



# WELL-BEING

a tribe planted with purpose

Vegetables	Serving Size	Total Carbs (grams)	Fiber (grams)	Net Carbs (grams)	Protein (grams)	Fat (grams)
Asparagus	4 medium spears (fresh, cooked)	3	1	2	1	Trace
Avocado	1 oz (1/5 of whole California avocado)	3	2	1	Trace	4
Broccoli	1 cup (fresh, raw, chopped)	6	2	4	3	Trace
	1 cup (fresh, chopped, cooked)	12	6	6	4	Trace
Brussels Sprouts	1 cup (fresh, cooked)	11	4	7	4	Trace
Carrot	8-9 baby carrots (fresh)	7	3	4	Trace	Trace
Cauliflower	1 cup (fresh, raw, chopped)	5	3	2	2	Trace
	1 cup (fresh, chopped, cooked)	5	3	2	2	Trace
Celery	1 stalk 7 ½ " long (fresh)	1	Trace	1	Trace	Trace
Cucumber	1 cup (peeled, sliced)	3	Trace	3	Trace	Trace
Dark Greens (examples: spinach, kale, arugula)	1 cup (fresh, raw)	1	Trace	1	Trace	Trace
	1 cup (fresh, chopped, cooked)	7	4	3	5	Trace
Eggplant	1 cup (cubed, cooked)	9	3	6	Trace	Trace
Green Pepper	1 cup (sliced)	4	2	2	Trace	Trace
Mushroom	1 cup white button mushrooms (fresh, raw, slices)	2	Trace	2	2	Trace
Onion	1 cup (cooked, sautéed, chopped)	7	2	5	Trace	9
Spaghetti Squash	1 cup (cooked)	10	2	8	1	Trace
String Beans (green/yellow)	1 cup (fresh)	10	4	6	2	Trace
Sweet potato (yam)	½ medium baked sweet potato with skin (2 ½" x 2")	12	2	10	1	Trace
Tomato	1 cup cherry tomatoes (fresh, raw)	6	2	4	1	Trace
White potato	½ medium baked white potato	16	2	14	2	Trace
Yellow Squash	1 cup (cooked, slices)	4	1	3	1	Trace
Zucchini	1 medium (fresh)	7	2	5	2	Trace