

Healthy Foods and Their Carbohydrate Contents

Starches			Fruits			Vegetables		
	Serving Size	Carbs (g)		Serving Size	Carbs (g)		Serving Size	Carbs (g)
Whole Grain:			Apples	1 regular	29	Asparagus	1 cup	5
Brown rice	1 cup	44	Applesauce	1 cup	28	Broccoli	1 cup	6
Bulgur	1 cup	25	Apricots	1 cup	18	Carrots	1 cup	12
Corn Tortillas	1 medium	11	Bananas	1 regular	27	Mushrooms	1 cup	2
Granola	1 cup	80	Blackberries	1 cup	14	Radishes	1 cup	4
Oatmeal	1 cup	25	Blueberries	1 cup	21	Rutabaga	1 cup	11
Rye Crackers	1 cup	32	Cantaloupe	1 cup	13	Summer Squash	1 cup	4
Whole wheat bread	2 slices	26	Cherries	1 cup	13	Tomatoes	1 cup	7
Whole wheat crackers	1 cup	52	Dried Fruits	1 cup	91	Zucchini	1 cup	4
Whole wheat pasta	1 cup	39	Figs	1 cup	45			
Enriched:			Fruit Juices	1 cup	28	Dairy	Serving Size	Carbs (g)
Bagels	1 regular	56	Oranges	1 medium	15	Rice Milk	1 cup	32
English Muffins	1 regular	25	Peaches	1 medium	9	Skim Milk	1 cup	12
Grits	1 cup	24	Pears	1 medium	26	Whole Milk	1 cup	11
Macaroni	1 cup	39	Pineapples	1 cup (chunks)	20	Soy Milk	1 cup	15
Pasta	1 cup	27	Plums	1 medium	8	Yogurt	1 cup	17
White Bread	2 slices	13	Raspberries	1 cup	15			
White Rice	1 cup	44	Tangerines	1 medium	9			
Starchy Vegetables:			Sports Drinks/Bars/Gels			Meat	Serving Size	Carbs (g)
Baked beans	1 cup	53		Serving Size	Carbs (g)			
Corn	1 cup	29				Kidney Beans	1 cup	37
Green Peas	1 cup	41	Gatorade	12 ounces	21	Navy Beans	1 cup	41
Potatoes	1 medium	35	Powerade	12 ounces	21	Split Peas	1 cup	41
Winter Squash	1 cup	22	Power Bar	1 bar	42	Lentils	1 cup	37
Sweet Potatoes	1 medium	24				Chestnuts	1 cup	76

* For more information on caloric and nutrient content for over 13,000 different types of food, visit: <http://www.ars.usda.gov/Services/docs.htm?docid=7783>, and download the "What's in the food we eat?" database