On any low carb diet, allow 12 to 15 of your net carbs to come from low carb vegetables. During the Atkins Induction phase, use the veggies from the lowest carb vegetable list and measure carefully.

Veggies for Atkins Induction

(Veggie, Serving Size/Prep, Net Carbs)

Alfalfa Sprouts, 1 cup/raw, 0.4
Argula, ½ cup/raw, 0.2
Bok Choy, 1 cup/raw, 0.8
Celery, 1 stalk, 0.8
Chicory Greens, ½ cup/raw, 0.6
Chives, 1 tbs, 0.1
Cucumber, ½ cup, 1.0
Daikon, ½ cup, 1.0
Endive, ½ cup, 0.0
Escarole, ½ cup, 0.0
Fennel, 1 cup, 3.6
Jicama, ½ cup, 2.5
Lettuce Iceberg, ½ cup, 0.1
Mushrooms ½ cup, 1.2
Parsley, 1 tbs, 0.1
Peppers, ½ cup/raw, 2.3
Radicchio, ½ cup/raw, 0.7
Radishes, 10/raw, 0.9
Romaine Lettuce, ½ cup, 0.2
Low Carb Veggies

These vegetables are slightly higher in carbs than the lowest carb veggies above.

(Veggie, Serving Size/Prep, Net Carbs)

Artichoke, ¼ of medium/boiled, 4.0
Artichoke Hearts, 1/in water, 1.0
Asparagus, 6 spears/boiled, 2.4
Avocado, 1 whole/raw, 3.5
Bamboo Shoots, 1 cup/boiled, 1.1
Beets, ½ cup/canned, 4.7
Broccoli, ½ cup/boiled, 1.6
Broccoli, ½ cup/raw, 1.0
Broccoli rabe, 1 ounce, 1.3
Broccoflower, ½ cup, 1.4
Brussels Sprouts, ¼ cup boiled, 2.4
Cabbage, ½ cup/boiled or raw, 2.0
Cauliflower, ½ cup/boiled or raw, 1.0
Chard, ½ cup Swiss/boiled, 1.8
Collard Greens, ½ cup/boiled, 4.2
Eggplant, ½ cup boiled/raw, 1.8
Hearts of Palm, 1 heart, 0.7
Kale, ½ cup, 2.4
Kohlrabi, ½ cup, 4.6
Leeks, ¼ cup/boiled, 1.7
Okra, ½ cup/boiled or raw, 2.4
Olives, green, 5, 2.5
Olives, black, 5, 0.7
Onion, ¼ cup/raw, 2.8
Pumpkin, ¼, cup/boiled, 2.4
Rhubarb, ½ cup, unsweetened, 1.7
Sauerkraut, ½ cup canned/drained, 1.2
Peas, ½ cup edible podded, 3.4
Spaghetti Squash, ½ cup/boiled, 2.0
Spinach, ½ cup/raw, 0.2
Summer Squash, ½ cup/boiled, 2.0
Tomato, 1 raw, 4.3
Turnips, ½ cup/boiled, 2.2
Water Chestnuts, ½ cup/canned, 6.9
Zucchini, ½ cup sautéed, 2.0

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