

Carbohydrate Content of Foods

Description	Imperial	Metric	g Carb
Bread and Other Grain Products			
Bagel 10 cm or 4 in diam [0.52]	1 ea	89 g	45
Barley, pearled, cooked [0.26]	1/2 cup	125 ml	20
Bread [0.44]	1 slice or 1 oz	1 slice or 30 g	15
Bread crumbs, dry [0.68]	1/4 cup	50 ml	20
Bread sticks, crisp (19 x 2 cm) or (7 x 1 in) [0.70]	2 ea	20 g	15
Bread: white reduced-calorie [0.35]	2 slice	25 g	10
Bulgur, cooked [0.16]	1/2 cup	125 ml	10
Corn bread, 5 cm or 2in cube [0.46]	1 ea	90 g	15
Cornmeal, dry [0.73]	3 Tbsp	45 ml	20
Couscous [0.22]	1/2 cup	125 ml	15
Croutons [0.69]	1/2 cup	125 ml	10
English muffin [0.48]	1 each	55 g	25
Flour, all purpose, bread, cake [0.66]	2 Tbsp	30 ml	20
Flour, all purpose, bread, cake [0.66]	1 cup	250 ml	100
Flour, whole grain [0.60]	1 cup	250 ml	75
Hot dog or hamburger bun [0.51]	1 roll	43 g	20
Matzos [0.82]	1 ea	28 g	25
Melba toast [0.70]	4 slices	20 g	15
Millet, cooked [0.20]	1/2 cup	125 ml	20
Noodles: Chinese, chow mein, Japanese Soba, uncooked [0.54]	1/2 cup	125 ml	15
Noodles: egg, Japanese somen, cooked [0.22]	1/2 cup	125 ml	20

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Bread and Other Grain Products			
Oat flakes, dry [0.56]	1/2 cup	125 ml	30
Pasta, cooked [0.27]	1/2 cup	125 ml	20
Pita 16 cm or 6in diam [0.53]	1/2 ea		15
Rice, brown, long grain, or parboiled cooked [0.22]	1 cup	250 ml	45
Rice, white, long grain, cooked [0.28]	1 cup	250 ml	60
Rice, white, instant, prepared [0.21]	1 cup	250 ml	35
Roll, plain, small [0.46]	1 ea	30 g	15
Submarine bun [0.22]	1 ea		50
Taco shells 13 cm or 5 in diam [0.54]	1 ea	15 g	5
Tapioca, pearl, uncooked [0.88]	3 Tbsp	45 ml	25
Tortilla chips [0.50]	6-12 ea: 1 oz	30 g	15
Tortilla, corn, 18 cm or 6in diam [0.44]	1 ea	25 g	10
Tortilla, flour, 18 cm or 6in diam [0.51]	1 ea	35 g	20
Wheat bran [0.20]	1/2 cup	125 ml	5
Baked goods			
Angel food cake, commercial [0.54]	1/12 cake	28 g	15
Apple crisp [0.42]	1/4 cup	50 ml	25
Banana bread (11 x 6 x 1.5 cm) or (4 x 2 1/2 x 1/2 in) [0.55]		1 slice	35
Biscuit [0.47]	1 ea		30
Bread pudding with raisins [0.25]	1/2 cup	125 ml	35
Boston cream pie [0.41]	1/6 pie	92 g	40
Brownie, no icing (5 x 5 cm) or (2 x 2 in) [0.50]	1 ea		20
Cake, coffee [0.54]	1/8 cake		30

