Nutrition list

Carbs Food

1. Rice - White, long-grain, regular, cooked

Serving Size: 1 cup, Calories: 205.4, Fat: 0.4g, Carbs: 44.5g, Protein: 4.3g

2) Pasta with cheese filling

Serving Size: 0.75 cup, Calories: 248.7, Fat: 5.9g, Carbs: 38.1g, Protein: 10.9g

3) [Shrimp & Vegetables with Whole Wheat Pasta](http://www.myfitnesspal.com/food/calories/sodexo-workplace-shrimp-vegetables-with-whole-wheat-pasta-59033734)

Serving Size: 1 Stir Fry, Calories: 310, Fat: 5g, Carbs: 50g, Protein: 19g

4) [English muffins - Plain, toasted (includes sourdough)](http://www.myfitnesspal.com/food/calories/english-muffins-plain-toasted-includes-sourdough-18259)

Serving Size: 1 oz, Calories: 72.2, Fat: 0.6g, Carbs: 14.2g, Protein: 2.4

5) [English muffins - Whole-wheat, toasted](http://www.myfitnesspal.com/food/calories/english-muffins-whole-wheat-toasted-18267) ([Generic](http://www.myfitnesspal.com/nutrition-facts-calories/generic))

Serving Size: 1 oz, Calories: 62.5, Fat: 0.7g, Carbs: 12.5g, Protein: 2.7g

6) [Low Fat Blueberry Muffin](http://www.myfitnesspal.com/food/calories/starbucks-low-fat-blueberry-muffin-139949)

Serving Size: 1 serving, Calories: 430, Fat: 2g, Carbs: 98g, Protein: 6g

7) [Cinnamon Donut French Toast](http://www.myfitnesspal.com/food/calories/sodexo-workplace-healthcare-campus-cinnamon-donut-french-toast-88225571)

Serving Size: 1 Entree, Calories: 350, Fat: 22g, Carbs: 31g, Protein: 7g

8) [Chocolate Frosted Donut](http://www.myfitnesspal.com/food/calories/taylors-bakery-chocolate-frosted-donut-61219005)

Serving Size: 1 Donut, Calories: 270, Fat: 15g, Carbs: 31g, Protein: 3g

9) [Everything Bagel With 2 oz. Cream Cheese](http://www.myfitnesspal.com/food/calories/dunkin-donuts-everything-bagel-with-2-oz-cream-cheese-48598751)

Serving Size: 1 bagel, Calories: 420, Fat: 21.5g, Carbs: 70g, Protein: 17g

10) [Egg White Veggie Flatbread Sandwich](http://www.myfitnesspal.com/food/calories/dunkin-donuts-egg-white-veggie-flatbread-sandwich-round-one-65398226)

Serving Size: 1 sandwich, Calories: 280, Fat: 10g, Carbs: 32g, Protein: 16g

11) Cereals - Corn flakes, plain

Serving Size: 1 cup (1 serving), Calories: 100.8, Fat: 0g, Carbs: 24.3g, Protein: 1.9g

12) Cereals - Oats, regular and quick and instant, cooked with water

Serving Size: 1 cup, Calories: 147.4, Fat: 2.3g, Carbs: 25.3g, Protein: 6.1g

13) [Bread Regular](http://www.myfitnesspal.com/food/calories/2-pieces-white-bread-bread-regular-77505550) ([2 Pieces White Bread](http://www.myfitnesspal.com/nutrition-facts-calories/2-pieces-white-bread))

Serving Size: 2 pieces, Calories: 173, Fat: 2.2g, Carbs: 32g, Protein: 7g

14) [Whole Grains 100% Whole Wheat Bread](http://www.myfitnesspal.com/food/calories/oroweat-100-whole-wheat-bread-1-slice-serving-whole-grains-100-whole-wheat-bread-88722512) ( [(2 Slice Serving)](http://www.myfitnesspal.com/nutrition-facts-calories/oroweat-100-whole-wheat-bread-1-slice-serving)

