

Other Carbohydrate Choices

Fruit	Serving Size	Grams of CHO	Grams of Fiber	Net Carbs
Raspberries	One cup	14	8.5	6.5
Strawberries, sliced	One cup	10.5	3.5	7
Pink grapefruit	1/2 medium	10	1.4	8.6
Watermelon	One cup	11	0.8	10.2
Blueberries	3/4 cup	15	3	12
Orange	One small or 1/2 large	15	3	12
Large peach	One large	15	2.5	12.5
Banana, slightly green	1/2 medium	15	2	13
Apple or pear with skin	1/2 large	15	2	13
Cherries, whole	15	15	2	13
Pineapple, fresh	3/4 cup	15	1.5	13.5
Cantaloupe or honeydew	One cup	15	1.5	13.5
Grapes	One cup	15	1	14
Vegetable Starches	Serving Size	Grams of CHO	Grams of Fiber	Net Carbs
Hominy, cooked	One cup	20	12	8
Corn, canned	1/2 cup	11	3	8
Peas, canned	1/2 cup	13	4	9
Pumpkin puree, cooked	One cup	20	10	10
Acorn squash, cooked, mashed	3/4 cup	20	7	13
Butternut squash, cooked, diced	One cup	16	3	13
Yam, cooked, diced	1/2 cup	18	2.5	15.5
Sweet potato, cooked, diced	1/2 cup	20	3	17
Red or white potato, uncooked	4 oz (one small)	20	2	18
Grains and Legumes	Serving Size	Grams of CHO	Grams of Fiber	Net Carbs
Bob's Red Mill 5-grain hot cereal, cooked	1/2 cup	20	4	16
Oats, Old fashioned rolled, cooked	2/3 cup	20	2	18
Rice, brown, cooked	1/3 cup	20	1.5	18.5
White rice, cooked	1/3 cup	20	0.5	19.5
Oats, Steel-cut, cooked	1/2 cup	26	4	22
Barley, cooked	1/2 cup	27	5	22
Below contain approx. 8 grams of vegetable protein				
Lentils, cooked	1/2 cup	20	11	9
Garbanzo beans, canned	1/2 cup	15	3	12
Beans; pinto, navy, white or black, canned	1/2 cup	20	7	13
Kidney beans, canned	1/2 cup	20	6	14
Black-eyed peas, canned	2/3 cup	20	4	16
Split peas, canned (soup)	One cup	24	2	22
Processed Carbohydrates	Serving Size	Grams of CHO	Grams of Fiber	Net Carbs
Mission brand 'fajita-size' low-carb tortillas, wheat	One	12	8	4
Mission brand 'soft taco size' low-carb tortillas, white	One	18	11	7
Oroweat Whole Wheat "Light" bread, 40-calorie	Two	18	7	11
Kellogg's brand All-Bran cereal, original	1/2 cup	20	7	13
Oroweat White "Light" bread, 40-calorie	Two	18	4	14
Corn tortilla	One	17	1	16
Popcorn, air-popped	Three & 1/2 cups	20	4	16
Ak-Mak brand crackers	Five	20	4	16
Pasta, whole wheat, 1/4 cup dry	1/2 cup, cooked	20	3	17
Pasta, enriched, 1/4 cup dry	1/2 cup, cooked	20	1	19

Information gathered from: 1) various internet food sites, 2) Bowes & Church's Food Values of Portions Commonly Used reference book 17th Edition, 1998, 3) Nutritional labels of specific foods.

Vegetable Serving Choices

Vegetable	Serving Size	CHO Grams Per Serving	Fiber Grams Per Serving	Net Effective CHO grams
Alfalfa Sprouts, raw	1 cup	1.2	0.8	0.4
Artichoke, steamed	1 Medium	17	8	9.0
Arugula, raw	2 cups	2	1	1
Asparagus, steamed	6 spears	4	1.5	2.5
Bean Sprouts (Mung), raw	1 cup	6.5	2	4.5
Beets, boiled and sliced	1/2 cup	8.5	1.7	6.8
Bok Choy	2 cups	3	1	2
Broccoli, raw	1 cup	4.6	2.6	2
Brussels Sprouts	1 cup	13.5	4	9.5
Cabbage, Green or Red	1 cup	4	1.5	2.5
Carrots, raw	1/2 cup	8	2	6
Cauliflower, raw	1 cup	5	2.5	2.5
Celery, raw	2 stalks	3	1.5	1.5
Chard, Swiss, cooked	1/2 cup	3.6	1.8	1.8
Chiles, green (canned)	1/2 cup	2	1	1
Cucumber, raw sliced	1/2 cup	1.4	0.4	1
Eggplant, cooked	1/2 cup	3.2	1.2	2
Endive, raw chopped	1/2 cup	0.8	0.8	0
Fennel, bulb, chopped	1 cup	6.3	2.7	3.6
Garlic cloves, whole	3 cloves	3	0.2	2.8
Green beans, cooked	1/2 cup	5	2	3
Jicama, sliced	One cup	10	6	4
Kale, boiled	1/2 cup	3.7	1.3	2.4
Lettuce, all varieties	2 cups	3	2	1
Mushrooms, white, raw	1/2 cup	1.6	0.4	1.2
Mushrooms, white, canned	1/2 cup	4	1	3
Mushrooms, Shitake, cooked	4	10.3	1.5	8.8
Okra, raw	1/2 cup	3.6	1.3	2.3
Onions, raw, diced	1/2 cup	7	1.5	5.5
Peppers, sweet, raw	1/2 cup	3	1	2
Pickles, dill	1 small	1	0	1
Pumpkin	1/2 cup	9	5	4
Radish	10 small	2.5	0.7	1.8
Snap or Snow peas	1/2 cup	5	2.5	2.5
Spaghetti sauce, no sugar	1/2 cup	8	2	6
Spinach, boiled	1/2 cup	3.4	2.2	1.2
Spinach, raw	2 cups	4	3	1
Squash, Spaghetti, cooked	1/2 cup	5	1	4
Squash, Summer	1/2 cup	3.5	1.3	2.2
Tomato, raw	One Medium	6	1.5	4.5
Tomato, canned	1/2 cup	6	2	4
Turnip, boiled	1/2 cup	4	1.6	2.4
Water chestnuts, canned	1/2 cup	9	2	7

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