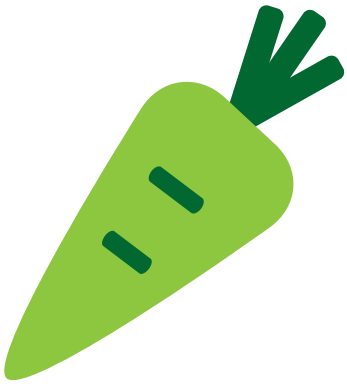
Phase 2 Vegetables list

Include at least two different vegetables, ideally different colours, from the list below. Your portion size should be 160g – about half your plate (at each meal).

- Artichoke
- Asparagus
- Aubergine
- Avocado
- Beansprouts
- Beetroot
- Bitter gourd
- Broad beans
- Broccoli
- Brussel sprouts
- Cabbage
- Capers
- Carrots
- Cauliflower
- Celeriac
- Courgette
- Celery
- Cucumber
- Fennel
- Gherkins
- Green beans
- Kale
- Leeks
- Lettuce
- Mangetout
- Marrow
- Mushrooms
- Okra
- Onions
- Pak choi
- Pea shoots
- Peppers
- Radishes
- Rocket
- Samphire
- Sugar snap peas
- Sauerkraut
- Shallots
- Spinach
- Spring greens
- Spring onions
- Squash
- Swede
- Sweetcorn
- Tomatoes
- Turnip
- Vine leaves
- Water chestnuts
- Watercress

Did you know...

- Avocados and olives contain higher amounts of healthy fats than other vegetables. Bear this in mind when adding another portion of fat. Suggested portions: ½ an avocado/8-12 olives
- Vegetables including sweetcorn, parsnips, carrots and beetroot also contain starch – so be careful not to combine too many starchy vegetables together in one meal
- Vegetables like potato, sweet potato, yam and cassava contain enough starch to be classified as starchy foods, not vegetables!



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