are highest in carbs are the starchy root vegetables like potatoes and yams. The other root vegetables are also relatively high in carbs: carrots, onions, garlic, beets, and turnips. Winter squash and pumpkin is also relatively high in carbs. All of these would quickly take you out of ketosis so they need to be used sparingly.

The next level are the vegetables that are really the fruit of the plant: tomatoes, eggplant, peppers, zucchini, cucumbers, etc. These are nice for a garnish, but too much and again you are out of ketosis.

The cruciferous vegetables are very nutritious but also have a fair amount of carbs and need to be used carefully: broccoli, cauliflower, cabbage, and kale.

The vegetables that have the least number of carbs and the most nutrients are the leafy greens: spinach, lettuce, etc.

Here is a list of the vegetables and the weight and volume that contain 1 carb.

Food	Volume	Weight
Lettuce	3 cups	3 oz.
Spinach	3 cups	3 oz.
Broccoli	¼ cup	1 oz.
Zucchini	1/3 cup	1.5 oz.
Bell pepper	1/6 cup	1 oz
Avocado	1/6 medium avocado	2 oz.
Onion	1 tablespoon	.5 oz.
Garlic	1 medium size clove	.1 oz
Asparagus	1/3 cup	2 oz.
Cauliflower	1/3 cup	1.25 oz.
Carrot	1/8 cup grated	.5 oz.
Tomato	¼ cup	1.25 oz.
Cucumber	1/3 cup	1 oz.
Mushroom	2/3 cup	1.5 oz.
Chard	1.5 cups	2 oz.
Cabbage	1/3 cup	3 oz
Kale	1/5 cup	.5 oz