Serving Size: 1 slice (38g), Calories: 180, Fat: 1g, Carbs: 18g, Protein: 4g

15) Sweet potato - Cooked, baked in skin, with salt)

Serving Size: 1 medium (2" dia, 5" long, raw), Calories: 102.6, Fat: 0.2g, Carbs: 23.6g, Protein: 2.3g

16) [Fast foods - Potato, french fried in vegetable oil](http://www.myfitnesspal.com/food/calories/fast-foods-potato-french-fried-in-vegetable-oil-21138)

Serving Size: 1 large, Calories: 578, Fat: 31.1g, Carbs: 67.3g, Protein: 7.3g

Fast food calories

17) [Fast foods - Chicken fillet sandwich, plain](http://www.myfitnesspal.com/food/calories/fast-foods-chicken-fillet-sandwich-plain-21102) ([Generic](http://www.myfitnesspal.com/nutrition-facts-calories/generic))

Serving Size: 1 sandwich, Calories: 515.1, Fat: 29.4g, Carbs: 38.7g, Protein: 24.1g

18) [Fried Fish and Cheese Sandwich](http://www.myfitnesspal.com/food/calories/eurest-fried-fish-and-cheese-sandwich-88230955)

Serving Size: 1 sandwich, Calories: 400.8, Fat: 15.2g, Carbs: 45.7g, Protein: 20.2g

19) [Breakfast Bacon and Egg Sandwich](http://www.myfitnesspal.com/food/calories/quiznos-breakfast-bacon-and-egg-sandwish-47088354)

Serving Size: 1 sandwish, Calories: 380, Fat: 21g, Carbs: 36g, Protein: 21g

20) [Tuna Chunk Light](http://www.myfitnesspal.com/food/calories/tuna-eggs-salad-sandwish-w-oroweat-100-whole-wheat-sand-thins-tuna-chunk-light-29176600)

Serving Size: 1 sandwish, Calories: 315, Fat: 11g, Carbs: 29g, Protein: 30g

21) [Flatbread Breakfast Sandwish Ham, Egg Pepperjack Cheese](http://www.myfitnesspal.com/food/calories/special-k-flatbread-breakfast-sandwish-ham-egg-pepperjack-cheese-63898028)

Serving Size: 1 sandwich, Calories: 200, Fat: 8g, Carbs: 20g, Protein: 12g

22) [Potatoes - Mashed, home-prepared, whole milk and margarine added](http://www.myfitnesspal.com/food/calories/potatoes-mashed-home-prepared-whole-milk-and-margarine-added-11371) ([Generic](http://www.myfitnesspal.com/nutrition-facts-calories/generic))

Serving Size: 1 cup, Calories: 237.3, Fat: 8.8g, Carbs: 35.5g, Protein: 4.2g

23) [Chicken Nuggets - 4 oz.](http://www.myfitnesspal.com/food/calories/sodexo-campus-chicken-nuggets-4-oz-63912405)

Serving Size: 4 oz, Calories: 320, Fat: 20g, Carbs: 17g, Protein: 16g

24) [Onion Rings](http://www.myfitnesspal.com/food/calories/sodexo-healthcare-campus-onion-rings-63923835)

Serving Size: 4 oz, Calories: 380, Fat: 24g, Carbs: 37g, Protein: 4g

25) [Italian Sausage Lasagna](http://www.myfitnesspal.com/food/calories/the-budget-gourmet-italian-sausage-lasagna-frozen-entree-22673)

Serving Size: 1 package yields, Calories: 455.9, Fat: 23.8g, Carbs: 39.9g, Protein: 20.6g

26) [Beef Lasagna](http://www.myfitnesspal.com/food/calories/eurest-beef-lasagna-52916758)

Serving Size: 1 serving(s), Calories: 496.8, Fat: 24.5g, Carbs: 34.7g, Protein: 35.4g

