

Starchy vegetables are high-quality carbohydrates that are rich in vitamins, minerals, and fiber. Unlike poor-quality carbs, such as white bread, regular pasta, and other refined-grain products, starchy vegetables like sweet and white potatoes, winter squash, peas, and corn offer ample nutrition and are a great addition to your diet when prepared in a healthy way. That said, starchy vegetables are higher in calories than nonstarchy vegetables (like leafy greens, green beans, broccoli, cauliflower, peppers, cucumbers, carrots, mushrooms, and celery), so it's important to moderate your portions, especially if you're trying to lose weight. Because of their high starch content, starchy vegetables raise blood-sugar levels more than nonstarchy types, so individuals with diabetes need to be especially careful about limiting their intake.

Starchy vegetables are a good source of fiber. A high-fiber diet aids in weight loss and weight management since fiber fills you up quickly and staves off hunger. Moderate portions of starchy vegetables at meals (such as half a baked potato or half a cup of corn, peas, or winter squash) are a nutritious addition to any weight-loss plan. Eating a diet rich in fiber can also help lower cholesterol and reduce the risk of heart disease and stroke.