STARCHY VEGETABLES

Most starchy vegetables are cooked before serving to enhance their digestibility and flavor. Although the vegetables mentioned in this list usually provide 15 grams of carbohydrates and about 80 calories per serving, cooking them with other ingredients such as butter or fat can increase these values. Keep in mind that half a cup of cooked vegetables is about the size of a cupped palm, while one cup is about as large as a fist. Common examples include:

- Acorn squash
- Green beans (mature)
- Beets
- Butternut squash
- Carrots
- Cassava (taro, burdock root and white yam)
- Corn
- Green Peas
- Lima Beans
- Parsnips
- Plantain
- Potatoes
- Pumpkin
- Sugar snap peas
- Sweet Potatoes
- Taro
- Winter Squash
- Yams

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