



	Food	Serving Size	Carbs (g)
Grains & Bread	White bread	1 slice (28g)	14
	Whole wheat bread	1 slice (28g)	12
	White rice (cooked)	1 cup (158g)	45
	Pasta (cooked)	1 cup (140g)	43
	Oatmeal (cooked)	1 cup (234g)	27
Fruits	Apple	1 medium (182g)	25
	Banana	1 medium (118g)	27
	Grapes	1 cup (151g)	27
	Orange	1 medium (131g)	15
	Mango	1 cup (165g)	28
Vegetables	Corn	1 cup (166g)	27
	Potato (boiled)	1 medium (150g)	7
	Sweet potato (baked)	1 medium (130g)	26
	Carrots (cooked)	1 cup (156g)	12
	Broccoli (cooked)	1 cup (156g)	11
Dairy	Milk (whole)	1 cup (240ml)	12
	Yogurt (plain, low-fat)	1 cup (245g)	17
	Ice cream (vanilla)	1/2 cup (66g)	15
	Cheese (cheddar)	1 oz (28g)	1
	Cottage cheese	1 cup (226g)	6
Snacks	Chocolate bar (milk)	1 bar (43g)	26
	Potato chips	1 oz (28g)	15
	Cookie (choc chip)	1 medium (16g)	10
	Pretzels	1 oz (28g)	22
	Popcorn (air-popped)	3 cups (24g)	19