

Vegetables, paleo, moderate to high starch**Glycemic index in brackets****Each portion contains approximately 10 grams net / useable carbohydrates.**

Artichoke hearts	1.5 cups
Beans, green, cooked	2 cup
Beetroot (64)	1 cup
Butternut pumpkin	1/2 cup
Brussels sprouts, cooked	1.5 cup
Carrot (49)	1 large
Carrots, sliced (49)	1 cup
Cassava,	¼ cup
Celeriac, cooked	1 cup
Eggplant, cooked	1 cup
Jerusalem artichoke	1/3 cup
Kohlrabi, cooked	1 cup
Kumara (78)	1/4 cup
Leeks, cooked	2/3 cup
Mushrooms, cooked	1 cup
Okra, cooked	1 cup
Onions, cooked	1 cup
Parsnip (97)	1/3 cup
Peas, very young (48)	½ cup
Potato, (85)	1/3 cup or 2 small (cocktail)
Potato, mashed (92)	1/3 cup
Pumpkin (75)	1/2 cup
Rutabaga, Swede, cooked (72)	3/4 cup
Sweet Corn, grain, not paleo (54)	1/3 cup
Sweet potato	¼ - 1/3 cup
Taro (54)	1/4 cup
Tomato, fresh	3 large
Tomato paste	1/3 cup
Tomatoes, cooked, chopped	1 cup
Tomato sauce, (for pasta)	3/4 cup
Tomato juice	1 cup
Turnip, cooked	1 cup
Vegetable juice	¾ cup
Water chestnuts, cooked	½ cup
Winter Squash, pumpkin family	1/3 - ½ cup approx.
Yam (37)	¼ cup