

Gram Weights of the 5 & 1 Plan Approved Vegetables

Item	Variety	Quantity	Gram Wt
Arugula	Raw	.5 cup (chopped)	10
Celery	Raw	.5 cup (chopped)	50.5
Celery	Cooked from fresh variety	.5 cup	75
Chard, Swiss	Raw	.5 cup	18
Collards (Collard Greens)--1 cup*	Raw	1 cup* (chopped)	36
Cucumber, no peel	Raw	.5 cup (slices)	59.5
Cucumber, with peel	Raw	.5 cup (slices)	52
Escarole	Raw	.5 cup (shredded)	25
Greens, Mustard	Cooked from frozen variety	.5 cup	75
Greens, Mustard	Cooked from fresh variety	.5 cup	70
Greens, Mustard--1 cup*	Raw	1 cup* (chopped)	56
Greens, Turnip	Raw	.5 cup (chopped)	27.5
Greens, Turnip	Cooked from frozen variety	.5 cup	82
Greens, Turnip	Cooked from fresh variety	.5 cup	72
Greens, Turnip NSA	Cooked from canned variety	.5 cup	72
Jalapeno	Raw	.5 cup (slices)	45
Lettuce, Butterhead (inc Boston and Bibb) - 1 cup*	Raw	1 cup* (shredded or chopped)	55
Lettuce, Endive--1 cup*	Raw	1 cup* (chopped)	50
Lettuce, Iceberg--1 cup*	Raw	1 cup* (shredded)	72
Lettuce, Romaine--1 cup*	Raw	1 cup* (shredded)	47
Mushroom	Cooked from fresh variety	.5 cup	78
Mushroom	Cooked from canned variety	.5 cup	78
Mushroom, Brown, Italian or Crimini	Raw	.5 cup (sliced)	36
Mushroom, Straw	Cooked from canned variety	.5 cup	91
Mushroom, White	Raw	.5 cup (pieces)	35
Mushroom, White	Cooked from fresh variety	.5 cup	78*
Nopales	Raw	.5 cup (slices)	43
Radishes	Raw	.5 cup (slices)	58
Radishes, Oriental	Raw	.5 cup (slices)	58
Radishes, Oriental	Cooked from fresh variety	.5 cup (slices)	73.5
Spinach, Mustard (Tendergreen)--1 cup*	Raw	1 cup* (chopped)	150
Spinach, New Zealand--1 cup*	Raw	1 cup* (chopped)	56
Spinach--1 cup*	Raw	1 cup*	30
Sprouts, Alfalfa	Raw	.5 cup	16.5

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Item	Variety	Quantity	Gram Wt
Sprouts, Mung Bean Sprouts	Raw	.5 cup	52
Sprouts, Mung Bean Sprouts	Cooked from fresh variety	.5 cup	62
Watercress--1 cup*	Raw	1 cup* (chopped)	34
Asparagus	Raw	.5 cup	67
Asparagus	Cooked from frozen variety	.5 cup	90
Asparagus	Cooked from fresh variety	.5 cup	90
Asparagus	Cooked from canned variety	.5 cup	121
Cabbage	Raw	.5 cup (chopped)	44.5
Cabbage	Raw	.5 cup (shredded)	35
Cabbage, Chinese (Pak-Choi)	Raw	.5 cup (shredded)	35
Cabbage, Chinese (Pak-Choi)	Cooked from fresh variety	.5 cup (shredded)	85
Cabbage, Chinese (Pe-Tsai)	Raw	.5 cup (shredded)	38
Cabbage, Chinese (Pe-Tsai)	Cooked from fresh variety	.5 cup	59.5
Cabbage, Common	Cooked from fresh variety	.5 cup	75
Cabbage, Napa	Cooked from fresh variety	.5 cup	54.5
Cabbage, Savoy	Raw	.5 cup (shredded)	35
Cabbage, Savoy	Cooked from fresh variety	.5 cup	72.5
Cabbage, Swamp	Cooked from fresh variety	.5 cup	49
Cabbage, Swamp (Skunk Cabbage)	Raw	.5 cup (chopped)	28
Cauliflower	Raw	.5 cup	50
Cauliflower	Cooked from frozen variety	.5 cup	90
Cauliflower	Cooked from fresh variety	.5 cup	62
Cauliflower, Green	Raw	.5 cup	32
Cauliflower, Green	Cooked from fresh variety	.5 cup	62*
Eggplant	Raw	.5 cup (cubes)	41
Eggplant	Cooked from fresh variety	.5 cup	49.5
Fennel bulb	Raw	.5 cup (slices)	43.5
Kale	Raw	.5 cup (chopped)	33.5
Kale	Cooked from frozen variety	.5 cup	65
Kale	Cooked from fresh variety	.5 cup	65

