

# OTHER FOODS TO ENJOY WITH EURODIET

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## PERMITTED VEGETABLE & SALAD LISTS

Vegetables and salads are important foods in a healthy diet and should be enjoyed everyday.

Eating a reasonable amount of vegetables will increase your fibre intake and may help relieve you of any digestive discomfort.

It is also good to note that carbohydrates affect glucose levels. Choosing low G.I foods ensures sugar trickles slowly into your blood stream, keeps energy levels balanced and helps you feel fuller for longer.

Vegetables, like all foods have certain nutrients and different levels of carbohydrate content. As Phase 1 & 2 are carbohydrate controlled, we have selected which vegetables and salads can be enjoyed in each phase.

### VEGETABLES: LIST 1

Vegetables from List 1 contain under 3.5g carbohydrate per 100g and can be consumed **without limitation** from Phase 1 onwards, within reason.

Asparagus	Courgette	Radish
Aubergine	Cucumber	Rocket
Broccoli	Fennel	Salad leaves
Cauliflower	Gherkins	Spinach
Celery sticks	Green cabbage	Sorrel
Chicory	Green peppers	Watercress
Chinese cabbage	Mushrooms	

### VEGETABLES: LIST 2

Vegetables in List 2 contain from 4g to 6g carbohydrate per 100g and should be **consumed in smaller quantities in Phases 1 and 2.**

Brussels sprout	Red peppers
Cardoon	Salsify
French beans	Swiss chard
Leeks	Turnip
Red cabbage	Tomato

**FROM PHASE 3 ALL VEGETABLES CAN BE ENJOYED!**