

Carbs Counting Food Chart

Carbohydrate content sheet				
Food	Measurement	Carbohydrate content	Calories	Carb content/Typical serving
Vegetables				
Potatoes (boiled)	100g	20.1g	87	1 potato 138g = 27.4g
French fries	100g	27.5g	161	10 strips 85g = 19g
Sweet Potatoes (boiled)	100g	17.7g	76	1 medium 151g = 26.8g
Carrots (cooked)	100g	8.2g	36	1 cup (sliced) 156g = 12.8g
Pumpkin (cooked)	100g	4.9g	20	1 cup mashed 240g = 12g
Butternut Squash	100g	11.7g	46	1 cup cubes 140g = 16.4g
Celery	100g	3g	14	1 stalk large = 1.9g
Courgette	100g	3.1g	17	1 cup chopped 124g = 3.9g
Broccoli (cooked)	100g	7.2g	30	1 cup chopped = 11.2g
Cauliflower (cooked)	100g	4.1g	23	1 cup (124g) = 5.1g
Spinach (cooked)	100g	3.6g	23	1 cup 180g = 6.8g
Green beans (canned)	100g	3.3g	15	1 cup 240g = 7.8g
Bok choy	100g	2.2g	13	1 cup shredded 70g = 1.5g
Avocado	100g	8.5g	160	1 avocado = 17.1g
Tomatoes	100g	3.9g	18	1 medium whole = 4.8g
Red Bell Peppers	100g	6g	28	1 medium whole = 7.2g
Fruits				
Cherry	100g	16g	63	1 cup whole with seed = 24.7g
Apple	100g	13.8g	52	1 cup chopped 125g = 17.3g
Pear	100g	15.2g	57	1 cup slices = 21.3g
Orange	100g	11.8g	47	1 cup = 21.2g
Grapefruit	100g	8.1g	32	1 cup = 18.8g
Strawberries	100g	7.7g	32	1 cup sliced = 12.7g
Blueberries	100g	14.5g	57	1 cup = 21.4g
Raspberries	100g	11.9g	52	1 cup = 14.7g
Kiwi	100g	14.7g	61	1 cup = 26.4g
Mango	100g	15g	60	1 cup pieces 165g = 24.7g
Cantaloupe	100g	8.2g	34	1 cup (917g) = 14.4g
Watermelon	100g	7.6g	30	1 cup cubes = 11.8g
Dates	100g	22.8g	89	1 medium 118g = 27g
Pineapple	100g	13.1g	50	1 cup chunks = 21.8g
Grains				
White Rice (cooked)	100g	28g	130	1 cup = 45g
Brown rice (cooked)	100g	23.5g	112	2 cup = 45.8g
White bread	100g	49.4g	266	1 slice 29g = 14.3g
Whole wheat bread	100g	42.7g	252	1 slice 32g = 13.7g
Pasta (cooked)	100g	21.3g	120	1 cup = 30.4g
Quinoa (cooked)	100g	16.6g	83	1 cup = 33.8g
Oats (cooked)	100g	12g	71	1 cup (234g) = 28.1g
Barley (cooked)	100g	73.2g	367	2 or (58g) = 41g
Wheat (whole)	100g	67.9g	309	3 or (30g) = 30g
Speltz	100g	52.4g	264	1 heaped (50g) = 25g
Buckwheat	100g	48.3g	259	1 slice (50g) = 25g
Nuts and Seeds				
Almonds	100g	21.8g	579	1 oz 23 whole = 6g
Walnuts	100g	16.1g	567	4 or 14 halves = 4g
Peanut butter	100g	30.2g	563	8 or 28 whole = 8g
Macadamia nuts	100g	13.8g	718	1 oz 10 = 3g
Peanut butter	100g	24g	568	2 tbsp = 7g
Almond butter	100g	16.8g	617	1 tbsp = 4g
Pumpkin seeds	100g	16.7g	533	1 cup = 16.7g
Flaxseeds	100g	13.7g	654	1 oz 14 halves = 4g
Sunflower seeds	100g	16.7g	628	1 oz 21 whole kernels = 4g
Chia seeds	100g	42.1g	488	1 oz 28g = 12g
Coconut flakes	100g	15g	444	1 cup 100g = 6.8g

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