Low Carb Vegetables List Printable: 45 Foods + Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/low-carb-vegetables-list-printable/

Low Carb Vegetables List Printable: 45 Foods by Net Carbs

Net carbs are total carbs minus fiber, measured in grams (g). Values are approximate, rounded from USDA data, and refer to raw foods unless marked cooked.

- **Eat freely:** low net carbs at normal portions.
- **Moderation:** fits well when you measure the portion.
- **Limit:** one serving can use much of a strict daily carb budget.

Leafy Greens

Item	Serving	Net carbs (g, approx.)	Rating	Note
Spinach	1 cup	Under 1	Eat freely	Wilts down, so cook big handfuls
Romaine lettuce	1 cup shredded	Under 1	Eat freely	Crunchy base for salads, wraps
Arugula	1 cup	Under 1	Eat freely	Peppery, great with eggs
Kale	1 cup chopped	About 1	Eat freely	Massage with oil for salads
Swiss chard	1 cup	Under 1	Eat freely	Sauté the stems too
Collard greens	1 cup chopped	Under 1	Eat freely	Sturdy leaves work as wraps
Bok choy	1 cup shredded	About 1	Eat freely	Fast stir-fry favorite

Cruciferous Vegetables

Item	Serving	Net carbs (g, approx.)	Rating	Note
Broccoli	1 cup chopped	About 4	Eat freely	Roast until the edges crisp
Cauliflower	1 cup chopped	About 3	Eat freely	Rice it or mash it
Green cabbage	1 cup chopped	About 3	Eat freely	Cheap and keeps for weeks
Brussels sprouts	1 cup	About 5	Eat freely	Count servings if eating bowlfuls
Radishes	1 cup sliced	About 2	Eat freely	Roasted, they mimic potatoes

Everyday Low Carb Vegetables

Item	Serving	Net carbs (g, approx.)	Rating	Note
Zucchini	1 cup chopped	About 3	Eat freely	Spiralize into noodles
Asparagus	1 cup	About 2	Eat freely	Snap off woody ends
Green beans	1 cup	About 4	Eat freely	Frozen works just as well
Celery	1 cup chopped	About 1	Eat freely	Pairs well with nut butter
Cucumber, with peel	1 cup sliced	About 3	Eat freely	Swap for chips with dip
White mushrooms	1 cup sliced	About 2	Eat freely	Adds a meaty texture
Green bell pepper	1 cup chopped	About 4	Eat freely	Lower carb than red
Eggplant	1 cup cubed	About 2	Eat freely	Soaks up oil, so measure it
Tomato	1 medium	About 3	Eat freely	Jarred sauces may add sugar

Vegetables to Eat in Moderation

Item	Serving	Net carbs (g, approx.)	Rating	Note
Red bell pepper	1 cup chopped	About 6	Moderation	Sweeter than green peppers
Onion	1/2 cup chopped	About 6	Moderation	Flavor amounts are fine
Carrots	1/2 cup chopped	About 4	Moderation	Easy to eat several servings
Spaghetti squash, cooked	1 cup	About 8	Moderation	Pasta swap, watch the portion
Butternut squash, cooked	1/2 cup	About 8	Moderation	A side, not the main
Beets, cooked	1/2 cup	About 7	Moderation	A few slices in salad
Green peas, cooked	1/2 cup	About 8	Moderation	More protein than most vegetables

Starchy Vegetables to Limit

Item	Serving	Net carbs (g, approx.)	Rating	Note
Potato, baked with skin	1 medium	About 33	Limit	Try mashed cauliflower instead
Sweet potato, baked	1 medium	About 20	Limit	Half portions fit moderate plans
Corn kernels, cooked	1/2 cup	About 15	Limit	Nutritionally acts like a grain
Parsnips, cooked	1/2 cup	About 10	Limit	Roast with radishes to stretch

Low Carb Fruits

Item	Serving	Net carbs (g, approx.)	Rating	Note
Avocado	1/2 medium	About 2	Eat freely	Mostly fat and fiber
Olives	10 large	About 1	Eat freely	Salty, so mind sodium
Lemon or lime juice	1 tablespoon	About 1	Eat freely	Brightens any vegetable
Raspberries	1 cup	About 7	Moderation	Very high in fiber
Blackberries	1 cup	About 6	Moderation	Great with plain yogurt
Strawberries	1 cup halves	About 9	Moderation	Half cup on strict days
Blueberries	1/2 cup	About 9	Moderation	Smaller serving than other berries
Watermelon	1 cup diced	About 11	Moderation	Mostly water, still sweet

Higher Carb Fruits to Limit

Item	Serving	Net carbs (g, approx.)	Rating	Note
Banana	1 medium	About 24	Limit	Use half in a smoothie
Apple	1 medium	About 21	Limit	Thin slices stretch further
Grapes	1 cup	About 26	Limit	Very easy to overeat
Mango	1 cup pieces	About 22	Limit	A treat portion, not a snack
Raisins	1 small box	About 32	Limit	Drying concentrates the sugar

Quick Rules to Keep in Mind

- **Half the plate:** fill it from the first three tables.
- **Fruit pairing:** eat fruit with protein or fat.
- **Frozen counts:** choose plain bags without sauces.
- **Labels matter:** check canned and jarred vegetables for added sugar.