

List of 20 Low Calorie Vegetables for Weight Loss

2000 of Calories = 100% of the Daily Value (%DV)

1 Watercress



4 Calories
per cup

11 calories per 100g

2 Arugula



5 Calories
per cup fresh

25 calories per 100g

3 Lettuce



5 Calories
per cup

15 calories per 100g

4 Alfalfa Sprouts



8 Calories
per cup raw

23 calories per 100g

5 Napa Cabbage



13 Calories
per cup cooked

12 calories per 100g

6 Cucumber



16 Calories
per cup raw

15 calories per 100g

7 Celery



14 Calories
per cup raw

14 calories per 100g

8 Radishes



19 Calories
per cup sliced

16 calories per 100g

9 Pak-Choi (Bok Choy)



20 Calories
per cup cooked

12 calories per 100g

10 Cabbage



22 Calories
per cup raw

25 calories per 100g

11 Mushrooms



12 Eggplant





**28 Calories
per cup cooked**

26 calories per 100g



**35 Calories
per cup cooked**

35 calories per 100g

13 Swiss Chard



**35 Calories
per cup cooked**

20 calories per 100g

14 Asparagus



**40 Calories
per cup cooked**

22 calories per 100g

15 Spinach



**41 Calories
per cup cooked**

23 calories per 100g

16 Summer Squash



**34 Calories
per cup cooked**

19 calories per 100g

17 Tomato



**43 Calories
per cup cooked**

18 calories per 100g

18 Green (Snap) Beans



**44 Calories
per cup cooked**

35 calories per 100g

19 Pumpkin



**49 Calories
per cup cooked**

20 calories per 100g

20 Broccoli



**55 Calories
per cup cooked**

35 calories per 100g