Best Vegetables for Blood Sugar

Fiber, Sugar, and Net Carbs Chart

This list ranks common vegetables from the **least to the most impact on blood sugar.** Vegetables near the top have the most fiber and the lowest net carbs, so they tend to raise blood sugar the least. Those near the bottom (starchy root and squash vegetables) have more net carbs and can raise blood sugar more.

Net carbs = total carbs - fiber. This is roughly the portion of carbohydrate that affects your blood sugar. All values are per 100 grams (about 3.5 ounces) of the raw edible vegetable, and are approximate - actual amounts vary with variety, ripeness, and cooking method.

Vegetable	Fiber (g)	Total carbs (g)	Sugar (g)	Net carbs (g)
Spinach	2.2	3.6	0.4	**1.4**
Lettuce (romaine)	2.1	3.3	1.2	**1.2**
Celery	1.6	3.0	1.3	**1.4**
Cucumber (with skin)	0.5	3.6	1.7	**3.1**
Asparagus	2.1	3.9	1.9	**1.8**
Swiss chard	1.6	3.7	1.1	**2.1**
Broccoli	2.6	6.6	1.7	**4.0**
Cauliflower	2.0	5.0	1.9	**3.0**
Cabbage	2.5	5.8	3.2	**3.3**
Bell pepper (green)	1.7	4.6	2.4	**2.9**
Green beans	2.7	7.0	3.3	**4.3**
Tomato	1.2	3.9	2.6	**2.7**
Brussels sprouts	3.8	9.0	2.2	**5.2**
Carrot	2.8	9.6	4.7	**6.8**
Onion	1.7	9.3	4.2	**7.6**
Beets	2.8	9.6	6.8	**6.8**
Peas (green)	5.7	14.5	5.6	**8.8**
Parsnip	4.9	18.0	4.8	**13.1**
Sweet potato	3.0	20.1	4.2	**17.1**
Potato (white)	2.2	17.5	0.8	**15.3**
Corn	2.0	19.0	3.2	**17.0**

Tips for choosing vegetables

• **Fill most of your plate** with the vegetables near the top of the list - leafy greens and non-starchy vegetables like spinach, broccoli, cauliflower, peppers, green beans, and cucumbers.

• **Enjoy starchy vegetables** (potato, sweet potato, corn, peas, parsnip) in smaller portions, since they have more net carbs.

• **How you cook matters:** baked, boiled, roasted, steamed, or raw is best. Avoid frying (such as french fries and chips), which worsens blood sugar effects.

• **Whole is better than juiced.** Whole vegetables keep all their fiber.