

Carbohydrate-Containing Foods by Food Group

Food Group	Food	One Serving	CHO (g)	Fiber (g)	Whole Grain
Starches	Bagel, plain	4-in diameter (71g)	38	1.6	No
	Bagel, whole grain	4-in diameter (85g)	35	6	Yes
	Bread, white	1 slice	14	0.5	No
	Bread, whole grain	1 slice	14	5	Yes
	Cereal, sweet (e.g., Fruit Loops, Honey Nut Cheerios)	1 cup (30g)	24-28	1-2	Not usually
	Cereal, low sugar (e.g., Cornflakes, Cheerios)	1 cup (28g)	22-24	1-3	Varies
	Cereal, high fiber (e.g., Raisin Bran)	½ cup (30g)	22	4	Usually
	Corn chips	1 oz	16	1	Usually
	Corn bread	1 piece (55g)	18	1	Not usually
	Crackers (e.g., Ritz, Saltines)	5 crackers	10	0.5	Varies
	Energy bars (e.g., CLIF Bars®)	1 bar	35-43	1-5	Varies
	English muffin	Both halves	25	1.5	Not usually
	Grits	1 cup cooked	31	<1	Not usually
	Granola bar	1 bar (43g)	29	1	Varies
	Hamburger bun	Both halves	21	1	No
	Oatmeal	1 cup cooked	25	4	Yes
	Pancakes, buttermilk	3 pancakes each 4-in diameter	33	1	Not usually
	Pasta (e.g., spaghetti or macaroni noodles)	½ cup cooked	19	<1	Not usually
	Pita bread	1 (60g)	33	1	Varies
	Popcorn	1 cup popped	6	1	Yes
	Potato chips	1 oz	15	1	No
	Pretzel sticks	10 (30g)	20	1	No
	Pretzel, soft	1	43	1	No
	Rice, brown	½ cup cooked	22	2	Yes
	Rice, white	½ cup cooked	22	<0.5	No
	Tortillas (corn)	1 6-in diameter	12	1.5	Yes
	Tortillas (flour)	1 8-in diameter	28	1	Not usually
	Waffle	1 7-in diameter	25	1.5	Not usually
Wheat germ	2 tablespoons	6	1.5	Yes	

Starchy Vegetables	Corn	½ cup cooked	15	1.6
	Peas (green)	½ cup cooked	11	3.5
	Potatoes (mashed)	2/3 cup cooked	25	2
	Squash (winter)	½ cup cooked	5	0.9
	Sweet potatoes	¼ cup cooked	26	2.5
	Yams	¾ cup cooked	28	4
Beans/legumes	Dried beans or lentils	½ cup cooked	20	6-8
	Hummus	¼ cup	8	3.4
	Miso (soybean) soup	1 cup	8	2
	Split pea soup	1 cup	19	1.5
Fruits	Apple	~2.5-in diameter	19	3.3
	Applesauce	½ cup	25	1.5
	Banana	~9 in long	27	3
	Blueberries or raspberries	1 cup	15-21	3.5-8
	Cantaloupe	¾ cup or ~ ¼ of a 5-in diameter melon	10	1
	Peach	~2.5-in diameter	9	1.5
	Plum	~3-in diameter	9	1
	Orange	~2.5-in diameter	15	3
	Orange juice	½ cup	13	0.5
	Strawberries	1 cup	11	3
	Tangerine	2	19	4
Vegetables	Broccoli	½ cup cooked	6	2.5
	Cabbage	½ cup cooked	3	1.5
	Carrot	½ cup cooked or 1 raw carrot ~8 in long	6	2
	Lettuce (dark green, leafy)	1 ½ cups (84g)	2	1
	Pepper	½ cup raw	3.5	1.3
	Spinach	½ cup cooked	3.5	2
	Tomato	~2.5-in diameter	5	1.5
Milk	Chocolate milk	1 cup	26	1
	Milk	1 cup	12	0
	Soy milk	1 cup	18	3
	Yogurt (plain)	1 cup	17	0
	Yogurt (sweetened)	1 cup	26	0
Sugared beverages	6% carb sports beverage	1 cup	14	0
	High carb sports beverage	12 oz	88	0
	Soft drink	12 oz (1 can)	40	0

Mixed foods	Cheese pizza, thick crust	2 slices (142g)	55	2.5
	Cheese pizza, thin crust	2 slices (166g)	46	2
	Cheese lasagna	1 cup	45	3
	Chili with beans	1 cup	22	6
	Chili without beans	1 cup	12	3
Nuts	Almonds	¼ cup	7	4
	Peanut butter	2 tablespoons	6	2
	Pecans	¼ cup	4	2.5
	Walnuts	¼ cup	4	2
	Hazelnuts	¼ cup	6	3

Legend: CHO = carbohydrates; g = gram; in = inch; oz = ounce

Reference: Dunford M, Doyle A. Nutrition for Sport and Exercise, 2nd edition. Wadsworth Publishing: 2008.