

Raw Vegetable	Grams 1 carb	Grams 2 carbs	Grams 3 carbs
Asparagus	26	51	77
Broccoli	15	30	45
Brussels sprouts	11	22	33
Cabbage, Green	17	34	51
Cabbage, Red	13	26	39
Cauliflower	20	40	60
Celery	33	66	99
Cucumber	27	54	81
Green beans	14	28	42
Kale	22	44	66
Mixed greens	28	56	84
Mushrooms	28	56	84
Onions	10	20	30
Peppers, Green	21	42	63
Peppers, Red	17	34	51
Romaine	32	64	96
Spinach	28	56	84
Zucchini	29	58	87

Fruit	Grams 1 carb	Grams 2 carbs	Grams 3 carbs
Avocado	12	24	36
Blackberry	7	14	21
Blueberry	7	14	21
Olive, black	15	30	45
Olive, green	26	52	78
Raspberry	8	16	24
Strawberry	13	26	39
Tomatoes	26	52	78