

# TRIM HEALTHY MAMA VEGGIE GUIDE

S & FP Vegetables	E Vegetables
artichoke	beans (navy, kidney, pinto, black, garbanzo, chana dahl, lentils, etc) 1.5 cups cooked
asparagus	carrots
baby corn	onion
beans (green & sprouts)	pumpkin**
beets	sweet potato, 1 medium
broccoli	
brussel sprouts	All S & FP veggies are acceptable here as well!
cabbage (green, bok choy, & Chinese)	
carrots*	
cauliflower	
celery	
cucumber	
eggplant	
greens (collard, kale, mustard, turnip)	
jicama	
leeks	
mushrooms	
okra	
onions*	
peppers	
radishes	
salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)	
squash (summer, spaghetti, zucchini, pumpkin**)	
sugar snap peas*	
tomatoes*	
turnips*	
water chestnuts	

\*Use carrots, onions, tomatoes, turnips, & peas sparingly in S dishes.

\*\*Pumpkin can be used in FP as long as it is less than 1/2 c. cooked. More than that, it turns into an E.