Cake, frosted [0.59]	1/12 cake		60
Cake, unfrosted [0.55]	1/12 cake		40
Cheesecake [0.23]	1/6 cake	80 g	20
Cookie, chocolate chip [0.63]	1 ea	15 g	10
Cookie, creme filling [0.75]	2 ea	20 g	15
Cookie, molasses [0.73]	1 ea	15 g	10
Cookies, plain, social, shortbread [0.63]	3 ea	30 g	20
Croissant [0.42]	1 med	60 g	25
Cupcake, frosted [0.67]	1 small		30
Doughnut, glazed [0.46]	1 ea	57 g	30
Doughnut, plain [0.47]	1 ea	47 g	25
Doughnut, jelly filled [0.39]	1 ea	85 g	35
Dumpling [0.20]	1 ea		5
Gingersnaps [0.71]	3 ea	20 g	15
Graham crackers, 6 cm or 2-1/2 in square [0.71]	3 ea	20 g	15
Muffin, blueberry [0.44]	1 ea	71 g	35
Muffin, blueberry, Tim Hortons TM	1 ea		50
Muffin, raisin bran, Tim Hortons TM	1 ea		60
Pancake (10 cm or 4 in diam) [0.44]	1 ea	36 g	15
Pancake - butter + syrup (17 cm or 6 in diam) [0.39]	1 ea	77 g	30
Pie crust, standard type [0.48]	1 crust		85
Pie, fruit, 2 crusts [0.40]	1/8 pie		60
Pie, lemon meringue [0.46]	1/6 pie		50
Pie, pecan [0.54]	1/6 pie		60
Pie, pumpkin or custard [0.25]	1/6 pie		30
Raisin bread [0.48]	1 slice	25 g	10

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Baked goods			
Sweet roll, or Danish [0.46]	1 ea	70 g	30
Vanilla wafers [0.75]	5 ea		15
Waffle (10 cm or 4 in square) [0.36]	1 ea	40 g	15
Breakfast Cereals			
Bran cereals [0.47]	1/2 cup	125 ml	15
Cheerios, General Mills™ [0.67]	1 cup	250 ml	20
Corn Flakes, Kellogg's™ [0.85]	1 cup	250 ml	25
Cream of wheat, regular, Nabisco™ [0.06]	1 cup	250 ml	15
Granola with raisins, Low fat, Kellogg's™ [0.71]	1/4 cup	50 ml	20
Grits [0.12]	1/2 cup	125 ml	15
Mini-Wheats with white frosting, Kellogg's™ [0.74]	1/2 cup	125 ml	20
Oat bran, cooked [0.10]	1 cup	250 ml	20
Oatmeal, instant, apple-cinnamon, Quaker™ [0.13]	1 pouch	186 g	25
Oatmeal, instant, regular, Quaker™ [0.10]	1 pouch	186 g	15
Oatmeal, large flakes [0.12]	1 cup	250 ml	20
Puffed cereal [0.69]	1 cup	250 ml	10
Raisin Bran, Kellogg's™ [0.68]	1/2 cup	125 ml	20
Red River, Robin Hood™ [0.11]	1 cup	250 ml	20
Rice Krispies, Kellogg's™ [0.83]	1 cup	250 ml	25
Shredded Wheat, Post™ [0.68]	1 cup	2 biscuits	30
Shreddies, Post™ [0.71]	1/2 cup	125 ml	20
Special K, Kellogg's™ [0.75]	1 cup	250 ml	20

Sugar-frosted cereal [0.89]	1 cup	250 ml	30
Weetabix [0.69]	2 biscuits		25
Legumes, Nuts and Seeds			
Beans, baked, canned with pork [0.15]	1 cup	250 ml	40
Beans, baked, canned, plain [0.13]	1 cup	250 ml	35
Beans, kidney, boiled [0.17]	1/2 cup	125 ml	15
Beans, navy, boiled [0.15]	1/2 cup	125 ml	15
Beans, pinto [0.17]	1/2 cup	125 ml	15
Beans, soybeans, dry, boiled [0.04]	1 cup	250 ml	10
Brazilnuts, flax seeds, macadamia, pine nuts, pumpkin and sesame seeds -			trace
Hazelnuts or filberts [0.16]	1/2 cup	1/2 cup or 125 ml	5
Hummus [0.32]	1/2 cup	125 ml	10
Lentils, cooked [0.16]	1/2 cup	125 ml	15
Lima beans [0.18]	1/2 cup	125 ml	15
Nuts (almonds, coconut (unsweetened), mixed nuts, pecan, pistachios, walnuts) [0.17]	1/2 cup or 125 ml		10
Nuts, cashew [0.33]	1/2 cup	125 ml	15
Nuts (coconut sweetened) [0.42]	1/2 cup	125 ml	20
Sunflower seeds [0.15]	1/2 cup	125 ml	10
Peas, black-eyed [0.14]	1/2 cup	125 ml	10
Peas, chickpeas (garbanzo) [0.19]	1/2 cup	125 ml	15
Peas, split, boiled [0.18]	1/2 cup	125 ml	10

