

Carbohydrate Counter

BEANS (COOKED)

Black-eyed peas (1 cup)	35.5
Lima (1/2 cup), Fordhook/baby	16.0/21.2
Navy (1 cup), dried, boiled	47.9
Peanuts (2 oz.), oil roasted/dry roasted	9.8/12.0
Red kidney (1/2 cup)	20.2
Soybeans (1/2 cup), green, boiled	10.0
Split peas (1 cup), boiled	41.4
Tofu (3 1/2 oz.), raw, firm	5.4

CONDIMENTS

Anchovies (1 oz.)	0.0
Cocoa (1 Tbsp. Unsweetened)	2.8
Horseradish (1 tsp.)	0.5
Mayonnaise (1 Tbsp.)	0.4
Mustard:	
Dijon (1 tsp.)	0.3
regular (1 tsp.)	0.3
Pickles (1 medium dill)	1.4
Soy sauce (1 Tbsp.)	2.0
Syrup	
No-Cal chocolate	0.0
No Cal strawberry	0.0
Vinegar:	
balsamic (1 Tbsp.)	3.0
cider (1 Tbsp.)	0.9
tarragon (1 Tbsp.)	0.9
wine (1 Tbsp.)	0.9
Worcestershire sauce (1 Tbsp.)	2.7

FATS/OILS

Canola	0.0 trace
Olive	0.0 trace
Peanut	0.0 trace
Safflower	0.0 trace
Walnut	0.0 trace

FRUIT

Apple, medium (2 3/4")	21.1
Applesauce, Unsweetened (1/2 cup)	13.8
Apricots (3 fresh)	11.8
Avocado:	
California	12.0
Florida	27.1
Banana (1 medium)	26.7
Blackberries (1 cup)	18.4
Blueberries (1 cup)	20.5
Cantaloupe (1 cup, pieces)	13.4
Cherries (1/2 cup raw, sweet)	11.2
Cranberries (1 cup)	11.0
Grapefruit (1/2, pink)	9.5
Grapefruit juice (4 oz.)	11.2
Grapes (1 cup)	15.8
Honeydew (1/4 cup)	7.7
Kiwi (1 medium)	11.3
Lemon (1 medium)	5.4
Lemon juice (1 Tbsp., fresh)	1.3
Lemon peel (1 tsp.)	0.3
Lime juice (1 oz.)	2.8
Mango (1/2 medium)	17.1
Olives:	
black (10 olives)	3.0
green, pitted	0.5
Orange (1 medium)	16.3
Orange rind (1 tsp.)	0.5
Papaya (1/3 medium)	9.9
Peach (2 1/2")	9.7
Pear (3 1/2")	25.1
Pineapple (1 cup)	19.2
Plum (1 medium)	8.6
Prunes, cooked (1/2 cup)	29.8
Raspberries (1 cup)	14.2
Rhubarb (4 oz.)	3.5
Stewed peaches (1 cup)	20.0
Strawberries (1 cup)	10.5

GELATIN

Gelatin	0.0
Sugar-Free Jell-O (all flavors)	0.0

GRAINS

Bagel (1) (approx. 2 oz.)	30.9
Bread:	
pumpernickel (1 slice)	15.4
whole-wheat (1 slice)	11.4
Corn muffin (homemade/mix)	17.0/20.0
Cornmeal (1 cup, cooked)	25.7
Farina (1 cup reg. cooked)	27.8
Noodles (1 cup enriched)	37.3
Oatmeal (1 cup old fash)	27.8
Pancake (1 buckwheat 1/4 oz. dry mix)	21.3
Popcorn (popped, 1 cup)	4.6
Rice:	
cooked (1 cup white, enriched)	49.6
puffed (1 cup whole)	19
Soy flour (1 cup)	27.1
Waffle from mix, (7")	27.2

