

Quick Carbs Sheet

FOOD	CARBS	FOOD	CARBS	FOOD	CARBS	FOOD	CARBS
Jasmine Rice, cooked 160g weighed 80g weighed	45 22.5	Eggplant 100g cooked	7	Strawberry 100g raw	8	Cantaloupe 100g raw	8
Brown Rice, cooked 100g weighed 50g weighed	24 12	Carrots 100g raw 100g boiled/cooked	10 8	Blueberry 100g raw	14	Honeydew 100g raw	9
White Rice, cooked 100g weighed 50g weighed	27 13.5	Yellow Squash 100g raw 100g cooked	3.4 2.6	Raspberry 100g raw	12	Peaches 100g raw	10
Oats, uncooked 40g weighed dry 20g weighed dry	27 13.5	Zucchini Squash 100g raw 100g cooked	3.1 2.7	Blackberry 100g raw	10	Kiwi 100g raw	15
Sweet Potato 100g boiled 100g baked	18 21	Butternut Squash 100g cooked	10	Apple, Red 100g raw	14	Mango 100g raw	15
Boccoli 100g raw/steamed/boiled 100g roasted/stir fried	7 5.2	Spaghetti Squash 100g cooked	7	Apple, Granny Smith 100g raw	14	Cherries, no pits 100g raw	12
Green beans (fresh) 100g steamed/boiled 100g roasted/stir fried	5 3.4	Brussel Sprouts 100g raw/steamed/boiled 100g roasted/stir fried	4.6 3.9	Orange 100g raw	12	Tomato 100g raw	4g
Cauliflower 100g raw/steamed/boiled 100g roasted	3.3	Green Bell Pepper 100g raw/steamed/boiled 100g roasted/stir fried	6 5.1	Tangerine 100g raw	13	Jalapeno 100g raw	6.5
Spinach 100g raw (cooked is same value)	9	Red/Ora/Yel Bell Pepper 100g raw/steamed/boiled 100g roasted/stir fried	9 8	Banana 100g raw	23	Cucumber 100g raw	4
Kale 100g raw	6	Onion, Yellow/Purple 100g raw 100g cooked/sauteed	9 8	Grapefruit 100g raw	11		
Collard Greens 100g cooked	6	Asparagus 100g raw/steamed/boiled	4.1	Grapes, red/green 100g raw	17		
		Bok Choy 100g cooked	1.8	Watermelon 100g raw	8		
				Pineapple 100g raw	13		
				Pears 100g raw	10		