

## VEGGIES and GREENS

S/B Daily Intake			20gr	25gr	50gr	
FOOD	Serving	Calories	Sat.Fat	Sugar	Protien	POINTS
<b>VEGETABLES and GREENS</b>						
Arugula Organic Earthbound	4 oz About 4 Cups	35	0	1	3	1
Beets Aunt Nellies Sweet & Sour Harvard	1/3 Cup	60	0	11	0	3
Bell Pepper	1	25	0	3	1	1
Broccoli Florets Organic Walmart	1/2 Cup	20	0	2	2	1
Broccoli & Cauliflower	3/4 Cup	25	0	1	1	1
Butternutnut Squash	1 Cup	40	0	2	1	1
Carrots Crinkle walmart	3/4 Cup	35	0	4	1	1
Carrots Sliced Crinkeld	3 oz 20 Pieces	30	0	4	0.5	1
Cauliflower Pizza Crust Trader Joes	1/6 th of Slice	80	0	1	1	2
Celery	2 Sticks	15	0	0	1	0
Chopped Salad With Dressing And Stuff	3.5 OZ	120	0	3	3	4
Cucumber	1	16	0	0	0	0
Edamame Pictsweet	1/2 Cup	90	0	2	7	2
Egg Plant	1 Cup Cubes	20	0	2.9	0.8	1
Garbanzo Beans S&W 50% Less Sodium	1/2 Cup	120	0	0	7	4
Green Beens Kroger	3/4 Cup	35	0	2	1	1
Kale	4 oz	60	0	0	4	1
Mixed Salad Greens	2 Cups	15	0	0	1	0
Mixed Veggie in Can	1/2 Cup	45	0	2	1	2
Peas Sweet Walmart	2/3 Cup	70	0	4	5	2
Pepper Strips 3 Kroger	1 Cup	25	0	3	1	1
Pepper Strips Pictsweet Farms	3/4Cup	30	0	3	0	1
Peppers Deli Slice Hot Mezzetta	1/4 Cup About 8	10	0	0	0	0
Peppers Deli Slice Roasted Bell Serving About 10	1 oz	5	0	1	0	0
Peppers 3 Blend Onion Kroger	1 Cup	25	0	3	1	1
Peppers Deli Sliced Mezzetta Roasted Bell Peppers Strips	1 oz About 10	5	0	1	0	0
Potato O'Brien Onions Peppers	3/4Cup	50	0	2	1	2
Spinach	2 Cups	20	0	0	2	0
Summer Blend Pictsweet All Kinds of Veggies	3/4 Cup	25	0	3	1	1
Sweet Potato	1 Med	130	0	7	2	5

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Tomatos Grape	1/2 Cup	13	0	0	0	0
Tomatoes Stewed Italian S&W	1/2 Cup	45	0	6	1	2
Veggies For Soup Frozen	3/4Cup	45	0	2	1	2
Zucchini	1 Med	33	0.6	4.9	2.4	0
Cabbage						
TOTALS						