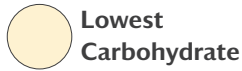


Vegetarian Conversion Chart

Measuring vegetables for your lean and green meal is not always easy. The following vegetable conversion chart will help you convert a vegetable's volume (in cups) to its weight on a food scale (in grams and ounces). Choose three servings from our Green Options list for each of your lean and green meals. We've provided the weights in grams and ounces for one serving of each vegetable on our list (½ cup unless otherwise specified).



**Lowest
Carbohydrate**



**Moderate
Carbohydrate**



**Highest
Carbohydrate**

Item	Variety	Quantity	GM Wt	Oz. Wt
Arugula	Raw	.5 cup (chopped)	10	0.35
Asparagus	Raw	.5 cup	67	2.36
Asparagus	Cooked from frozen variety	.5 cup	90	3.17
Asparagus	Cooked from fresh variety	.5 cup	90	3.17
Asparagus	Cooked from canned variety	.5 cup	121	4.27
Broccoli	Raw	.5 cup	44	1.55
Broccoli	Cooked from frozen variety	.5 cup	92	3.24
Broccoli	Cooked from fresh variety	.5 cup	78	2.75
Broccoli, Chinese	Cooked from fresh variety	.5 cup	44	1.55
Broccoli, Raab	Raw	.5 cup (chopped)	20	0.71
Broccoli, Raab	Cooked from fresh variety	.5 cup	44	1.55
Cabbage	Raw	.5 cup (chopped)	44.5	1.57
Cabbage	Raw	.5 cup (shredded)	35	1.23
Cabbage, Chinese (Pak-Choi)	Raw	.5 cup (shredded)	35	1.23
Cabbage, Chinese (Pak-Choi)	Cooked from fresh variety	.5 cup (shredded)	85	3.00
Cabbage, Chinese (Pe-Tsai)	Raw	.5 cup (shredded)	38	1.34
Cabbage, Chinese (Pe-Tsai)	Cooked from fresh variety	.5 cup	59.5	2.10
Cabbage, Common	Cooked from fresh variety	.5 cup	75	2.65
Cabbage, Napa	Cooked from fresh variety	.5 cup	54.5	1.92
Cabbage, Red	Raw	.5 cup (shredded)	35	1.23
Cabbage, Red	Cooked from fresh variety	.5 cup	75	2.65
Cabbage, Savoy	Raw	.5 cup (shredded)	35	1.23
Cabbage, Savoy	Cooked from fresh variety	.5 cup	72.5	2.56
Cabbage, Swamp	Cooked from fresh variety	.5 cup	49	1.73
Cabbage, Swamp (Skunk Cabbage)	Raw	.5 cup (chopped)	28	0.99
Cauliflower	Raw	.5 cup	50	1.76
Cauliflower	Cooked from frozen variety	.5 cup	90	3.17
Cauliflower	Cooked from fresh variety	.5 cup	62	2.19
Cauliflower, Green	Raw	.5 cup	32	1.13
Cauliflower, Green	Cooked from fresh variety	.5 cup	62	2.19
Celery	Raw	.5 cup (chopped)	50.5	1.78



OPTAVIA®



Lowest Carbohydrate

Moderate Carbohydrate

Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Celery	Cooked from fresh variety	.5 cup	75	2.65
Chard, Swiss	Raw	.5 cup	18	0.63
Chard, Swiss	Cooked from fresh variety	.5 cup	87.5	3.09
Collard Greens	Cooked from fresh variety	.5 cup	95	3.35
Collard Greens	Raw	1 cup (chopped)	36	1.27
Cucumber, no peel	Raw	.5 cup (slices)	59.5	2.10
Cucumber, with peel	Raw	.5 cup (slices)	52	1.83
Eggplant	Raw	.5 cup (cubes)	41	1.45
Eggplant	Cooked from fresh variety	.5 cup	49.5	1.75
Escarole	Raw	.5 cup (shredded)	25	0.88
Fennel bulb	Raw	.5 cup (slices)	43.5	1.53
Green beans	Raw	.5 cup	55	1.94
Green beans	Cooked from frozen variety	.5 cup	67.5	2.38
Green beans	Cooked from fresh variety	.5 cup	62.5	2.20
Green beans	Cooked from canned variety	.5 cup	67.5	2.38
Greens, Mustard	Cooked from frozen variety	.5 cup	75	2.65
Greens, Mustard	Cooked from fresh variety	.5 cup	70	2.47
Greens, Mustard	Raw	1 cup (chopped)	56	1.98
Greens, Turnip	Raw	.5 cup (chopped)	27.5	0.97
Greens, Turnip	Cooked from frozen variety	.5 cup	82	2.89
Greens, Turnip	Cooked from fresh variety	.5 cup	72	2.54
Greens, Turnip NSA	Cooked from canned variety	.5 cup	72	2.54
Heart of Palm	Canned	.5 cup	73	2.57
Jalapeño	Raw	.5 cup (slices)	45	1.59
Jicama	Cooked from fresh variety	.5 cup	65	2.29
Kale	Raw	.5 cup (chopped)	33.5	1.18
Kale	Cooked from frozen variety	.5 cup	65	2.29
Kale	Cooked from fresh variety	.5 cup	65	2.29
Kale, Scotch	Raw	.5 cup (chopped)	33.5	1.18
Kale, Scotch	Cooked from fresh variety	.5 cup (chopped)	65	2.29
Kohlrabi	Raw	.5 cup	67.5	2.38
Kohlrabi	Cooked from fresh variety	.5 cup	82.5	2.91
Lettuce, Butterhead (including Boston and Bibb)	Raw	1 cup (shredded or chopped)	55	1.94
Lettuce, Endive	Raw	1 cup (chopped)	50	1.76
Lettuce, Iceberg	Raw	1 cup (shredded)	72	2.54
Lettuce, Romaine	Raw	1 cup (shredded)	47	1.66