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Vegetables			
Artichoke, boiled, drained [0.07]	1 medium	125 g	10
Asparagus, boiled, drained [0.03]	13 spears	195 g	5
Bean sprouts, mung beans, stir fry [0.12]	1 cup	250 ml	10
Beans (green, wax, Italian) cooked [0.04]	1 cup	250 ml	5
Beets, cooked or raw [0.08]	1/2 cup	125 ml	5
Beets, pickled, canned [0.15]	1/2 cup	125ml	20
Broccoli, cooked or raw [0.03]	5 spears	155 g	5
Brussels sprouts, cooked or raw [0.05]	4 sprouts	84 g	5
Cabbage, cooked [0.04]	1 cup	250 ml	5
Carrots, raw [0.08]	1 cup or 8 baby	90 g	5
Carrots, cooked [0.05]	1/2 cup	125 ml	5
Cauliflower, cooked [0.03]	1 cup	250 ml	5
Celery [0.02]	1 cup	250 ml	trace
Coleslaw with dressing [0.13]	1/2 cup	125 ml	10
Corn, sweet, canned cream style [0.17]	1/2 cup	125 ml	25
Corn, sweet, canned niblets [0.18]	1/2 cup	125 ml	20
Corn on the cob [0.21]	1 ear 7-9 inch	20 cm	25
Cucumber [0.02]	1 cup	250 ml	trace
Eggplant, cooked [0.04]	1 cup	250 ml	5
Kale, boiled [0.03]	1 cup	250 ml	5
Leeks, boiled [0.05]	1 cup	250 ml	5
Lettuce, spinach (Boston, iceberg, Romaine) [0.02]	1 cup	250 ml	trace
Mixed vegetables, canned or frozen [0.10]	1/2 cup	125 ml	10
Mushrooms [0.03]	1 cup cooked or 8 med ea raw or 250 ml		5

Onions, raw [0.07]	1/2 cup	125 ml	5
Onions, cooked [0.08]	1/2 cup	125 ml	10
Onions, green or scallions, raw [0.06]	1 cup	250 ml	5
Parsnip, boiled [0.16]	1/2 cup	125 ml	15
Peas (green, snow peas), cooked or raw [0.06]	1/2 cup	125 ml	5
Peppers (all varieties) [0.06]	1 pepper	164 g	10
Plantain [0.29]	1/2 cup	125 ml	15
Potato, baked or boiled [0.20]	1 medium	156 g	30
Potato, hashed brown [0.22]	1/2 cup	125 ml	20
Potato, mashed [0.17]	1/2 cup	125 ml	20
Potato, French fries [0.28]	10 ea	50 g	15
Potato, French fries, thin [0.40]	20-25 ea	50 g	30
Potato, scalloped [0.12]	1/2 cup	125 ml	15
Pumpkin, canned [0.06]	1/2 cup	125 ml	10
Radishes [0.02]	10 raw		trace
Rutabaga, cooked [0.09]	1/2 cup	125 ml	15
Sauerkraut, canned [0.02]	1 cup	250 ml	5
Squash, summer all types boiled [0.02]	1 cup	250 ml	5
Squash, winter (acorn, butternut) baked [0.06]	1/2 cup	125 ml	5
Tomato, raw [0.03]	1 each	123 g	5
Tomato / vegetable juice, canned tomatoes [0.04]	1cup	250 ml	10
Tomato sauce [0.05]	1/2 cup	125 ml	20
Turnips, boiled, mashed [0.02]	1 cup	250 ml	5
Yam, sweet potato, cooked (12cm or 4in long) [0.22]	1 each	115g	25
Zucchini, raw, sliced [0.01]	1 cup		trace

