

## Carbohydrate Content of Foods

Listed below is the approximate carbohydrate amount in some common foods. Reading the Nutrition Facts on food labels is the best way to find out the grams of carbohydrate in a food.

### **Grain and Starches – 15 grams of carbohydrate (\*means cooked)**

Bread – 1 slice	Plain cookies – 2
Cereal (hot* or cold) – 1/2 cup	Potato – 1/2 medium
Dinner roll – 1 small	Rice, other grains (*) – 1/3 cup
Pasta (*) – 1/2 cup	Soda crackers – 6

### **Fruits and Vegetables – 10 grams of carbohydrate**

Apple, pear – 1/2 medium	Beets, carrots, mixed vegetables – 1/2 cup
Plums, prunes, dates – 2	Parsnips, peas, squash – 1/2 cup
Banana, grapefruit – 1/2 small	Tomatoes (canned), turnip – 1 cup
Berries, grapes – 1/2 cup	
Cantaloupe – 1/4 medium	<b>Unsweetened Juices</b>
Orange, peach – 1 small	Tomato, vegetable – 1 cup
Mixed fruits, pineapple – 1/2 cup	Grapefruit, orange – 1/2 cup
Raisins – 2 tbsp	Apple, cranberry, pineapple – 1/3 cup
Strawberries, watermelon – 1 cup	Grape, prune – 1/4 cup

### **Milk and Alternatives – 6 grams of carbohydrate**

Milk, buttermilk – 1/2 cup	Plain yogurt – 1/2 cup
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### **Sugars – 10 grams of carbohydrate**

Hard candies, marshmallows – 2	Regular pop – 1/2 cup
Regular jam, jelly – 1 tbsp	Sugar, syrup, honey – 2 tsp