

# THE BEST LOW CARB VEGETABLES FOR KETO

Vegetables are an essential part of a healthy low-carb diet, but sometimes we're stuck with decisions we might regret later. Some vegetables are high in sugar and don't cut it nutritionally - so we need to weed them out. Make sure to be careful when eating vegetables as their carb counts do add up quickly.

Below you'll find a quick visual guide on the best (and worst) low-carb vegetables for keto. Keep scrolling down to see a complete list of the most commonly consumed vegetables. At the bottom of this page, you'll find a list of the top 10 vegetables to consume based on scientific facts.

**Note:** Remember that on the ketogenic diet, you should aim to limit your carbohydrates to be below 30g per day, if you prefer to follow along and have meal ideas made for you, try our [Keto Academy Program](#) >

The best type of vegetables for a ketogenic diet are both high in nutrients and low in carbohydrates. As most of you can guess, these are dark and leafy. Anything that resembles spinach or kale will fall into this category and will be the best vegetable to include into dishes/meals.

If you're looking for low-carb vegetables that aren't leafy greens, think about the ones that grow above ground mostly from the cruciferous family. These include broccoli, cauliflower, zucchini, lettuce, cucumbers, and more. You can use the visual guide to help decide which vegetables are best.

Many people choose to eat salads as a way to get their greens in for the day. Salads are super quick to make, and you can put almost anything in them. Next time you're not sure of what to make, get some inspiration from these:

- Warm Asian Broccoli Salad
- Keto Mixed Green Spring Salad
- Crispy Tofu and Bok Choy Salad
- Thai BBQ Pork Salad

You can also simply toss leftovers in salads as long as the combinations make sense. Time and time again we make cheeseburger salad with our leftover cooked ground beef. It's such an easy way to make lunch!

Another way to eat vegetables is with your dinner. Many side dishes also complement the ketogenic diet because they're often very fatty. Next time you need to pair a meal with a side dish, consider one of these options:

- Easy Creamed Spinach
- Mashed Cauliflower with Parmesan
- Au Gratin Brussels Sprouts
- Lemon Roasted Spicy Broccoli

Or you can simply roast/saute some vegetables in coconut oil and spices before serving.



Below you'll find a visual guide to higher carb vegetables and vegetables with some color. Generally, the brighter and more colorful the vegetable, the less low-carb they are. There are a few exceptions like bell peppers and jalapenos, which can be used for added texture and flavor in meals.

Always do your best to avoid sweet or starchy vegetables as they are high in carbohydrates. These include (but are not limited to) peas, corn, potatoes, sweet potatoes, yams, yucca, parsnips, beans, quinoa, legumes, and other high starch vegetables.

As a general rule of thumb, the sweeter the vegetable is - the more sugar it has in it. You have to be very careful with the amount you consume from things such as carrots, onions, and squash. You can easily see the difference in carb counts between the above and below ground vegetables above. Of course, you can eat these in moderation, but you need to watch your intake.

Many people choose to use a mixture of the higher carb vegetables with lower carb ingredients. It's a great flavor enhancer, but you don't want over-saturate your diet with carb vegetables. Next time you're in the mood for something a bit more on the sweet side, consider making one of the following:

- Korean BBQ Stuffed Bell Pepper
- Sausage and Pepper Soup
- Roasted Bell Pepper and Cauliflower Soup
- Cheesy Cauliflower Onion Dip

We also see a lot more dessert recipes with the higher carb vegetables because of their natural sweetness. Ginger and pumpkin especially come to mind. If you're in the mood for an autumn inspired treat, consider adding vegetables to your desserts. Some examples are:

- Keto Pumpkin Pudding
- Pumpkin Pecan Pie Ice Cream
- Pumpkin Snickerdoodle Cookies

Remember always to limit the amount of sweet treats that you eat, especially on a ketogenic diet.