HERBS

Allspice (1 tsp.)	1.4
Basil (1 tsp. ground)	0.9
Caraway (1 tsp. seeds)	1.1
Celery (1 tsp.)	0.8
Cinnamon (1 tsp.)	1.8
Coriander leaf (1 tsp. dried)	0.3
Dill seed (1 tsp.)	1.2
Garlic clove (1)	1.0
Ginger root:	
fresh (1 oz.)	3.6
ground (1 tsp.)	1.3
Saffron (1 tsp.)	0.5
Tarragon (1 tsp.)	0.8
Thyme (1 tsp.)	0.4
Vanilla, double strength (1 tsp.)	3.0

MILK PRODUCTS

Butter (1/2 cup)	0.0
Cheese:	
American (1 oz.)	0.5
Boursin (1 oz.)	0.1
Camembert (1 oz.)	0.1
Cheddar (1 oz.)	0.4

cottage, creamed (1 cup)	5.6
cottage, uncreamed (1 cup)	2.7
cream (1 oz.)	0.8
feta (1 oz.)	1.2
fontina (1 oz.)	0.4
goat (1 oz.)	1.0
Jarlsberg (1 oz.)	1.0
mascarpone (1 oz.)	0.5
mozzarella (1 oz.)	0.6
muenster (1 oz.)	0.3
Parmesan (1 oz.)	0.4
provolone (1 oz.)	0.6
ricotta (1 oz., whole/part skim)	1.0/1.6
Roquefort (1 oz.)	0.6
Swiss (1 oz.)	1.0
Cream:	
heavy (1 oz.)	2.0
light (1 oz.)	0.8
sour (1 oz.)	1.0
whipped (1 oz.)	0.8
Half-and-half (1 oz.)	1.2
Milk (whole, 1 cup)	11.4
Yogurt,	
plain: lite (1 cup)	15.0
skim (1 cup)	17.4
whole (1 cup)	10.6

NUTS AND SEEDS

Almond paste (1 oz.)	12.4
Almonds:	
1 oz. dried	5.8
12-15 nuts	2.9
Brazil (4 nuts)	1.8
Cashews (1 oz.)	9.3
Coconut (1 piece 2" x 2" x 1/2")	6.9
Grated coconut, unsweetened (1 oz. dried)	6.7
Hazelnuts (1 oz.)	5.0
Macadamia nuts (6 nuts)	3.9
Mixed (8 12 nuts, oil roasted)	6.1
Peanut butter:	
regular (1 oz.) (avg. of several brands)	4.0-7.0
sugar-free (1 oz.) (avg of several brands)	3.0
Peanuts (1 oz. dry roasted)	6.0

Pecans (10 halves)	3.5
Pine nuts (Pignoli, 1 oz.)	4.0
Pistachio (30 nuts, dried)	4.5
Pumpkin seeds (1 oz./142 seeds, dried/roasted)	5.1/3.8
Sesame seeds (1 oz.)	7.0
Soynuts (1 oz.)	10.1
Sunflower seeds (1 oz., dried)	5.3
Walnuts (8-10 halves)	6.7
Water chestnuts (1 oz.)	7.4

PROTEIN {LEAN, WITHOUT SKIN OR BREADING}

Eggs	0.6
Egg yolk	0.0-trace
Egg white	0.0-trace
Fish	0.0-trace
Meat	0.0-trace
Poultry	0.0-trace

SOUPS

Chicken Consomme (1 cup)	1.8
Chicken Gumbo (1 cup)	9.2
Clam Stock (1 oz)	0.6
Cream of Chicken (1 cup)	9.3
Cream of Mushroom (1 cup)	9.3
Turkey Rice (1 cup)	7.2

