

Starchy Vegetables

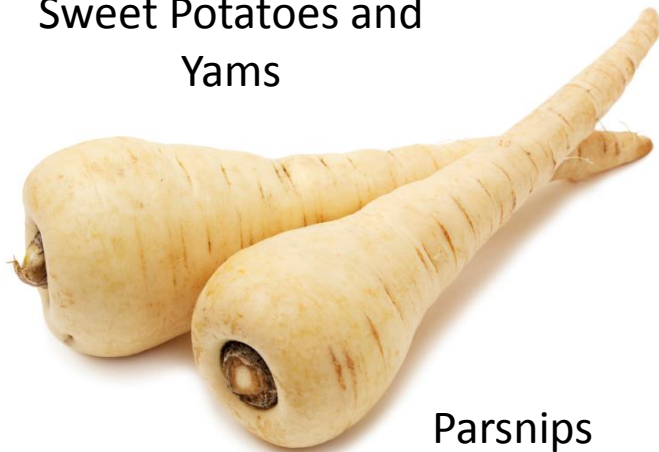
- Are great sources of vitamins, minerals, and fiber
- When eaten in moderation, are a good source of energy
- However, are also high in carbohydrates
- After you eat carbohydrates, your body turns it into sugar
- Has higher calories than non-starchy, water-rich vegetables
- Eating a lot can increase weight and the risk of diabetes
- When eating starchy vegetables, it is best to get a variety and to eat them in moderation



Pumpkin



Sweet Potatoes and
Yams



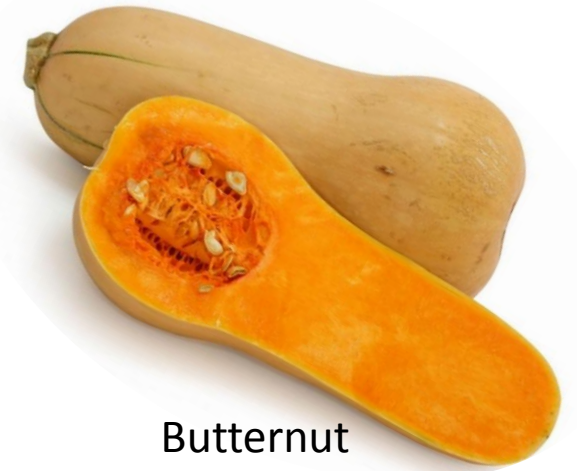
Parsnips



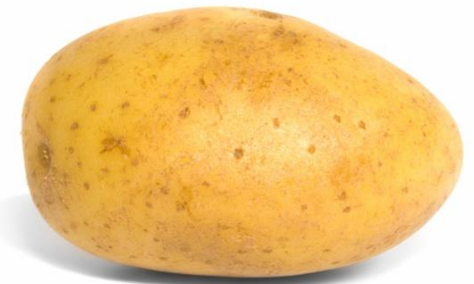
Acorn Squash



Corn



Butternut
Squash



Potatoes



Peas