

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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| 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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| 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

