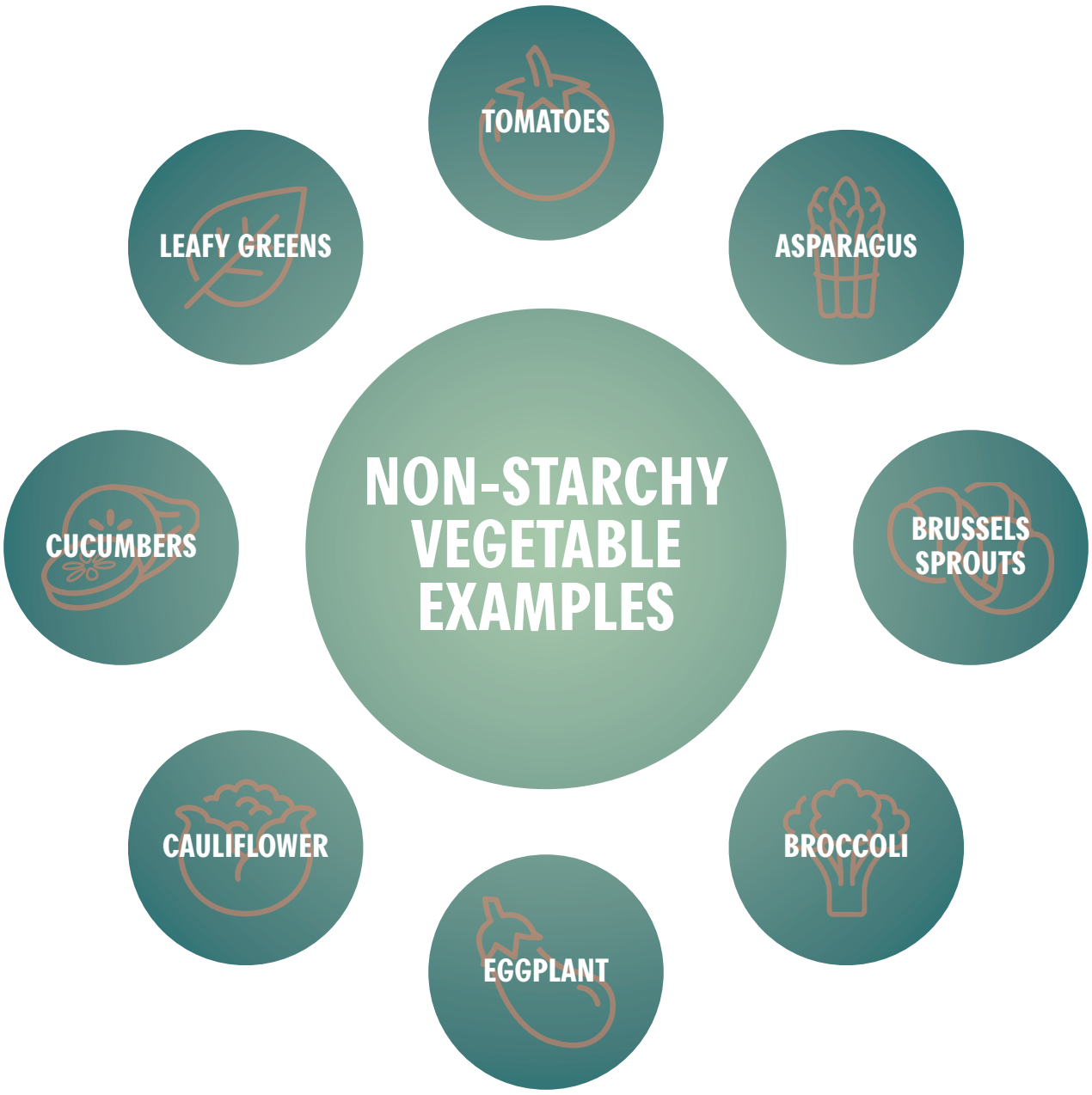
crossover

# DIABETES AND DIET:
# *NON-STARCHY VEGETABLES*

## WHAT ARE NON-STARCHY VEGETABLES?

Non-starchy vegetables are low calorie and low carbohydrate, but high in fiber, vitamins, minerals, and water content. Make half your plate non-starchy vegetables—this will help fill you up with fiber while having little effect on your blood sugar.

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