

VEGETABLES	
YES	NO
Algae	All lentils (ok if pressure cooked)
Artichokes	Beans (ok if pressure cooked)
Arugula	Bean sprouts
Asparagus	Bell peppers (ok if remove skin and seeds)
Bamboo Shoots	Chickpeas (ok if pressure cooked)
Basil	Chili peppers (ok if remove skin and seeds)
Beets	Cucumbers (ok if remove skin and seeds)
Bok Choy	Edamame
Broccoli	Eggplant*
Brussels sprouts	Green beans
Cabbage (green and red)	Legumes (ok if remove skin and seeds)
Carrots	Lentil pasta (ok if pressure cooked)
Cauliflower (including Trader Joe's gnocchi)	Pea protein
Celery	Peas
Chicory	Pumpkin (ok if remove skins and seeds)
Chinese cabbage	Soy
Chives	Soy protein
Cilantro	Squashes (and kind) (ok if remove skins and seeds)
Collards	Sugar snap peas
Dandelion greens	Textured vegetable protein TVP)
Dill	Tofu
Endive	Tomatoes (ok if remove skin and seeds)
Escarole	Zucchini (ok if remove skins and seeds)
Fennel	
Fiddlehead fern	
Garlic	
Ginger	
Hearts of palm	
Jerusalem artichokes (sunchoke)	
Kale	
Kimchi	
Kohlrabi (German cabbage turnip)	
Leafy greens (all)	
Leeks	
Lemongrass	
Lettuce (all)	
Mesclun	
Mint	
Mizuna	
Mushrooms	
Mustard greens	
Napa cabbage	
Okra	

**VEGETABLES (cont.)**

YES	NO
Onions	
Parsley	
Perila	
Purslane (duckweed or portulaca oleracea)	
Radicchio	
Radishes (all)	
Raw sauerkraut	
Rhubarb	
Romaine	
Scallions	
Sea vegetables	
Seaweed	
Spinach	
Swiss chard	
Tarragon	
Water Chestnuts	
Watercress	