

Carbohydrate Counting Food List

One serving = 15 grams carbohydrate



Bread



Bagel, small	½ (1 oz.)
Bread, reduced-calorie	2 slices
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz.)
Bread sticks, crisp, 4 inches long x ½ inch	2 (¾ oz.)
English Muffin	½
Hot dog or hamburger bun	½ (1 oz.)
Pita, 6 inches across	½
Raisin bread, unfrosted	1 slice
Roll, plain, small	1 (1 oz.)
Tortilla, corn or flour, 6 inches	1
Waffle, 4 ½ inch square	1



Fruit



Apple, unpeeled, small	1 (4 oz.)
Applesauce, unsweetened	½ cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5 ½ oz.)
Apricots, canned	½ cup
Banana, small	1 (4 oz.)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	½ melon or 1 cup cubes
Cherries, sweet, fresh	12 (3 oz.)
Cherries, sweet, canned	½ cup
Fruit cocktail	½ cup
Grapefruit, large	½ (11 oz.)
Grapefruit, sections, canned	¾ cup
Grapes, small	17 (3 oz.)
Honeydew melon	1 slice (10 oz.) or 1 cup cubes
Kiwi	1 (3 ½ oz.)
Mandarin oranges, canned	¾ cup
Mango, small	½ fruit (5 ½ oz.) or ½ cup
Nectarine, small	1 (5 oz.)
Orange, small	1 (6 ½ oz.)
Papaya	½ fruit (8 oz.) or 1 cup cubes
Peach, medium, fresh	1 (6 oz.)
Peaches, canned	½ cup
Pear, large, fresh	½ (4 oz.)
Pears, canned	½ cup
Pineapple, canned	½ cup
Pineapple, fresh	¾ cup
Plums, small	2 (5 oz.)
Plums, canned	½ cup
Raisins	2 Tbsp.
Raspberries	1 cup
Strawberries	1 ½ cup whole berries
Tangerines, small	2 (8 oz.)
Watermelon	1 slice (13 ½ oz.) or 1 ½ cup cubes



Cereals and Grains



Bran cereals	½ cup
Cereals (cooked)	½ cup
Cereals, unsweetened, ready-to-eat	¾ cup
Cornmmeal (dry)	3 Tbsp.
Couscous	½ cup
Flour (dry)	3 Tbsp.
Granola, low-fat	¼ cup
Grape-Nuts	¼ cup
Grits	½ cup
Oats	½ cup
Pasta, cooked	½ cup
Rice, white or brown, cooked	½ cup
Shredded Wheat	½ cup
Sugar-frosted cereal	½ cup



Fruit Juice

¾ cup = 4 oz.



Apple juice/cider	½ cup
Cranberry juice cocktail	½ cup
Grape juice	½ cup
Grapefruit juice	½ cup
Juice blends, reduced-calorie	1 cup
Orange juice	½ cup
Pineapple juice	½ cup



Riley Hospital for Children
Indiana University Health

Food Values Carbohydrates

**Carolyn D. Berdanier, Johanna T.
Dwyer, Elaine B. Feldman**



Food Values Carbohydrates:

Nutritional Food Values, 2016-06-23 Planning meals and menus can be difficult deciding which ingredients or combinations of different ingredients to use to make your meals wholesome healthy and nutritious can be a challenge This eBook lists all commonly available foods with their readily available Vitamin Mineral and other Nutrient values as well as their Glycemic index GI number Calorie Protein and Fat contents included are Fruits Vegetables and Herbs Grains Nuts Seeds Dairy products Meats and Seafood s It describes their health benefits detoxifying properties and the roles different vitamins minerals proteins carbohydrates or sugars and other nutrients play in promoting our overall health and well being Taken from a variety of reputable sources including the United States Department of Agriculture Agricultural Research Service as per the daily recommendations used by the USA and UK standards for an average person with average body weight doing moderate exercise and using 2 000 calories a day Food Values Leah Wallach, 1989 Here are the facts and figures to help you maintain good health and control your dietary intake of carbohydrates A comprehensive guide to the nutrient values of more than 8000 foods eaten at home on the run and in restaurants including brand name products fast foods prepared foods fresh foods vegetarian dishes products sold in health food stores and much much more presented in an easy to use format A calorie count is given for all portions and you learn to calculate the percentage of calories in your diet derived from carbohydrates which is especially useful for those on high carbohydrate low protein diets who expect to get 55% or more of their calories from carbohydrates Foods and Food Values Albert Philip Sy, 1921 **Agriculture Handbook**, 1949 Set includes revised editions of some issues **Energy Value of Foods** Annabel Laura Merrill, Bernice Kunerth Watt, 1955 **United States Consumption of Food in Terms of Fats, Proteins, Carbohydrates, and Calories, 1939-43** United States Tariff Commission, 1944 Food values Edwin Allen Locke, 1911 **Complex Carbohydrates in Foods** Susan Sungsoo Cho, 1999-01-19 Explores the effects of complex carbohydrates starch gums and dietary fibers on human physiological function and establishes an appropriate dietary intake level for inclusion on nutritional labels Addresses current research applications and implementation issues Handbook of Nutrition and Food Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original United States Consumption of Food in Terms of Fats, Proteins, Carbohydrates, and Calories, 1930-43 United States Tariff Commission, 1944 Energy Value of Foods, **Human Foods and Their Nutritive Value** Harry Snyder, 2020-08-11 Reproduction of the original Human Foods and Their Nutritive Value by Harry Snyder **Energy Value of Foods: Basis and Derivation** Annabel Laura Merrill, Bernice Kunerth Watt, 1973 British Medical Journal, 1929 *Principles of Nutrition and Nutritive Value of Food* Wilbur Olin Atwater, 1902 *Foods & Nutrition Encyclopedia, 2nd*

Edition, Volume 1 Marion Eugene Ensminger, Audrey H. Ensminger, 2023-07-21 Foods and Nutrition Encyclopedia 2nd Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800 entries topics and 462 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily

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Cooperative Extension Service, the Ohio State University Ohio State University. Cooperative Extension Service, 1918

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