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| **Food Group** | **Carbohydrates (Grams)** | **Calories** |
| **Milk (higher % of simple carbohydrates; less nutrient dense)** | | |
| Chocolate milk (1 cup) | 26 | 208 |
| Low fat (2%) milk | 12 | 121 |
| Pudding (any flavor) (1/2 cup) | 30 | 161 |
| Skim milk (1 cup) | 12 | 86 |
| Yogurt (fruit-flavored, low fat) (1 cup) | 42 | 225 |
| Yogurt (frozen, low fat) (1 cup) | 34 | 220 |
| **Beans (higher % of complex carbohydrates; more nutrient dense)** | | |
| Black eye peas (1/2 cup) | 22 | 134 |
| Garbanzo beans (chick peas) (1 cup) | 45 | 269 |
| Navy beans (1 cup) | 48 | 259 |
| Pinto beans (1 cup) | 44 | 235 |
| Refried beans (1/2 cup) | 26 | 142 |
| White beans (1 cup) | 45 | 249 |
| **Fruits (higher % of simple carbohydrates; less nutrient dense)** | | |
| Apple (1 medium) | 21 | 81 |
| Apple juice (1 cup) | 28 | 111 |
| Applesauce (1 cup) | 60 | 232 |
| Banana (1) | 27 | 105 |
| Cantaloupe (1 cup) | 14 | 57 |
| Dates (dried)(10) | 61 | 228 |
| Fruit Roll-Ups (1 roll) | 12 | 50 |
| Grapes (1 cup) | 28 | 114 |
| Grape Juice (1 cup) | 23 | 96 |
| Orange (1) | 16 | 65 |
| Orange Juice (1 cup) | 26 | 112 |
| Pear (1) | 25 | 98 |
| Pineapple (1 cup) | 19 | 77 |
| Prunes (dried)(10) | 53 | 201 |
| Raisins (1/2 cup) | 79 | 302 |
| Raspberries (1 cup) | 14 | 61 |
| Strawberries (1 cup) | 11 | 45 |
| Watermelon (1 cup) | 12 | 50 |
| **Vegetables (higher % of complex carbohydrates; more nutrient dense)** | | |
| Carrot (1 medium) | 8 | 31 |
| Corn (1/2 cup) | 21 | 89 |
| Beans, Lima (1/2 cup cooked) | 20 | 108 |
| Peas, green (1/2 cup) | 12 | 63 |
| Potato (1 large, baked, plain) | 50 | 220 |
| Sweet Potato (1 large) | 28 | 118 |
| Three-bean salad (1/2 cup) | 20 | 90 |
| **Grains (higher % of complex carbohydrates; more nutrient dense)** | | |
| Bagel (1) | 31 | 165 |
| Biscuit (1) | 13 | 103 |
| Breadsticks (2 sticks) | 15 | 77 |
| Bread (white)(1 slice) | 12 | 61 |
| Bread (whole wheat)(1 slice) | 11 | 55 |
| Cereal, ready to eat (1 cup) | 24 | 110 |
| Cookie (oatmeal raisin)(1) | 9 | 62 |
| Cornbread (1 square) | 28 | 178 |
| Cream of Rice (3/4 cup) | 21 | 95 |
| Cream of Wheat (3/4 cup) | 20 | 96 |
| English Muffin | 25 | 130 |
| Fig Bar (1) | 10 | 50 |
| Graham crackers (2 squares) | 11 | 60 |
| Granola bar (honey and oats) (1 ounce) | 19 | 125 |
| Hamburger bun (1) | 21 | 119 |
| Hot dog bun (1) | 21 | 119 |
| Noodles (spaghetti)(1 cup) | 34 | 159 |
| Oatmeal (1/2 cup) | 12 | 66 |
| Oatmeal, Quaker instant, flavored (1 packet) | 25 | 110 |
| Pancake (4 inch diameter) | 10 | 41 |
| Pizza (cheese)(1 slice) | 39 | 290 |
| Popcorn, plain (1 cup, popped) | 6 | 26 |
| Pretzels (1 ounce) | 21 | 106 |
| Rice, white (1 cup) | 50 | 223 |
| Rice, brown (1 cup) | 50 | 232 |
| Saltines (5 crackers) | 10 | 60 |
| Tortilla, flour (1) | 15 | 85 |
| TriscuitsTM (3 crackers) | 10 | 60 |
| Waffles (2, 3.5" x 5.5") | 17 | 130 |