

Vegies and Fiber | Low-Carb Vegetables

Net Carbohydrates (20-50 g/day, ~5-10% of calories, ~80-200 kcal):

[Low Carb Vegie Intake](#)

Have a little as possible...

- **Leafy Greens:**
 - **Spinach:** 2 cups raw (60 g, ~1 g net carbs, 2 g fiber, ~7 kcal). Use in salads or sauté with eggs.
 - **Kale:** 1 cup raw (50 g, ~1 g net carbs, 2 g fiber, ~15 kcal). Blend with avocado.
 - **Arugula:** 1 cup raw (30 g, ~0.5 g net carbs, 1 g fiber, ~5 kcal). Top with salmon.
 - **Swiss Chard:** 1 cup raw (40 g, ~0.5 g net carbs, 1 g fiber, ~7 kcal). Sauté with bacon.
- **Cruciferous Vegetables:**
 - **Broccoli:** 1 cup cooked (90 g, ~4 g net carbs, 5 g fiber, ~40 kcal). Roast with olive oil.
 - **Cauliflower:** 1 cup cooked (100 g, ~3 g net carbs, 3 g fiber, ~25 kcal). Make rice or mash.
 - **Brussels Sprouts:** 1 cup cooked (100 g, ~4 g net carbs, 4 g fiber, ~40 kcal). Roast with bacon.
 - **Cabbage:** 1 cup cooked (100 g, ~3 g net carbs, 2 g fiber, ~20 kcal). Sauté with butter.
- **Other Low-Carb Veggies:**
 - **Zucchini:** 1 cup raw (125 g, ~2 g net carbs, 1 g fiber, ~15 kcal). Spiralize for noodles.
 - **Asparagus:** 1 cup raw (100 g, ~3 g net carbs, 2 g fiber, ~20 kcal). Grill with olive oil.
 - **Bell Peppers:** ½ cup raw (75 g, ~3 g net carbs, 2 g fiber, ~25 kcal). Stuff with ground beef.
 - **Mushrooms:** 1 cup raw (70 g, ~2 g net carbs, 1 g fiber, ~15 kcal). Sauté with butter.
- **Tip:** Consume 3-4 cups of these veggies daily to stay under 50 g net carbs; mix varieties for flavor.

[Fiber Intake](#)

Fiber (25-35 g/day):

- **Spinach:** 2 cups raw (60 g, ~2 g fiber). Daily salad base.

- **Broccoli:** 1 cup cooked (90 g, ~5 g fiber). Side dish 2-3x/week.
 - **Cauliflower:** 1 cup cooked (100 g, ~3 g fiber). Regular substitute for rice.
 - **Brussels Sprouts:** 1 cup cooked (100 g, ~4 g fiber). Roasted side.
 - **Chia Seeds:** 1 oz (28 g, ~10 g fiber, 2 g net carbs). Add to cream or water.
 - **Flaxseeds:** 1 oz (28 g, ~8 g fiber, 0 g net carbs). Top kale or cabbage.
 - **Tip:** Combine 3-4 cups veggies + 1 tbsp seeds daily; drink 2-3 L water to support digestion.
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Revision #13

Created 2025-06-11 19:26:31 UTC by Danicus

Updated 2025-06-11 22:56:25 UTC by Danicus