<table>
<thead>
<tr>
<th>Item</th>
<th>Variety</th>
<th>Quantity</th>
<th>GM Wt</th>
<th>Oz Wt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>10</td>
<td>0.35</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Raw</td>
<td>.5 cup</td>
<td>67</td>
<td>2.36</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>121</td>
<td>4.27</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Raw</td>
<td>.5 cup</td>
<td>44</td>
<td>1.55</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>92</td>
<td>3.24</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>78</td>
<td>2.75</td>
</tr>
<tr>
<td>Broccoli, Chinese</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>44</td>
<td>1.55</td>
</tr>
<tr>
<td>Broccoli, Raab</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>20</td>
<td>0.71</td>
</tr>
<tr>
<td>Broccoli, Raab</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>44</td>
<td>1.55</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>44.5</td>
<td>1.57</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>35</td>
<td>1.23</td>
</tr>
<tr>
<td>Cabbage, Chinese (Pak-Choi)</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>35</td>
<td>1.23</td>
</tr>
<tr>
<td>Cabbage, Chinese (Pak-Choi)</td>
<td>Cooked from fresh variety</td>
<td>.5 cup (shredded)</td>
<td>85</td>
<td>3.00</td>
</tr>
<tr>
<td>Cabbage, Chinese (Pe-Tsai)</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>38</td>
<td>1.34</td>
</tr>
<tr>
<td>Cabbage, Chinese (Pe-Tsai)</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>59.5</td>
<td>2.10</td>
</tr>
<tr>
<td>Cabbage, Common</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>75</td>
<td>2.65</td>
</tr>
<tr>
<td>Cabbage, Napa</td>
<td>Cooked from fresh variety</td>
<td>.5</td>
<td>54.5</td>
<td>1.92</td>
</tr>
<tr>
<td>Cabbage, Red</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>35</td>
<td>1.23</td>
</tr>
<tr>
<td>Cabbage, Red</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>75</td>
<td>2.65</td>
</tr>
<tr>
<td>Cabbage, Savoy</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>35</td>
<td>1.23</td>
</tr>
<tr>
<td>Cabbage, Savoy</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>72.5</td>
<td>2.56</td>
</tr>
<tr>
<td>Cabbage, Swamp</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>49</td>
<td>1.73</td>
</tr>
<tr>
<td>Cabbage, Swamp (Skunk Cabbage)</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>28</td>
<td>0.99</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Raw</td>
<td>.5 cup</td>
<td>50</td>
<td>1.76</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>62</td>
<td>2.19</td>
</tr>
<tr>
<td>Cauliflower, Green</td>
<td>Raw</td>
<td>.5 cup</td>
<td>32</td>
<td>1.13</td>
</tr>
<tr>
<td>Cauliflower, Green</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>62*</td>
<td>2.19</td>
</tr>
<tr>
<td>Celery</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>50.5</td>
<td>1.78</td>
</tr>
<tr>
<td>Celery</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>75</td>
<td>2.65</td>
</tr>
<tr>
<td>Chard, Swiss</td>
<td>Raw</td>
<td>.5 cup</td>
<td>18</td>
<td>0.63</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Cooked from Fresh Variety</td>
<td>.5 cup</td>
<td>3.09</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>---------------------------</td>
<td>--------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>Collards (Collard Greens)</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>3.09</td>
<td></td>
</tr>
<tr>
<td>Collards (Collard Greens)—1 cup*</td>
<td>Raw</td>
<td>1 cup* (chopped)</td>
<td>36</td>
<td>1.27</td>
</tr>
<tr>
<td>Cucumber, no peel</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>59.5</td>
<td>2.10</td>
</tr>
<tr>
<td>Cucumber, with peel</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>52</td>
<td>1.83</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Raw</td>
<td>.5 cup (cubes)</td>
<td>41</td>
<td>1.45</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>49.5</td>
<td>1.75</td>
</tr>
<tr>
<td>Escarole</td>
<td>Raw</td>
<td>.5 cup (shredded)</td>
<td>25</td>
<td>0.88</td>
</tr>
<tr>
<td>Fennel bulb</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>43.5</td>
<td>1.53</td>
</tr>
<tr>
<td>Green beans</td>
<td>Raw</td>
<td>.5 cup</td>
<td>55</td>
<td>1.94</td>
</tr>
<tr>
<td>Green beans</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>67.5</td>
<td>2.38</td>
</tr>
<tr>
<td>Green beans</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>62.5</td>
<td>2.20</td>
</tr>
<tr>
<td>Green beans</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>67.5</td>
<td>2.38</td>
</tr>
<tr>
<td>Green beans, NSA</td>
<td>Cooked from canned variety, NSA</td>
<td>.5 cup</td>
<td>67.5</td>
<td>2.38</td>
</tr>
<tr>
