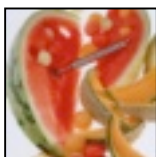


The 25 Lowest-Carb Fruits and Vegetables

It's not always easy to compare apples to oranges when it comes to carbs. Fruits and vegetables come in all shapes and sizes, and while it might seem like one is a lower-carb choice than another, it may just seem that way because of size and weight differences. We leveled the playing field for you here, so you can compare apples to apples ... so to speak!

Note: To help you visualize a rough idea of what amounts to a 50 gram portion, here are some examples: 10 grapes, 1/3 of a medium sized peach, 1/2/ cup chopped celery, or 2 extra long spears of asparagus.

1



The lowest-carb fruit is.... WATERMELON!
It contains 4g of carbs in a 50-gram portion.



The lowest-carb vegetable is.... ARUGULA!
It contains 1g of carbs in a 50-gram portion.

2



The next lowest-carb fruit is.... STRAWBERRY!
It contains 4g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... CUCUMBER (peeled)!
It contains 1g of carbs in a 50-gram portion.

3



The next lowest-carb fruit is.... CANTALOUPE MELON!
It contains 4g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... BROCCOLI RAAB (cooked)!
It contains 1g of carbs in a 50-gram portion.

#4



The next lowest-carb fruit is.... AVOCADO (all types)!
It contains 4g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... LETTUCE (iceberg)!
It contains 2g of carbs in a 50-gram portion.

#5

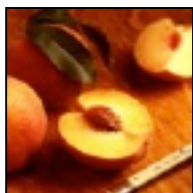


The next lowest-carb fruit is.... HONEYDEW MELON!
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... CELERY!
It contains 2g of carbs in a 50-gram portion.

#6

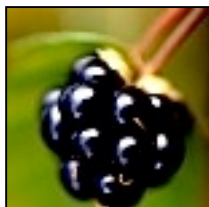


The next lowest-carb fruit is.... PEACH!
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... WHITE MUSHROOMS!
It contains 2g of carbs in a 50-gram portion.

#7



The next lowest-carb fruit is.... **BLACKBERRIES!**
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **RADISHES!**
It contains 2g of carbs in a 50-gram portion.

#8



The next lowest-carb fruit is.... **GRAPEFRUIT (all types)!**
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **TURNIPS (boiled, drained, no salt added)!**
It contains 2g of carbs in a 50-gram portion.

#9



The next lowest-carb fruit is.... **ORANGES (all varieties)!**
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **LETTUCE (cos or romaine)!**
It contains 2g of carbs in a 50-gram portion.

#10



The next lowest-carb fruit is.... **PAPAYA!**
It contains 5g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **ASPARAGUS (boiled, drained, no salt added)!** It contains 2g of carbs in a 50-gram portion.

#11



The next lowest-carb fruit is.... NECTARINE!
It contains 6g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... GREEN, SWEET or BELL PEPPER!
It contains 2g of carbs in a 50-gram portion.

#12



The next lowest-carb fruit is.... CLEMENTINE!
It contains 6g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... OKRA (boiled, drained, no salt added)!
It contains 2g of carbs in a 50-gram portion.

#13



The next lowest-carb fruit is.... PLUMS (all varieties)!
It contains 6g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... CAULIFLOWER!
It contains 3g of carbs in a 50-gram portion.

#14



The next lowest-carb fruit is.... RASPBERRIES!
It contains 6g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... YELLOW, SWEET or BELL PEPPER!
It contains 3g of carbs in a 50-gram portion.

#15



The next lowest-carb fruit is.... PINEAPPLE!
It contains 6g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... CABBAGE!
It contains 3g of carbs in a 50-gram portion.

#16



The next lowest-carb fruit is.... BLUEBERRIES!
It contains 7g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... RED, SWEET or BELL PEPPER!
It contains 3g of carbs in a 50-gram portion.

#17

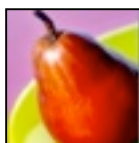


The next lowest-carb fruit is.... APPLES with SKIN!
It contains 7g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... BROCCOLI (boiled, drained, no salt added)!
It contains 4g of carbs in a 50-gram portion.

#18



The next lowest-carb fruit is.... PEAR (all varieties)!
It contains 7g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... SPINACH!
It contains 4g of carbs in a 50-gram portion.

#19



The next lowest-carb fruit is.... **KIWI FRUIT!**
It contains 8g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **BEETS (canned)!**
It contains 4g of carbs in a 50-gram portion.

#20



The next lowest-carb fruit is.... **TANGERINE!**
It contains 8g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **GREEN, SNAP or STRING BEANS!**
It contains 4g of carbs in a 50-gram portion.

#21



The next lowest-carb fruit is.... **CHERRIES (sweet)!**
It contains 8g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **CARROT!**
It contains 5g of carbs in a 50-gram portion.

#22



The next lowest-carb fruit is.... **MANGO!**
It contains 8g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... **KALE!**
It contains 5g of carbs in a 50-gram portion.

#23



The next lowest-carb fruit is.... PERSIMMON!
It contains 9g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... SNOW or SUGAR SNAP PEAS!
It contains 5g of carbs in a 50-gram portion.

#24



The next lowest-carb fruit is.... BANANA!
It contains 12g of carbs in a 50-gram portion.



The next lowest-carb vegetable is.... ONIONS (all types)!
It contains 7g of carbs in a 50-gram portion.

#25



The last lowest-carb fruit is.... GRAPES, red or green (European type such as Thompson seedless)!
It contains 13g of carbs in a 50-gram portion.



The last lowest-carb vegetable is.... SWEET CORN!
It contains 10g of carbs in a 50-gram portion.

And there you have it! For more information on eating healthy with diabetes, visit www.dlife.com/food!