

Classification of Non-starchy Vegetables

| Green Leafy | Green Leafy | Root Vegetables | Squash Family | Stalk Vegetables | Others |
|--|-----------------------|--------------------------|----------------------|------------------|-------------------------|
| Arugula (Rocket) | Fennell | Carrots | Cucumber | Asparagus | Artichoke |
| Asian greens – all types | Kale (as cooked only) | Celeriac | Marrow | Celery | Aubergine (eggplant) |
| Baby Spinach leaves (Tatsoi) | Lettuce – all types | Celeriac | Pumpkin | Leek | Avocado |
| Basil | Mint | Daikon (Japanese radish) | Zucchini (courgette) | Shallots | Broccoli |
| Beet greens | Mung sprouts | Radish (red – hot) | | Spring onions | Broccolini |
| Bok choy | Parsley | Swede | | | Capsicums - all colours |
| Brussels Sprouts | Radicchio | Turnips | | | Cauliflower |
| Cabbage - green | Rocket (Arugula) | | | | Chilli Peppers |
| Cabbage - purple | Silverbeet | | | | Green beans |
| Chard – all colours | Spinach | | | | Kimchi |
| Coriander | Tatsoi (Baby spinach) | | | | Mushrooms |
| Endive | Watercress | | | | Sauerkraut |
| | | | | | Snow peas (whole) |
| | | | | | Sugar (snap) peas |
| Cell-Logic Pty Ltd - Gut Ecology & Metabolic Modulation [®] www.cell-logic.com.au | | | | | Tomato |



The G.E.M.M. Protocol recommends the inclusion of 600 grams of non-starchy vegetables daily. This quantity has been shown to significantly reduce biomarkers of inflammation in human test subjects. Hermsdorff et al. *Fruit and vegetable consumption and proinflammatory gene expression from peripheral blood mononuclear cells in young adults: a translational study* *Nutr Metab* (Lond). 2010; 7: 42.