<td>Greens, Mustard</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>75</td>
<td>2.65</td>
</tr>
<tr>
<td>Greens, Mustard</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>70</td>
<td>2.47</td>
</tr>
<tr>
<td>Greens, Mustard—1 cup*</td>
<td>Raw</td>
<td>1 cup* (chopped)</td>
<td>56</td>
<td>1.98</td>
</tr>
<tr>
<td>Greens, Turnip</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>27.5</td>
<td>0.97</td>
</tr>
<tr>
<td>Greens, Turnip</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>82</td>
<td>2.89</td>
</tr>
<tr>
<td>Greens, Turnip</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>72</td>
<td>2.54</td>
</tr>
<tr>
<td>Greens, Turnip NSA</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>72</td>
<td>2.54</td>
</tr>
<tr>
<td>Heart of Palm</td>
<td>Canned</td>
<td>.5 cup</td>
<td>73</td>
<td>2.57</td>
</tr>
<tr>
<td>Jicama</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>65</td>
<td>2.29</td>
</tr>
<tr>
<td>Kale</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>33.5</td>
<td>1.18</td>
</tr>
<tr>
<td>Kale</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>65</td>
<td>2.29</td>
</tr>
<tr>
<td>Kale</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>65</td>
<td>2.29</td>
</tr>
<tr>
<td>Kale, Scotch</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>33.5</td>
<td>1.18</td>
</tr>
<tr>
<td>Kale, Scotch, chopped</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>65</td>
<td>2.29</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Raw</td>
<td>.5 cup</td>
<td>67.5</td>
<td>2.38</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>82.5</td>
<td>2.91</td>
</tr>
<tr>
<td>Lettuce, Butterhead (inc Boston and Bibb)—1 cup*</td>
<td>Raw</td>
<td>1 cup* (shredded or chopped)</td>
<td>55</td>
<td>1.94</td>
</tr>
<tr>
<td>Lettuce, Endive—1 cup*</td>
<td>Raw</td>
<td>1 cup* (chopped)</td>
<td>50</td>
<td>1.76</td>
</tr>
<tr>
<td>Lettuce, Iceberg—1 cup*</td>
<td>Raw</td>
<td>1 cup* (shredded)</td>
<td>72</td>
<td>2.54</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Quantity</td>
<td>Weight</td>
<td>Calories</td>
<td>Servings</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------------------------</td>
<td>--------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Lettuce, Romaine—1 cup*</td>
<td>Raw</td>
<td>47</td>
<td>1.66</td>
<td></td>
</tr>
<tr>
<td>Mushroom</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>78</td>
<td>2.75</td>
</tr>
<tr>
<td>Mushroom</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>78</td>
<td>2.75</td>
</tr>
<tr>
<td>Mushroom, Brown, Italian or Crimini</td>
<td>Raw</td>
<td>.5 cup (sliced)</td>
<td>36</td>
<td>1.27</td>
</tr>
<tr>
<td>Mushroom, Portabella</td>
<td>Raw</td>
<td>.5 cup (diced)</td>
<td>43</td>
<td>1.52</td>
</tr>
<tr>
<td>Mushroom, Portabella (grilled)</td>
<td>Cooked from fresh variety, sliced</td>
<td>.5 cup</td>
<td>60.5</td>
<td>2.13</td>
</tr>
<tr>
<td>Mushroom, Straw</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>91</td>
<td>3.21</td>
</tr>
<tr>
<td>Mushroom, White</td>
<td>Raw</td>
<td>.5 cup (pieces)</td>
<td>35</td>
<td>1.23</td>
</tr>
<tr>
<td>Mushroom, White</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>78</td>
<td>2.75</td>
</tr>
<tr>
<td>Nopales</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>43</td>
<td>1.52</td>
</tr>
<tr>
<td>Okra</td>
<td>Raw</td>
<td>.5 cup</td>
<td>50</td>
<td>1.76</td>
</tr>
<tr>
<td>Okra</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>92</td>
<td>3.25</td>
</tr>
<tr>
<td>Okra</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>80</td>
<td>2.82</td>
</tr>
<tr>
<td>Peppers, Green Sweet</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>74.5</td>
<td>2.63</td>
</tr>
<tr>
<td>Peppers, Green Sweet</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>68*</td>
<td>2.40</td>
</tr>
<tr>
<td>Peppers, Green Sweet</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>68</td>
<td>2.40</td>
</tr>
<tr>
<td>Peppers, Green Sweet</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>70</td>
<td>2.47</td>
</tr>
<tr>
<td>Peppers, Red Sweet</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>74.5</td>
<td>2.63</td>
</tr>
<tr>
<td>Peppers, Red Sweet</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>68*</td>
<td>2.40</td>
</tr>
<tr>
<td>Peppers, Red Sweet</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>68</td>
<td>2.40</td>
</tr>
<tr>
<td>Peppers, Red Sweet</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>70</td>
<td>2.47</td>
</tr>
<tr>
<td>Peppers, Yellow Sweet</td>
<td>Raw</td>
<td>.5 cup (chopped)</td>
<td>74.5*</td>
<td>2.63</td>
</tr>
<tr>
<td>Radishes</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>58</td>
<td>2.05</td>
</tr>
<tr>
<td>Radishes, Oriental</td>
<td>Raw</td>
<td>.5 cup (slices)</td>
<td>58</td>
<td>2.05</td>
