|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Groentelijst fase 2** | | | | | | |
| **Groentesoort** | **Kh per 100g** | **Onbeperkt** | **Tot 400 g**  **per dag** | **Tot 200 g**  **per dag** | **Tot 100 g**  **per dag** | **Vermijden** |
| Tuinkers | 0,0 g | **✓** |  |  |  |  |
| Rucola | 0,1 g | **✓** |  |  |  |  |
| Kropsla | 0,3 g | **✓** |  |  |  |  |
| Sla | 0,3 g | **✓** |  |  |  |  |
| Champignons | 0,4 g | **✓** |  |  |  |  |
| Zuurkool | 0,6 g | **✓** |  |  |  |  |
| Broccoli | 0,8 g | **✓** |  |  |  |  |
| Spinazie *(vers)* | 0,9 g | **✓** |  |  |  |  |
| Augurken *(zuur)* | 1,0 g | **✓** |  |  |  |  |
| Spinazie *(diepvries)* | 1,1 g | **✓** |  |  |  |  |
| Andijvie | 1,2 g | **✓** |  |  |  |  |
| Komkommer | 1,3 g | **✓** |  |  |  |  |
| Spinazie *(glas, blik)* | 1,3 g | **✓** |  |  |  |  |
| Paksoi | 1,4 g | **✓** |  |  |  |  |
| IJsbergsla | 1,7 g | **✓** |  |  |  |  |
| Asperges *(blik, glas)* | 1,9 g | **✓** |  |  |  |  |
| Bleekselderij | 2,0 g | **✓** |  |  |  |  |
| Pompoen | 2,0 g | **✓** |  |  |  |  |
| Rabarber | 2,0 g | **✓** |  |  |  |  |
| Snijbonen *(vers)* | 2,0 g | **✓** |  |  |  |  |
| Rode sla | 2,3 g |  | **✓** |  |  |  |
| Witlof | 2,4 g |  | **✓** |  |  |  |
| Groene paprika | 2,5 g |  | **✓** |  |  |  |
| Taugé | 2,7 g |  | **✓** |  |  |  |
| Bloemkool | 2,9 g |  | **✓** |  |  |  |
| Asperges *(vers)* | 3,0 g |  | **✓** |  |  |  |
| Aubergine | 3,0 g |  | **✓** |  |  |  |
| Rode kool *(vers)* | 3,0 g |  | **✓** |  |  |  |
| Tomaat | 3,1 g |  | **✓** |  |  |  |
| Prei | 3,8 g |  | **✓** |  |  |  |
| Gele paprika | 3,9 g |  | **✓** |  |  |  |
| Boerenkool | 4,0 g |  | **✓** |  |  |  |
| Groene kool | 4,0 g |  | **✓** |  |  |  |
| Koolrabi | 4,0 g |  | **✓** |  |  |  |
| Radijs | 4,0 g |  | **✓** |  |  |  |
| Spitskool | 4,0 g |  | **✓** |  |  |  |
| Tuinbonen | 4,0 g |  | **✓** |  |  |  |
| Witte kool | 4,0 g |  | **✓** |  |  |  |
| Rode paprika | 4,3 g |  |  | **✓** |  |  |
| Courgette | 5,0 g |  |  | **✓** |  |  |
| Knolselderij | 5,0 g |  |  | **✓** |  |  |
| Peultjes | 5,0 g |  |  | **✓** |  |  |
| Sperziebonen | 5,0 g |  |  | **✓** |  |  |
| Sugarsnaps | 5,0 g |  |  | **✓** |  |  |
| Spruitjes | 5,2 g |  |  |  | **✓** |  |
| Augurken *(zoetzuur)* | 5,3 g |  |  |  | **✓** |  |
| Wortelen | 5,6 g |  |  |  | **✓** |  |
| Rode biet | 6,0 g |  |  |  | **✓** |  |
| Uien | 6,6 g |  |  |  | **✓** |  |
| Zilverui *(zoetzuur)* | 6,9 g |  |  |  | **✓** |  |
| Rode kool *(glas, blik)* | 7,9 g |  |  |  | **✓** |  |
| Artisjok | 9,5 g |  |  |  | **✓** |  |
| Pastinaak | 11,0 g |  |  |  |  | **✓** |
| Linzen | 11,6 g |  |  |  |  | **✓** |
| Maïs | 13,0 g |  |  |  |  | **✓** |
| Kapucijners | 13,5 g |  |  |  |  | **✓** |
| Doperwten | 14,0 g |  |  |  |  | **✓** |
| Kidneybonen | 14,7 g |  |  |  |  | **✓** |
| Kikkererwten | 15,0 g |  |  |  |  | **✓** |
| Bruine bonen | 17,7 g |  |  |  |  | **✓** |