

Vegetable Conversion Chart

While some clients prefer to use measuring cups to measure their vegetables for the Lean & Green™ meal, others prefer to use a food scale to get an exact measure of weight. If you choose to weigh your vegetables, this chart will help you convert a vegetable's volume (in cups) to its weight on a food scale (in grams and ounces).

HERE'S HOW IT WORKS:

1. Pick which vegetable(s) you would like to have for your Lean & Green meal on the "Green Options" list in your program guide.
2. Find the vegetable in the list below for the gram and ounce equivalent to one serving of that vegetable (½ cup unless otherwise specified).
3. You need 3 servings of vegetables for your Lean & Green meal. If you plan to only have one type of vegetable, multiply the gram and ounce amount by 3 for a total of 3 servings. If you plan to have a combination of vegetables, you can adjust the amounts accordingly.

As you use this chart, keep in mind that the raw weight listed is not representing how much raw vegetable will yield a ½ cup cooked. The raw weight represents how much raw vegetable equates to a ½ cup portion, and the cooked weight represents how much cooked vegetable equates to a ½ cup portion. The weight measurements listed on the chart are derived from the [USDA's FoodData Central](#).

Some clients prefer to weigh their vegetables in the form they are going to eat it in, while others find it easier to weigh prior to cooking. It is fine to use either approach; the nutritional differences between the two will be negligible. Both methods will result in a healthy portion of vegetables that complies with the nutritional parameters for the Green portion of your Lean & Green meal one serving = ≤25 calories and ≤5g carbohydrate.



Lowest Carbohydrate



Moderate Carbohydrate



Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Arugula	Raw	.5 cup (chopped)	10	0.35
Asparagus	Raw	.5 cup	67	2.36
Asparagus	Cooked from frozen variety	.5 cup	90	3.17
Asparagus	Cooked from fresh variety	.5 cup	90	3.17
Asparagus	Cooked from canned variety	.5 cup	121	4.27
Broccoli	Raw	.5 cup	44	1.55
Broccoli	Cooked from frozen variety	.5 cup	92	3.24
Broccoli	Cooked from fresh variety	.5 cup	78	2.75
Broccoli, Chinese	Cooked from fresh variety	.5 cup	44	1.55
Broccoli, Raab	Raw	.5 cup (chopped)	20	0.71
Broccoli, Raab	Cooked from fresh variety	.5 cup	44	1.55
Cabbage	Raw	.5 cup (chopped)	44.5	1.57
Cabbage	Raw	.5 cup (shredded)	35	1.23
Cabbage, Chinese (Bok-Choy)	Raw	.5 cup (shredded)	35	1.23
Cabbage, Chinese (Bok-Choy)	Cooked from fresh variety	.5 cup (shredded)	85	3.00
Cabbage, Chinese (Pe-Tsai)	Raw	.5 cup (shredded)	38	1.34
Cabbage, Chinese (Pe-Tsai)	Cooked from fresh variety	.5 cup	59.5	2.10
Cabbage, Common	Cooked from fresh variety	.5 cup	75	2.65
Cabbage, Napa	Cooked from fresh variety	.5 cup	54.5	1.92