27) [Vegetable Lasagna](http://www.myfitnesspal.com/food/calories/chartwells-higher-education-vegetable-lasagna-52913035) ([Chartwells Higher Education](http://www.myfitnesspal.com/nutrition-facts-calories/chartwells-higher-education" \o "Chartwells Higher Education calories))

Serving Size: 1 serving(s), Calories: 264.8, Fat: 10.2g, Carbs: 31.6g, Protein: 15.7g

28) [Pizza - Pepperoni](http://www.myfitnesspal.com/food/calories/pizza-pepperoni-regular-crust-frozen-22903)

Serving Size: 1 serving, Calories: 432.2, Fat: 22.2g, Carbs: 41.6g, Protein: 16.4g

29) [Cheesy Garlic Bread](http://www.myfitnesspal.com/food/calories/chartwells-higher-education-cheesy-garlic-bread-88208686)

Serving Size: 1 slice, Calories: 441.7, Fat: 20.7g, Carbs: 42.9g, Protein: 20.3g

30) [Deep Fried Breaded Chicken Breast](http://www.myfitnesspal.com/food/calories/sodexo-healthcare-deep-fried-breaded-chicken-breast-63919965)

Serving Size: 1 Breast, Calories: 270, Fat: 15g, Carbs: 13g, Protein: 20g

31) [Beef Shawarma](http://www.myfitnesspal.com/food/calories/generic-beef-shawarma-82782971)

Serving Size: 1 wrap, Calories: 550, Fat: 25g, Carbs: 41g, Protein: 18g

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[Chicken Shawarma Pita](http://www.myfitnesspal.com/food/calories/sodexo-workplace-chicken-shawarma-pita-88222904)

Serving Size: 1 Sandwich, Calories: 520, Fat: 20g, Carbs: 55g, Protein: 35g

33) [Staked Chicken Enchilada](http://www.myfitnesspal.com/food/calories/sharkys-staked-chicken-enchilada-60542877)

Serving Size: 1 bowl, Calories: 1003, Fat: 22g, Carbs: 126g, Protein: 42g

34) [Hummus - Home prepared](http://www.myfitnesspal.com/food/calories/hummus-home-prepared-16137)

Serving Size: 1 cup, Calories: 435.4, Fat: 21.1g, Carbs: 49.5g, Protein: 12g

35)

[Noodles - Chinese, chow mein](http://www.myfitnesspal.com/food/calories/noodles-chinese-chow-mein-20113)

Serving Size: 1 cup, Calories: 237.2, Fat: 13.8g, Carbs: 25.9g, Protein: 3.8g

36) [Sushi Rice](http://www.myfitnesspal.com/food/calories/sodexo-campus-sushi-rice-63917899)

Serving Size: 4 oz, Calories: 170, Fat: 0g, Carbs: 37g, Protein: 3g

37) [Crab - Blue, crab cakes](http://www.myfitnesspal.com/food/calories/crab-blue-crab-cakes-15142)

Serving Size: 1 cake, Calories: 93, Fat: 4.5g, Carbs: 0.3g, Protein: 12.1g

38) [Sausage - Italian, pork, cooked](http://www.myfitnesspal.com/food/calories/sausage-italian-pork-cooked-7089) ([Generic](http://www.myfitnesspal.com/nutrition-facts-calories/generic))

Serving Size: 1 link, 4/lb, Calories: 285.5, Fat: 22.7g, Carbs: 3.5g, Protein: 15.9g

39) [Hot Dogs - Little Smokies Sausages](http://www.myfitnesspal.com/food/calories/oscar-mayer-hot-dogs-little-smokies-sausages-94546)

Serving Size: 1 serving (57g), Calories: 170, Fat: 15g, Carbs: 1g, Protein: 7g

40) [Jamaican Chicken With Jerk Bbq Sauce](http://www.myfitnesspal.com/food/calories/sodexo-healthcare-jamaican-chicken-with-jerk-bbq-sauce-48051611)

Serving Size: 1 Quarter, Calories: 290, Fat: 21g, Carbs: 7g, Protein: 18g