

Carbohydrate Content of Commonly Eaten Foods

Food	Serving	Total Calories	Carbohydrate (g)	% Calories from Carbohydrate
Bagel	Large 4"	245	48	79%
Bread, white	1 slice	67	12	75%
Bread, wheat	1 slice	64	12	70%
Bread, pita	6.5 inch	165	33	83%
Tortilla, Soft Flour	8 inch	147	25	69%
Potato	1 large	220	51	91%
Pasta noodles	1 cup	197	40	82%
Rice, white	1 cup	197	43	90%
Rice, brown	1 cup	232	50	87%
Couscous (grain)	1 cup	176	25	56%
Pancake	Large 7"	176	25	56%
Waffle	1 frozen	197	31	62%
Wheaties cereal	1 cup	110	24	82%
Cheerios cereal	1 cup	110	23	76%
Oatmeal, cooked	1 cup	145	25	69%
Potato, home fries	1 cup	258	34	53%
Pretzel, hard	2 large	120	24	80%
Chocolate bar	1 oz.	150	17	45%
Cookie, chocolate chip	1 cookie	68	9	53%
Cookie, Oreo	3 cookies	160	24	60%
Jellies/Jam/Spreads	1 tbsp.	48	13	98%
Peanut butter	2 tbsp.	190	16	12%

Honey	1 tbsp.	64	17	100%
Table sugar	1 tbsp.	48	12	100%
Pancake syrup	¼ cup	225	59	100%
Ice cream, vanilla	1 cup	265	31	46%
Apple	1 medium	81	21	94%
Banana	7 inch	109	28	92%
Orange	1 medium	62	15	91%
Raisins	¼ cup	109	29	95%
Lettuce, Iceberg	1 cup	10	2	80%
Carrot	1 medium	26	6	92%
Corn, yellow	½ cup	88	21	95%
Peas	½ cup	55	10	73%
Tomato	1 small	27	6	88%
Onion	¼ cup	15	3	80%
Green Beans	½ cup	14	3	88%
Nutri – Grain Bar	1 bar	148	23	62%
Donut, Glazed	3 inch	192	23	48%
Milk, 2% reduced fat	8 oz.	121	12	40%
Orange Juice	8 oz.	112	27	93%
Cranberry Juice	8 oz.	147	38	100%
Regular soft drinks	12 oz.	158	40	100%
Diet soft drinks	12 oz.	0	0	0%