Lowest Carbohydrate



Moderate Carbohydrate



Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Cabbage, Red	Raw	.5 cup (shredded)	35	1.23
Cabbage, Red	Cooked from fresh variety	.5 cup	75	2.65
Cabbage, Savoy	Raw	.5 cup (shredded)	35	1.23
Cabbage, Savoy	Cooked from fresh variety	.5 cup	72.5	2.56
Cabbage, Swamp	Cooked from fresh variety	.5 cup	49	1.73
Cabbage, Swamp (Skunk Cabbage)	Raw	.5 cup (chopped)	28	0.99
Cauliflower	Raw	.5 cup	50	1.76
Cauliflower	Cooked from frozen variety	.5 cup	90	3.17
Cauliflower	Cooked from fresh variety	.5 cup	62	2.19
Cauliflower, Green	Raw	.5 cup	32	1.13
Cauliflower, Green	Cooked from fresh variety	.5 cup	62	2.19
Celery	Raw	.5 cup (chopped)	50.5	1.78
Celery	Cooked from fresh variety	.5 cup	75	2.65
Chard, Swiss	Raw	.5 cup	18	0.63
Chard, Swiss	Cooked from fresh variety	.5 cup	87.5	3.09
Chayote Squash	Raw	.5 cup	66	2.33
Chayote Squash	Cooked from fresh variety	.5 cup	80	2.82
Collard Greens	Cooked from fresh variety	.5 cup	95	3.35
Collard Greens	Raw	1 cup (chopped)	36	1.27
Cucumber, no peel	Raw	.5 cup (slices)	59.5	2.10
Cucumber, with peel	Raw	.5 cup (slices)	52	1.83
Eggplant	Raw	.5 cup (cubes)	41	1.45
Eggplant	Cooked from fresh variety	.5 cup	49.5	1.75
Escarole	Raw	.5 cup (shredded)	25	0.88
Fennel bulb	Raw	.5 cup (slices)	43.5	1.53
Green beans	Raw	.5 cup	55	1.94
Green beans	Cooked from frozen variety	.5 cup	67.5	2.38
Green beans	Cooked from fresh variety	.5 cup	62.5	2.20
Green beans	Cooked from canned variety	.5 cup	67.5	2.38
Greens, Mustard	Cooked from frozen variety	.5 cup	75	2.65
Greens, Mustard	Cooked from fresh variety	.5 cup	70	2.47
Greens, Mustard	Raw	1 cup (chopped)	56	1.98
Greens, Turnip	Raw	.5 cup (chopped)	27.5	0.97
Greens, Turnip	Cooked from frozen variety	.5 cup	82	2.89
Greens, Turnip	Cooked from fresh variety	.5 cup	72	2.54
Greens, Turnip (no salt added)	Cooked from canned variety	.5 cup	72	2.54
Heart of Palm	Canned	.5 cup	73	2.57
Jalapeño	Raw	.5 cup (slices)	45	1.59
Jicama	Raw	.5 cup	65	2.29



Lowest Carbohydrate



Moderate Carbohydrate



Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Jicama	Cooked from fresh variety	.5 cup	65	2.29
Kale	Raw	.5 cup (chopped)	33.5	1.18
Kale	Cooked from frozen variety	.5 cup	65	2.29
Kale	Cooked from fresh variety	.5 cup	65	2.29
Kale, Scotch	Raw	.5 cup (chopped)	33.5	1.18
Kale, Scotch	Cooked from fresh variety	.5 cup (chopped)	65	2.29
Kohlrabi	Raw	.5 cup	67.5	2.38
Kohlrabi	Cooked from fresh variety	.5 cup	82.5	2.91
Leeks	Raw	.5 cup	44.5	1.57
Leeks	Cooked from fresh variety	.5 cup	52	1.83
Lettuce, Butterhead (including Boston and Bibb)	Raw	1 cup (shredded or chopped)	55	1.94
Lettuce, Endive	Raw	1 cup (chopped)	50	1.76
Lettuce, Iceberg	Raw	1 cup (shredded)	72	2.54
Lettuce, Romaine	Raw	1 cup (shredded)	47	1.66
Lettuce, Spring Mix	Raw	1 cup (shredded)	42.5	1.5
Mushroom	Cooked from fresh variety	.5 cup	78	2.75
Mushroom	Cooked from canned variety	.5 cup	78	2.75
Mushroom, Brown, Italian or Crimini	Raw	.5 cup (sliced)	36	1.27
Mushroom, Portabella	Raw	.5 cup (sliced)	43	1.52
Mushroom, Portabella	Cooked from fresh variety	.5 cup (sliced)	60.5	2.13
Mushroom, Straw	Cooked from canned variety	.5 cup	91	3.21
Mushroom, White	Raw	.5 cup (pieces)	35	1.23
Mushroom, White	Cooked from fresh variety	.5 cup	78	2.75
Nopales	Raw	.5 cup (slices)	43	1.52
Okra	Raw	.5 cup	50	1.76
Okra	Cooked from frozen variety	.5 cup	92	3.25
Okra	Cooked from fresh variety	.5 cup	80	2.82
Peppers, Green Sweet	Raw	.5 cup (chopped)	74.5	2.63
Peppers, Green Sweet	Cooked from frozen variety	.5 cup	68	2.40
Peppers, Green Sweet	Cooked from fresh variety	.5 cup	68	2.40
Peppers, Green Sweet	Cooked from canned variety	.5 cup	70	2.47
Peppers, Red Sweet	Raw	.5 cup (chopped)	74.5	2.63
Peppers, Red Sweet	Cooked from frozen variety	.5 cup	68	2.40
Peppers, Red Sweet	Cooked from fresh variety	.5 cup	68	2.40
Peppers, Red Sweet	Cooked from canned variety	.5 cup	70	2.47
Peppers, Yellow Sweet	Raw	.5 cup (chopped)	74.5	2.63
Radishes	Raw	.5 cup (slices)	58	2.05
Radishes, Oriental	Raw	.5 cup (slices)	58	2.05
Radishes, Oriental	Cooked from fresh variety	.5 cup (slices)	73.5	2.59