Description	Imperial	Metric	g Carb
Fruits			
Apple juice / cider -	1/2 cup	125 ml	15
Apple, raw with skin, 7 cm or 3in diam [0.13]	1 ea		20
Applesauce, unsweetened [0.11]	1/2 cup	125 ml	15
Apricots, canned in light syrup [0.15]	1/2 cup	125 ml	15
Apricots, dried [0.52]	8 halves		20
Apricots, fresh [0.09]	3 whole		15
Avocado [0.09]	1 ea		15
Banana, medium [0.22]	1 ea		25
Blackberries, raw [0.08]	1/2 cup	125 ml	5
Blueberries, raw [0.12]	1/2 cup	125 ml	10
Cantaloupe, raw [0.07]	1/4 melon, small	135 g	10
Cherries, canned, heavy syrup [0.22]	1/2 cup	125 ml	30
Cherries, sweet, fresh [0.15]	10 ea		10
Cranberry juice cocktail -	1/2 cup	125 ml	20
Cranberry juice cocktail, reduced calorie -	3/4 cup	185 ml	5
Cranberry sauce, jellied [0.38]	1/4 cup	50 ml	30
Dates [0.65]	3 ea		15
Figs [0.16]	2 ea		20
Fruit cocktail, canned, juice pack [0.11]	1/2 cup	125 ml	15
Fruit cocktail, canned, light syrup [0.14]	1/2 cup	125 ml	20
Grape juice [0.14] -	1/4 cup	50 ml	10
Grapefruit juice [0.20]	1/2 cup	125 ml	10
Grapefruit, large, 9.5 cm or 3.7in diameter [0.07]	1/2 ea		10
Grapes [0.16]	1/2 cup or 10	125 ml	10

Honeydew melon [0.09]	1/10 ea	129 g	10
Kiwi [0.11]	1 medium	76 g	10
Lemon [0.07]	1 medium	58 g	5
Limes [0.09]	1 medium	67 g	5
Mango, medium [0.15]	1 fruit	207 g	30
Nectarine [0.10]	1 ea	136 g	15
Orange [0.10]	1 ea	131 g	15
Orange juice -	1/2 cup	125 ml	15
Papaya [0.08]	1 ea	311 g	25
Peach [0.09]	1 each	87 g	10
Peach, canned, juice pack [0.11]	1/2 cup	125 ml	15
Pear [0.12]	1 ea		20
Pears, canned, juice pack [0.12]	1/2 cup	125 ml	15
Pineapple juice -	1/2 cup	125 ml	20
Pineapple, canned, juice pack [0.15]	1/2 cup	125 ml	20
Pineapple, canned, water pack [0.08]	1/2 cup	125 ml	10
Pineapple, raw [0.11]	1 slice: 1 x 4 in	1 slice: 2 x 9 cm	10
Plums [0.12]	1 ea		10
Plums, canned, syrup [0.23]	1/2 cup	125 ml	30
Prune juice -	1/4 cup	50 ml	10
Prunes, dried, uncooked [0.56]	2 each		10
Raisins [0.75]	2 Tbsp	30 ml	15
Raspberries [0.08]	1/2 cup	125 ml	5
Strawberries, whole berries [0.05]	10 medium	120 g	5
Tangerines (mandarines) [0.10]	1 ea	84 g	10

Description	Imperial	Metric	g Carb
Fruits			
Tangerines (mandarines), canned, light syrup [0.16]	1/2 cup	125 ml	20
Water chestnuts, raw -	1 cup	250 ml	5
Water chestnuts, cooked or juice -	1/2 cup	125 ml	5
Watermelon, sliced [0.07]	1/2 slice (1 x 10 in) or (2.5 x 25 cm) diam		15
Combination Dishes			
Burritos w/ beef [0.26]	1 ea		30
Chicken nuggets,breaded [0.15]	6 ea		15
Chili w/ beans [0.09]	1 cup	250 ml	25
Corndog (Pogo) [0.32]	1 ea	175 g	20
Fish filet, battered or breaded [0.16]	1 ea	90 g	15
Lasagna (7 x 10 cm) or (3 x 4 in) [0.12]	1 ea		25
Macaroni and cheese (Kraft TM dinner) [0.22]	1 cup	250 ml	50
Meat pie (20 cm or 8 in diam) [0.24]	1/6 ea		20
Nachos with cheese [0.32]	6-8 ea		35
Pizza, cheese, meat and vegetables [0.27]	1/8 of med	70 g	20
Pizza, thin crust (25 cm or 10 in diam) [0.25]	1/4 ea		30
Soup- Creamy -	1 cup	250 ml	15
Soup- Hearty -	1 cup	250 ml	15
Soup - Noodle -	1 cup	250 ml	10
Soup -Vegetable -	1 cup	250 ml	10
Spaghetti or pasta sauce, canned [0.14]	1 cup	250 ml	35
Spaghetti w/ meatballs [0.08]	1 cup	250 ml	20
Taco [0.16]	1 small	170 g	25
Tuna noodle casserole -	1 cup	250 ml	30

