

The following list of low carb vegetables is from James Garland of Austin, Texas, whom I thank.

Mr. Garland is a *nationally certified strength and conditioning specialist* holding a *kinesiology degree* with a *minor in biology* and is very familiar with my work.

The following is a list of the kind of carbohydrate foods he recommends to his clients, and I whole-heartedly agree...

- broccoli,
- green beans,
- yellow summer squash,
- kale,
- spinach,
- Brussels Sprouts,
- mustard greens,
- collard greens,
- cauliflower,
- cabbage,
- alfalfa sprouts,
- zucchini, lettuce (all varieties),
- eggplant,
- cucumber,
- celery,
- asparagus,
- snow peas

** These carbohydrate foods are very low in sugar and starch and are mostly water. You won't get a "sugar high" from them**

I occasionally enjoy a baked or mashed potato _ eating half portion with real butter and full fat sour cream and chives _ but it certainly is higher carb than the above. –Prof. Brian S. Peskin