

Carbohydrate Cheat Sheet

Fruit

- 100g (1) apple 14g
- 100g (1) banana 23g
- 1 cup green grapes 16g
- 1 cup red grapes 27g
- 1 cup pineapple 22g
- 100g (1) kiwi 11g
- 1 cup mango 25g
- 100g (1) orange 12g
- 1 medjool dates 30g
- 1 cup raspberries 12g
- 1 cup blueberries 21g
- 1 cup blackberries 14g
- 1 cup strawberries 11g
- 1 cup watermelon 11g
- 1 cup cantaloupe 13g
- 1 cup honey dew 16g
- 1/4 cup raisins 32g
- 2 large dried figs 24g
- 2.5 dried pineapple rings 29g

Grains

- 1 cup cooked quinoa 48g
- 1/2 cup rolled oats 26g
- 1 cup buckwheat soba noodles 38g
- 1 cup brown rice 45g

Legumes

- 1 cup lentils 40g
- 1 cup black beans 38g
- 1 cup kidney beans 20g
- 1 cup chickpeas 45g
- 1 cup pinto beans 45 g
- 1 cup black-eyed peas 38g
- 1 cup split peas 41g
- 1 cup soy/edamame 15g

Vegetables

- 4 oz broccoli 8g
- 4 oz carrots 10g
- 4 oz celery 4g
- 4 oz cauliflower 6g
- 4 oz beets 4g
- 4 oz bell pepper 6g
- 4 oz sweet potato 23g
- 4 oz white potato 26g
- 4 oz tomatoes 4g
- 1 cup corn 32g
- 1 cup onion 10g
- 4 oz green beans 8g
- 4 oz brussel sprouts 10g
- 1 cup spaghetti squash 11g
- 4 oz acorn squash 12g