VEGETABLES

Asparagus (6 spears)	4.0
Bamboo shoots (1 cup)	4.2
Bean sprouts (1 cup)	6.2
Beans:	
Green (1/2 cup, boiled)	4.9
Yellow or wax (1/2 cup, boiled)	3.7
Broccoli (1/2 cup steamed)	4.3
Brussels sprouts (4, or 1/2 cup)	6.8
Cabbage (1/2 cup, raw, shredded)	1.9
Carrot (7")	7.3
Cauliflower (1 cup cooked)	5.8
Celery (1 stalk, 7 1/2" long)	1.5
Chinese Cabbage (1 cup)	3.0
Cole slaw (4 oz. homemade)	15.0
Collards (1 cup, boiled, chopped)	5.0

Corn (1 ear, 5", yellow)	28.7
Cucumber (6 slices, 1/8")	1.5
Dandelion (1/2 cup, boiled, chopped)	3.3
Eggplant (diced, 1 cup)	6.4
Endive (1/2 cup)	0.8
Kale (1/2 cup)	3.7
Kohlrabi (2/3 cup, slices, cooked)	5.5
Lettuce:	
Boston (2 leaves)	0.4
Iceberg (1 leaf)	0.4
Romaine (2 leaves)	0.7
Mushrooms:	
regular (10 sm or 4 lg, 1/2 cup pieces)	1.6
porcini (1 cup)	4.0
shiitake (4 cooked, 2.2 oz)	10.3
Mustard greens (1/2 cup, boiled, chopped)	1.5
Okra (1/2 cup slices)	5.8
Onion (1/2 cup chopped)	5.9
Parsley (1 Tbsp., fresh)	0.3
Parsnips (1/2 cup slices, boiled)	1.9/15.2
Peas (cooked, 1 cup)	25.0
Peppers:	
green (2 rings)	1.4
red (dried, 1 oz.)	5.0
Potato, baked (4 3/4" x 2 1/3")	21.0
Potato salad (1/2 cup)	14.0
Pumpkin:	
fresh (1/2 cup mashed, boiled)	6.0
canned (1/2 cup)	9.9
Radish (4 medium)	0.5
Rutabagas (1 cup)	13.2
Scallions (1 Tbsp.)	0.4
Spinach (1/2 cup cooked)	3.4
Squash:	
summer (1/2 cup slices, cooked)	3.5
winter (1/2 cup cubes, baked)	8.9
String beans (1 cup)	5.9
Sweet potato (5" x 2", baked)	30.0
Tomato:	
cooked (1/2 cup)	6.8
juice (1/2 cup)	5.1
paste (1 oz.)	5.7
raw (2 1/2", approx. 4 oz.)	5.3
sauce (1 oz.)	2.2
sun dried (average)	2.0-5.0

V 8 Juice (5.5 oz. can)	7.0
Turnips	
cooked (1 cup	7.6
greens (1 cup chopped, cooked)	6.2

SAMPLES OF CARBOHYRATE-RICH

'FATTENING ITEMS

Apple pie (1 slice, homemade)	61.0
Apple turnover	31.1
Banana split	91.0
Blueberry Muffin (1 average)	17.0
Brownie (1 average homemade, with icing)	12.7
Burrito, bean	51.9
Cheeseburger (1/4 pounder)	33.0
Corn bread stuffing (1/4 cup)	69.0
Devil Dog	30.0
Donut (1 glazed)	22.0
Egg roll (1)	30.0
French toast (2 slices)	34.0
Hot dog with bun (1)	24.0
Ice cream soda (1 cup)	49.0
Jam (1 Tbsp. grape)	15.0
Macaroni and cheese (1 cup)	40.0
Onion rings (fast food order)	33.5
Pancake (1 buttermilk, plain)	15.0
Pecan pie (1 piece, homemade)	41.0
Pizza (1 slice)	39.1
Pop Tart (frosted, blueberry)	34.0
Popsicle	17.0
Roast beef sandwich	38.8
Shake (medium) average range	46-65
Sherbet (1/2 cup lemon)	45.0
Taco, beef	14.0
Tapioca, cream (1/2 cup)	22.0
Vanilla shake (1 average)	50.8
Waffles (1 homemade, plain)	45.0
Whaler	64.0