Lowest Carbohydrate



Moderate Carbohydrate



Highest Carbohydrate

Item	Variety	Quantity	GM Wt	Oz. Wt
Scallions	Raw	.5 cup	50	1.76
Spinach	Cooked from fresh variety	.5 cup	90	3.77
Spinach	Cooked from frozen variety	.5 cup	95	3.35
Spinach	Cooked from canned variety	.5 cup	107	3.77
Spinach, Malabar	Cooked from fresh variety	.5 cup	90	3.17
Spinach, Mustard (Tendergreen)	Cooked from fresh variety	.5 cup (chopped)	90	3.17
Spinach, Mustard (Tendergreen)	Raw	1 cup (chopped)	150	5.29
Spinach, New Zealand	Cooked from frozen variety	.5 cup (chopped)	90	3.17
Spinach, New Zealand	Raw	1 cup (chopped)	56	1.97
Spinach	Raw	1 cup	30	1.06
Sprouts, Alfalfa	Raw	.5 cup	16.5	0.58
Sprouts, Mung Bean Sprouts	Raw	.5 cup	52	1.83
Sprouts, Mung Bean Sprouts	Cooked from fresh variety	.5 cup	62	2.19
Squash, Summer, Crookneck and Straightneck	Raw	.5 cup (sliced)	65	2.29
Squash, Summer, Crookneck and Straightneck	Cooked from frozen variety	.5 cup (slices)	96	3.39
Squash, Summer, Crookneck and Straightneck	Cooked from fresh variety	.5 cup (slices)	90	3.17
Squash, Summer, Crookneck and Straightneck	Cooked from canned variety w/skin	.5 cup	105	3.70
Squash, Kabocha	Raw	.5 cup (cubed)	85	3.0
Squash, Kabocha	Cooked from fresh variety	.5 cup	105	3.70
Squash, Summer, Scallop	Raw	.5 cup (sliced)	65	2.29
Squash, Summer, Scallop	Cooked from frozen variety	.5 cup (slices)	90	3.17
Squash, Summer, Zucchini	Raw w/skin	.5 cup (sliced)	56.5	1.99
Squash, Summer, Zucchini	Cooked from fresh variety w/skin	.5 cup	90	3.17
Squash, Summer, Zucchini	Cooked from frozen variety w/skin	.5 cup	111.5	3.93
Squash, Spaghetti	Raw	.5 cup (cubes)	50.5	1.78
Squash, Spaghetti	Cooked from fresh variety	.5 cup	77.5	2.73
Tomato, red ripe	Raw	.5 cup (chopped or sliced)	90	3.17
Tomato, red ripe	Raw	.5 cup (cherry)	74.5	2.63
Tomato, red ripe packed in tomato juice	Cooked from canned variety	.5 cup (with juice)	120	4.23
Tomato, red ripe	Cooked from fresh variety	.5 cup	120	4.23
Turnips	Raw	.5 cup (cubes)	65	2.29
Turnips	Cooked from frozen variety	.5 cup	78	2.75
Turnips	Cooked from fresh variety	.5 cup	78	2.75
Watercress	Raw	1 cup (chopped)	34	1.20