



My25's Vegetables & Fruit Substitutions

The Person-Centered Way



(When substituting, always follow your organization's guidelines re: noting the substitution.)

As often as possible, fill your plate with $\frac{1}{4}$ lean protein, $\frac{1}{4}$ healthy starches, and $\frac{1}{2}$ vegetables (or make that $\frac{1}{4}$ vegetables and $\frac{1}{4}$ fruit).



Within each of the blocks below, you may substitute any of the other foods noted in that same block, filling the plate as noted above. Additionally, any food with an asterisk* indicates a low net carbohydrate food that most health care professionals advocate, particularly for people with diabetes.



vegetables

(lower calorie & lower carbohydrates)

Zucchini*	Tomatoes*
Spinach*	Cucumbers*
Collard greens*	Asparagus*
Cabbage*	Parsnips
Cauliflower	Kale
Broccoli*	Onions
Green beans*	Eggplant*
Carrots*	Peppers*
Brussels sprouts*	Mushrooms*
Various lettuces*	



vegetables

(higher calorie & higher carbohydrates)

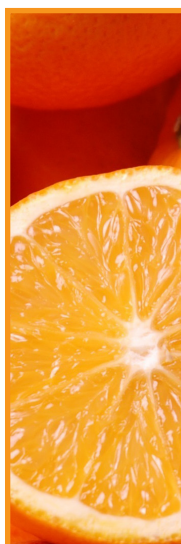
Peas
Mixed vegetables
Corn
Lima beans
Beets
Butternut squash



fruits

(lower carbohydrates & lower fiber)

Pears, canned	Honeydew melon, fresh
Peaches, canned	
Mandarin oranges, canned	Berries, fresh
Fruit cocktail, canned/cup	Nectarines, fresh
Cantaloupe, fresh	Kiwi, fresh
Watermelon, fresh	Tangerines, fresh



fruit

(higher carbohydrates & higher fiber)

Oranges*, fresh	Apricots, canned
Grapes*, fresh	Mango, fresh
Plums*, fresh	Pineapple, fresh
Apples*, fresh	or canned
Bananas*, fresh	Prunes, dried
Pears*, fresh	Raisins & dried fruit
Peaches*, fresh	