</tr>
<tr>
<td>Radishes, Oriental</td>
<td>Cooked from fresh variety</td>
<td>.5 cup (slices)</td>
<td>73.5</td>
<td>2.59</td>
</tr>
<tr>
<td>Sauerkraut (low-sodium)</td>
<td>Raw</td>
<td>.5 cup</td>
<td>71</td>
<td>2.50</td>
</tr>
<tr>
<td>Scallions</td>
<td>Raw</td>
<td>.5 cup</td>
<td>50</td>
<td>1.76</td>
</tr>
<tr>
<td>Shirataki Noodles</td>
<td>*</td>
<td>.5 cup</td>
<td>113</td>
<td>3.99</td>
</tr>
<tr>
<td>Spaghetti Squash (winter squash)</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>77.5</td>
<td>2.73</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cooked from frozen variety</td>
<td>.5 cup</td>
<td>95</td>
<td>3.35</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cooked from fresh variety</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cooked from canned variety</td>
<td>.5 cup</td>
<td>107</td>
<td>3.77</td>
</tr>
<tr>
<td>Vegetable Weight Conversion Sheet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spinach, Malabar</strong> Cooked from fresh variety</td>
<td>.5 cup</td>
<td>90*</td>
<td>3.17</td>
<td></td>
</tr>
<tr>
<td><strong>Spinach, Mustard (Tendergreen)</strong> Cooked from fresh variety, chopped</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
<td></td>
</tr>
<tr>
<td><strong>Spinach, Mustard (Tendergreen)—1 cup</strong> Raw 1 cup* (chopped)</td>
<td>150</td>
<td>5.29</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spinach, New Zealand</strong> Cooked from fresh variety, chopped</td>
<td>.5 cup</td>
<td>90</td>
<td>3.17</td>
<td></td>
</tr>
<tr>
<td><strong>Spinach, New Zealand—1 cup</strong> Raw 1 cup* (chopped)</td>
<td>56</td>
<td>1.97</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spinach—1 cup</strong> Raw 1 cup*</td>
<td>30</td>
<td>1.06</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sprouts, Alfalfa</strong> Raw</td>
<td>.5 cup</td>
<td>16.5</td>
<td>0.58</td>
<td></td>
</tr>
<tr>
<td><strong>Sprouts, Mung Bean Sprouts</strong> Raw .5 cup</td>
<td>52</td>
<td>1.83</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sprouts, Mung Bean Sprouts</strong> Cooked from fresh variety .5 cup</td>
<td>62</td>
<td>2.19</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Zucchini (w/skin)</strong> Raw .5 cup (sliced)</td>
<td>56.5</td>
<td>1.99</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Crookneck and Straightneck</strong> Raw .5 cup (sliced)</td>
<td>65</td>
<td>2.29</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Crookneck and Straightneck</strong> Cooked from frozen variety, slices .5 cup</td>
<td>96</td>
<td>3.39</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Crookneck and Straightneck</strong> Cooked from fresh variety .5 cup</td>
<td>90</td>
<td>3.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Crookneck and Straightneck</strong> Cooked from canned variety, diced .5 cup</td>
<td>105</td>
<td>3.70</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Scallop</strong> Raw .5 cup (sliced)</td>
<td>65</td>
<td>2.29</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Scallop</strong> Cooked from fresh variety, slices .5 cup</td>
<td>90</td>
<td>3.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Zucchini</strong> Cooked from fresh variety w/skin .5 cup</td>
<td>90</td>
<td>3.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Summer, Zucchini</strong> Cooked from frozen variety w/ skin .5 cup</td>
<td>111.5</td>
<td>3.93</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squash, Winter, Spaghetti (ONLY winter squash)</strong> Raw .5 cup (cubes)</td>
<td>50.5</td>
<td>1.78</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tomato, red ripe</strong> Raw .5 cup (chopped or sliced)</td>
<td>90</td>
<td>3.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tomato, red ripe</strong> Raw .5 cup (cherry)</td>
<td>74.5</td>
<td>2.63</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tomato, red ripe packed in tomato juice</strong> Cooked from canned variety .5 cup (with juice)</td>
<td>120</td>
<td>4.23</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tomato, red ripe</strong> Cooked from fresh variety .5 cup</td>
<td>120</td>
<td>4.23</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turnips</strong> Raw .5 cup (cubes)</td>
<td>65</td>
<td>2.29</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turnips</strong> Cooked from frozen variety .5 cup</td>
<td>78</td>
<td>2.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turnips</strong> Cooked from fresh variety .5 cup</td>
<td>78</td>
<td>2.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Watercress—1 cup</strong> Raw 1 cup* (chopped)</td>
<td>34</td>
<td>1.20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Key:**

- Lowest Carbohydrate
- Moderate Carbohydrate
- Highest Carbohydrate