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Item	Variety	Quantity	Gram Wt
Kale, Scotch	Raw	.5 cup (chopped)	33.5
Kale, Scotch, chopped	Cooked from fresh variety	.5 cup	65
Mushroom, Portabella	Raw	.5 cup (diced)	43
Mushroom, Portabella (grilled)	Cooked from fresh variety, sliced	.5 cup	60.5
Spinach	Cooked from frozen variety	.5 cup	95
Spinach	Cooked from fresh variety	.5 cup	90
Spinach	Cooked from canned variety	.5 cup	107
Spinach, Malabar	Cooked from fresh variety	.5 cup	90*
Spinach, Mustard (Tendergreen)	Cooked from fresh variety, chopped	.5 cup	90
Spinach, New Zealand	Cooked from fresh variety, chopped	.5 cup	90
Squash, Summer, Zucchini (w/skin)	Raw	.5 cup (sliced)	56.5
Squash, Summer, Scallop	Raw	.5 cup (sliced)	65
Squash, Summer, Scallop	Cooked from fresh variety, slices	.5 cup	90
Squash, Summer, Zucchini	Cooked from fresh variety w/skin	.5 cup	90
Squash, Summer, Zucchini	Cooked from frozen variety w/skin	.5 cup	111.5
Broccoli	Raw	.5 cup	44
Broccoli	Cooked from frozen variety	.5 cup	92
Broccoli	Cooked from fresh variety	.5 cup	78
Broccoli, Chinese	Cooked from fresh variety	.5 cup	44
Broccoli, Raab	Raw	.5 cup (chopped)	20
Broccoli, Raab	Cooked from fresh variety	.5 cup	44
Cabbage, Red	Raw	.5 cup (shredded)	35
Cabbage, Red	Cooked from fresh variety	.5 cup	75
Chard, Swiss	Cooked from fresh variety	.5 cup	87.5
Collards (Collard Greens)	Cooked from fresh variety	.5 cup	95
Green beans	Raw	.5 cup	55
Green Beans	Cooked from frozen variety	.5 cup	67.5

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Green Beans	Cooked from fresh variety	.5 cup	62.5
Item	Variety	Quantity	Gram Wt
Green Beans	Cooked from canned variety	.5 cup	67.5
Green Beans, NSA	Cooked from canned variety, NSA	.5 cup	67.5
Hearts of Palm	Canned	.5 cup	73
Jicama	Cooked from fresh variety	.5 cup	65
Kohlrabi	Raw	.5 cup	67.5
Kohlrabi	Cooked from fresh variety	.5 cup	82.5
Okra	Raw	.5 cup	50
Okra	Cooked from frozen variety	.5 cup	92
Okra	Cooked from fresh variety	.5 cup	80
Peppers, Green Sweet	Raw	.5 cup (chopped)	74.5
Peppers, Green Sweet	Cooked from frozen variety	.5 cup	68*
Peppers, Green Sweet	Cooked from fresh variety	.5 cup	68
Peppers, Green Sweet	Cooked from canned variety	.5 cup	70
Peppers, Red Sweet	Raw	.5 cup (chopped)	74.5
Peppers, Red Sweet	Cooked from frozen variety	.5 cup	68*
Peppers, Red Sweet	Cooked from fresh variety	.5 cup	68
Peppers, Red Sweet	Cooked from canned variety	.5 cup	70
Peppers, Yellow Sweet	Raw	.5 cup (chopped)	74.5*
Sauerkraut (low-sodium)	Raw	.5 cup	71
Scallions	Raw	.5 cup	50
Shirataki Noodles	*	.5 cup	113
Spaghetti Squash (winter squash)	Cooked from fresh variety	.5 cup	77.5
Squash, Summer, Crookneck and Straightneck	Raw	.5 cup (sliced)	65
Squash, Summer, Crookneck and Straightneck	Cooked from frozen variety, slices	.5 cup	96
Squash, Summer, Crookneck and Straightneck	Cooked from fresh variety, slices	.5 cup	90
Squash, Summer, Crookneck and Straightneck	Cooked from canned variety, diced	.5 cup	105

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Squash, Winter, Spaghetti (ONLY winter squash)	Raw	.5 cup (cubes)	50.5
Item	Variety	Quantity	Gram Wt
Tomato, red ripe	Raw	.5 cup (chopped or sliced)	90
Tomato, red ripe	Raw	.5 cup (cherry)	74.5
Tomato, red ripe packed in tomato juice	Cooked from canned variety	.5 cup (with juice)	120
Tomato, red, ripe	Cooked from fresh variety	.5 cup	120
Turnips	Raw	.5 cup (cubes)	65
Turnips	Cooked from frozen variety	.5 cup	78
Turnips	Cooked from fresh variety	.5 cup	78

Key:

Lowest Carbohydrate



Moderate Carbohydrate



Highest Carbohydrate

