

## FRUITS

Apples  
 Applesauce, *unsweetened*  
 Apricots, *fresh*  
 Bananas  
 Blackberries  
 Blueberries  
 Cantaloupe  
 Cherries  
 Clementines  
 Cranberries, *fresh*  
 Dragon fruit  
 Figs, *fresh*  
 Frozen mixed berries, *unsweetened*  
 Fruit cocktail, *unsweetened*  
 Fruit salad, *unsweetened*  
 Grapefruit  
 Grapes  
 Guava  
 Honeydew  
 Kiwi  
 Kumquats  
 Lemons  
 Limes  
 Mangoes  
 Meyer lemons  
 Nectarines  
 Oranges  
 Papayas  
 Peaches  
 Pears  
 Persimmons  
 Pineapples  
 Plums  
 Pomegranates  
 Pomelo  
 Raspberries  
 Star fruit  
 Strawberries  
 Tangerines  
 Watermelon

## VEGETABLES (NON-STARCHY)

Acorn squash  
 Artichoke hearts, *no oil*  
 Artichokes  
 Arugula  
 Asparagus  
 Baby corn  
 Bamboo shoots  
 Basil  
 Beet greens  
 Beets  
 Bok choy  
 Broccoli  
 Broccoli rabe  
 Broccoli slaw  
 Brussels sprouts  
 Butter/Bibb lettuce  
 Butternut squash  
 Cabbage  
 Canned pimientos  
 Carrots  
 Cauliflower  
 Cauliflower rice  
 Celery  
 Chives  
 Cilantro  
 Coleslaw mix  
 Collard greens  
 Cucumber  
 Eggplant  
 Endive  
 Escarole  
 Fennel  
 Frozen stir-fry vegetables, *no sauce*  
 Garlic  
 Ginger  
 Green leaf lettuce  
 Hearts of palm  
 Iceberg lettuce  
 Jicama  
 Kale  
 Kohlrabi  
 Leeks  
 Mint  
 Mixed greens  
 Mushrooms  
 Mustard greens  
 Napa cabbage  
 Nori (seaweed)  
 Oak leaf lettuce  
 Okra  
 Onions  
 Oregano  
 Parsley  
 Pea shoots  
 Peppers  
 Pickles, *unsweetened*  
 Pico de gallo  
 Pumpkin  
 Pumpkin puree  
 Radishes  
 Red leaf lettuce  
 Romaine lettuce  
 Rosemary  
 Rutabaga  
 Salsa, *fat-free*  
 Sauerkraut  
 Scallions  
 Shallots  
 Spaghetti squash  
 Spinach  
 String beans  
 Summer squash  
 Swiss chard  
 Tarragon  
 Thyme  
 Tomatillos  
 Tomato puree, *canned*  
 Tomato sauce, *canned*  
 Tomatoes  
 Turnips  
 Water chestnuts  
 Wax beans  
 Zucchini