Dairy Foods and alternatives			
Evaporated milk -	1/2 cup	125 ml	15
Goat's milk -	1 cup	250 ml	10
Milk: skim, 1%, 2%, whole, buttermilk -	1 cup	250 ml	15
Milk, chocolate -	1 cup	250 ml	25
Malted milk -	1 cup	250 ml	30
Pudding, regular (made w/ low-fat milk) [0.20]	1/2 cup	250 ml	30
Pudding, sugar-free (made w/ low-fat milk) -	1/2 cup	125 ml	15
Rice milk -	1 cup	250 ml	25
Skim milk powder [0.53]	1/2 cup	125 ml	20
Soy-based beverage, plain -	1 cup	250 ml	15
Soy-based beverage, flavoured -	1 cup	250 ml	30
Yogourt, plain low-fat [0.06]	3/4 cup	175 g	10
Yogourt, low-fat, artificially sweetened [0.08]	3/4 cup	175 g	15
Yogourt beverage -		200 ml	30
Snack foods and sweets			
Brown sugar [1]	1 Tbsp	15 ml	10
Brown sugar packed [0.97]	1 cup	250 ml	225
Candy, hard [1]	1 ea		5
Caramels [0.78]	4 ea		25
Chips, potato or tortilla (plain or flavoured) [0.58]	10 ea		10
Chocolate fudge [0.82]	1 piece	17 g	15
Cornnuts, plain [0.72]	10 nuts		10
Crackers, cheese crackers [0.58]	5 ea		10
Crackers, saltine [0.75]	4 ea		10

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Snack foods and sweets			
Crackers, Ritz,tm [0.58]	5 ea		10
Gelatin, Jell-O™, regular [0.14]	1/2 cup	125 ml	15
Honey [0.86]	1 Tbsp	15 ml	20
Ice cream [0.23]	1/2 cup	125 ml	20
Ice cream, no sugar added + aspartame -	1/2 cup	125 ml	15
Ice cream, no sugar added + sugar alcohol -	1/2 cup	125 ml	10
Jam or jelly, no sugar added -	1 Tbsp	15 ml	5
Jam or jelly, regular [0.70]	1 Tbsp	15 ml	15
Jellybeans [0.93]	10 beans		25
Maraschino cherries [0.20]	5 ea		5
Popcorn, plain, buttered or low fat [0.88]	3 cups	750 ml	20
Popsicles [0.19]	1 ea		15
Pretzels, hard [0.80]	12 sticks		5
Rice cakes, 4 in across -	2 ea		15
Sherbet, sorbet -	1/2 cup	125 ml	20
Syrup, light -	3 Tbsp	45 ml	10
Syrup, regular -	1 Tbsp	15 ml	15
Toffee [0.67]	1 piece		10
Trail mix [0.45]	1/2 cup	125 ml	35
White sugar (granulated) [1]	1 Tbsp	15 ml	15
White sugar (granulated) [1]	1 cup	250 ml	210
White sugar, icing [1]	1 cup	250 ml	125

Condiments, baking ingredients and sauces			
Candied cherries [0.87]	1/2 cup	125 ml	80
Chocolate, semisweet, chips [0.63]	1/2 cup	125 ml	50
Chocolate, unsweetened, squares [0.26]	1 square		20
Olives [0.10]	10 ea		5
Pickle relish, sweet -	1 Tbsp	15 ml	5
Tomato ketchup -	1 Tbsp	15 ml	5
White sauce -	1 cup	250 ml	25
References:			
* Nutrient value of some common foods. Health Canada. 2002			
* Canadian Nutrient File: http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index_e.html			
* United State Department of Agriculture web site : http://www.nal.usda.gov/fnic/foodcomp/search/			
* Tim Hortons Nutrition Guide. September 2005			
* Food labelling on food packaging			Revised 2006