

CARBOHYDRATE FACTOR REFERENCE LIST

The carbohydrate factor of a food is the percent of the food's total weight that is carbohydrate. Multiply the weight of a portion of food in grams by its carbohydrate factor to find the number of grams of carbohydrate in it. (The numbers listed here are based on the USDA Nutrient

BREADS & GRAINS		DESSERTS & CANDIES		Corn chips	0.57
Bagel	0.54	Angel food cake	0.59	Crackers	
Biscuits	0.45	Banana bread	0.55	Graham	0.76
Bread		Brownie	0.50	Saltine	0.71
Mixed grain	0.46	Cookies		Marshmallows	0.81
White	0.50	Animal	0.75	Peanut butter	
Macaroni, plain	0.28	Chocolate chip	0.59	Smooth	0.19
Muffins	0.48	Oatmeal raisin	0.68	Chunky	0.22
Pancakes, buttermilk	0.29	Doughnut		Popcorn	
Rice, cooked		Cake	0.50	Oil-popped	0.57
White	0.24	Glazed	0.44	Air-popped	0.78
Brown	0.23	Fudge with nuts	0.68	Potato chips	0.53
Spaghetti, cooked, plain	0.28	Peanut brittle	0.70	Walnuts	0.14
CEREALS, COLD		Pies		VEGETABLES	
Cheerios	0.74	Apple	0.37	Avocado	0.05
Cornflakes	0.86	Lemon meringue	0.39	Beans	
Grapenuts	0.81	Pecan	0.52	Green, raw	0.07
Puffed Wheat	0.82	Pumpkin	0.26	Green, cooked	0.05
Rice Krispies	0.88	FRUITS		Kidney, lima, pinto, red, white	0.21
Total Raisin Bran	0.75	Apple	0.15	Beets, boiled	0.07
Wheaties	0.81	Apricots		Carrots	
CEREALS, HOT		fresh	0.11	Raw	0.10
Cream of Wheat	0.13	dried	0.63	Cooked	0.07
Oatmeal	0.10	Banana	0.23	Corn	
Roman Meal	0.14	Cantaloupe	0.08	Steamed	0.19
COMBINATION FOODS		Grapes	0.18	Creamed	0.20
Lasagna (meat and sauce)	0.13	Peaches, fresh	0.11	Potatoes	
Macaroni and cheese	0.20	Pears, fresh	0.15	Baked	0.21
Pizza		Prunes, dried	0.63	Boiled	0.15
Cheese	0.33	Strawberries	0.07	French fries	0.34
Pepperoni	0.28	Watermelon	0.07	Squash	
Meat & veggie	0.27	SNACKS & NUTS		Summer, cooked	0.03
		Almonds	0.20	Winter, baked	0.15
		Cashews	0.27	Winter, boiled	0.09