Lowest Carbohydrate

Moderate Carbohydrate

Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Mushroom	Cooked from fresh variety	.5 cup	78	2.75
Mushroom	Cooked from canned variety	.5 cup	78	2.75
Mushroom, Brown, Italian or Crimini	Raw	.5 cup (sliced)	36	1.27
Mushroom, Portabella	Raw	.5 cup (sliced)	43	1.52
Mushroom, Portabella	Cooked from fresh variety	.5 cup (sliced)	60.5	2.13
Mushroom, Straw	Cooked from canned variety	.5 cup	91	3.21
Mushroom, White	Raw	.5 cup (pieces)	35	1.23
Mushroom, White	Cooked from fresh variety	.5 cup	78	2.75
Nopales	Raw	.5 cup (slices)	43	1.52
Okra	Raw	.5 cup	50	1.76
Okra	Cooked from frozen variety	.5 cup	92	3.25
Okra	Cooked from fresh variety	.5 cup	80	2.82
Peppers, Green Sweet	Raw	.5 cup (chopped)	74.5	2.63
Peppers, Green Sweet	Cooked from frozen variety	.5 cup	68	2.40
Peppers, Green Sweet	Cooked from fresh variety	.5 cup	68	2.40
Peppers, Green Sweet	Cooked from canned variety	.5 cup	70	2.47
Peppers, Red Sweet	Raw	.5 cup (chopped)	74.5	2.63
Peppers, Red Sweet	Cooked from frozen variety	.5 cup	68	2.40
Peppers, Red Sweet	Cooked from fresh variety	.5 cup	68	2.40
Peppers, Red Sweet	Cooked from canned variety	.5 cup	70	2.47
Peppers, Yellow Sweet	Raw	.5 cup (chopped)	74.5	2.63
Radishes	Raw	.5 cup (slices)	58	2.05
Radishes, Oriental	Raw	.5 cup (slices)	58	2.05
Radishes, Oriental	Cooked from fresh variety	.5 cup (slices)	73.5	2.59
Sauerkraut (low-sodium)	Raw	.5 cup	71	2.50
Scallions	Raw	.5 cup	50	1.76
Shirataki Noodles	N/A	.5 cup	113	3.99
Spinach	Cooked from frozen variety	.5 cup	95	3.35
Spinach	Cooked from fresh variety	.5 cup	90	3.77
Spinach	Cooked from canned variety	.5 cup	107	3.77
Spinach, Malabar	Cooked from fresh variety	.5 cup	90	3.17
Spinach, Mustard (Tendergreen)	Cooked from fresh variety	.5 cup (chopped)	90	3.17
Spinach, Mustard (Tendergreen)	Raw	1 cup (chopped)	150	5.29
Spinach, New Zealand	Cooked from frozen variety	.5 cup (chopped)	90	3.17
Spinach, New Zealand	Raw	1 cup (chopped)	56	1.97
Spinach	Raw	1 cup	30	1.06



 Lowest Carbohydrate

 Moderate Carbohydrate

 Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Sprouts, Alfalfa	Raw	.5 cup	16.5	0.58
Sprouts, Mung Bean Sprouts	Raw	.5 cup	52	1.83
Sprouts, Mung Bean Sprouts	Cooked from fresh variety	.5 cup	62	2.19
Squash, Summer, Crookneck and Straightneck	Raw	.5 cup (sliced)	65	2.29
Squash, Summer, Crookneck and Straightneck	Cooked from frozen variety	.5 cup (slices)	96	3.39
Squash, Summer, Crookneck and Straightneck	Cooked from fresh variety	.5 cup (slices)	90	3.17
Squash, Summer, Crookneck and Straightneck	Cooked from canned variety w/skin	.5 cup	105	3.70
Squash, Summer, Scallop	Raw	.5 cup (sliced)	65	2.29
Squash, Summer, Scallop	Cooked from frozen variety	.5 cup (slices)	90	3.17
Squash, Summer, Zucchini	Raw w/skin	.5 cup (sliced)	56.5	1.99
Squash, Summer, Zucchini	Cooked from fresh variety w/skin	.5 cup	90	3.17
Squash, Summer, Zucchini	Cooked from frozen variety w/skin	.5 cup	111.5	3.93
Squash, Spaghetti	Raw	.5 cup (cubes)	50.5	1.78
Squash, Spaghetti	Cooked from fresh variety	.5 cup	77.5	2.73
Tomato, red ripe	Raw	.5 cup (chopped or sliced)	90	3.17
Tomato, red ripe	Raw	.5 cup (cherry)	74.5	2.63
Tomato, red ripe packed in tomato juice	Cooked from canned variety	.5 cup (with juice)	120	4.23
Tomato, red ripe	Cooked from fresh variety	.5 cup	120	4.23
Turnips	Raw	.5 cup (cubes)	65	2.29
Turnips	Cooked from frozen variety	.5 cup	78	2.75
Turnips	Cooked from fresh variety	.5 cup	78	2.75
Watercress	Raw	1 cup (chopped)	34	1.20

