



Jill Nussinow, MS, RDN

The Veggie Queen

Foods to Eat Freely, as much as you want, as long as they don't cause you to have blood sugar spikes – it is your responsibility to know this

Broccoli

Artichokes (cooked)

Arugula(Raw)

Asparagus

Bok choy (and Chinese Napa cabbage)

Brussels Sprouts

Cauliflower

Celery

Cress – watercress or other

Green or red cabbage

Eggplant, cooked

Green beans

(Organic) kale and other greens such as collards or Swiss chard

Kohlrabi

Lettuce of all types but darker is better

Mustard leaves

Okra

Onions

Peppers – green, red, yellow, orange, hot

Radishes of all types

Spinach



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Sprouts of greens – broccoli, kale, alfalfa, clover

Summer Squash such as zucchini, yellow, pattypan

Tomatoes except for sweet types which are limited to ¼ cup at a time

Turnip tops

In moderation:

Beets

Carrots, raw or cooked

Jerusalem artichokes

Parsnips

Potatoes in whole form, not mashed or boxed type

Sweet Potatoes – purple and Japanese better than others but limited

Turnips

Winter squash (no more than ½ cup a serving)

Only 10% of Americans are getting the recommended servings (6 to 10) of vegetables and fruit daily

Getting more than 10 servings of the eat freely vegetables is OK and perhaps even recommended