

Energy And Carbohydrate Content Of Selected Common Foods

Food Item	Serving Size	Energy/Serving (kilocalories)	Carbohydrate/Serving (grams)
<u>Grains</u>			
Bagel	1	160	31
Bread	1 slice	70	12
Cereal, dry	1 oz	110	23
Muffin, biscuit, pancake	1	130	20
Rice	1/2 cup	110	23
Pasta	1 cup	160	34
<u>Vegetables</u>			
Carrot	1	31	7
Corn	1/2 cup	70	17
Legumes	1/2 cup	115	20
Peas	1/2 cup	60	12
Potato	1 medium	220	50
Winter squash	1/2 cup	40	9
<u>Fruits</u>			
Dried	1/3 cup	150	37
Juice	1/2 cup	56	13
Solid (e.g., apple, orange)	medium piece	75	18
<u>Dairy</u>			
Flavored yogurt	1 cup	225	42
Ice cream	1 cup	270	32
Milk	1 cup	80	12
Sherbet	1 cup	270	59
<u>Mixed Foods</u>			
Baked beans	1/2 cup	200	30
Burrito	1	390	50
Pizza, cheese	1 piece	170	20
<u>Beverages</u>			
Gatorade	8 oz	50	14
Soda	8 oz	103	27
Torq™ Energy Juice Drink	12 oz	300-310	77
GatorLode®	8 oz	200	49
<u>Snacks</u>			
Cake w/icing	1 piece	230	34
Chocolate bar	1.6 oz bar	254	27
Cookies			
Ginger snap	1	34	5
Fig bar	1	53	11
Sandwich	1	50	7
Gatorade Energy Bar™	1 bar	250-260	47
Hard candy	1 oz	109	26
Popcorn	1 cup	40	5
Pretzels	1 oz	110	22
Saltine crackers	4	50	9
<u>Condiments</u>			
Honey	1 tablespoon	65	17
Jelly	1 tablespoon	50	13
Sugar	1 teaspoon	16	4
Syrup	1 tablespoon	50	13

Note that there is very little carbohydrate in meats, fish, cheeses, oils and fats, nuts, or leafy green vegetables