

# WHAT **VEGGIES** CAN I EAT ON A KETO DIET?

You can and should eat plenty of vegetables on a Keto diet. But not all vegetables are equal. Focus on those that are low-carb and reduce or avoid eating the medium to high ones.

## LOW-CARB VEGETABLES

3 or fewer net carbs per 1/2 cup, raw



Arugula



Asparagus



Avocado



Bell Pepper



Bok Choy



Broccoli



Broccoli Rabe



Cabbage



Cauliflower



Celery



Cucumber



Eggplant



Green Beans



Kale



Kohlrabi



Mushrooms



Mustard Greens



Radishes



Spinach



Swiss chard



Sugar Snap Peas



Summer Squash



Tomato



Watercress



Zucchini

## MEDIUM-CARB VEGETABLES

6 or fewer net carbs per 1/2 cup, raw



Carrots



Onions

## HIGH-CARB VEGETABLES

More than 7 net carbs per 1/2 cup, raw



Beets



Corn



Parsnips



Peas



Potatoes



Sweet Potatoes



Yams



Yucca