

Low-Carb vegetables – The Best and the Worst

Source: <https://www.dietdoctor.com/low-carb/vegetables->

This list has been altered for parrots

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Peas, corn, beans, lentils and quinoa are relatively high in carbs, and so are not good options on a keto low-carb diet. On a more moderate or liberal low-carb diet, you may be able to include some **peas** and **lentils**.

What vegetables are low carb?

There's a very simple rule:

- Vegetables growing above ground are usually low carb and can be eaten freely.
- Vegetables growing below ground contain more carbs, so you'll have to be more careful with them (especially potatoes).

Like any rule it is not perfect, so have a look below.

Above ground vegetables

***Avocados are poisonous to ALL parrots!**

All numbers are net carbs per 100 grams (3½ ounces)

***Avocados are poisonous to ALL parrots!**



Below ground vegetables



All numbers represent percent of net carbohydrates.

This means that a hundred grams (3½ ounces) – the weight of an average tomato – of any vegetable will contain this number of grams of carbs. Too many tomatoes can be high in acid for some parrots. Please feed in moderation.

E.g. an average tomato has about 3 grams of carbs. A large cauliflower head weighs a lot more though, potentially ten times more, and may thus contain about ten times 3 grams, i.e. 30 grams of carbs.

Please note the difference between above-ground and below-ground vegetables.

Vegetables with less than 5 grams of carbs may be fed relatively freely.

Top 10 low-carb vegetables



Here are ten great low-carb vegetables, tasty and rich in nutrients but with very few carbs.

We've attempted to sort them by how popular and useful they are in low-carb cooking.

All numbers are net carbs per 100 grams (3½ ounces).

1. **Cauliflower** – 3 g. Perhaps the most classic and iconic of all low-carb vegetables. The base of [cauliflower rice](#) and [cauliflower mash](#).
2. **Cabbage** – 3 g. Another great low-carb vegetable. Who doesn't love [cabbage](#) or the simply amazing
3. **Avocado are poisonous for ALL Parrots! DO NOT FEED TO BIRDS** – 2 g. Not just low carb, but also full of nutritious fat.

4. **Broccoli** – 4 g. Another great option that can replace pasta, rice or potatoes.
5. **Zucchini** – 3 g. Try [zucchini chips](#). Zucchini can also be used to make [low-carb pasta](#), like in this [low-carbonara](#). [More recipes](#)
6. **Spinach (BAD)**– 1 g. **Spinach** Has been called a calcium depilatory for most parrots! Not recommended to add to their diet.
7. **Asparagus** – 2 g. Nutritious and delicious!
8. **Kale** – 3 g. Hardier than spinach, less watery, but just as nutrient-rich, kale can stand up to mincing. Cut into ribbons, it makes a great noodle substitute for zesty sauces.
9. **Green beans** – 4 g. Frenched, diced and tossed in a salad, fricasseed and more, green beans taste great especially with added fats like butter, an olive-oil vinaigrette, or bacon.
10. **Brussels sprouts** – 5 g. Nutty, filling and nutritious, they are especially .

Peas, corn, beans, etc.

