



Carbs

	Serving	Protein (g)	Carbs (g)	Fat (g)
(Vegetables)				
Baked Chips	50 grams	3	36	9
Black Beans	1/2 cup	8	21	1
Lentils	1/2 cup	9	20	0
Wheat Bread	1 slice	2	12	1
White Bread	1 slice	2	11	1
Brow Rice	1/2 cup	3	23	1
Corn	1/2 cup	5	31	2
Granola	1/2 cup	5	35	3
Oats	1/2 cup	6	25	2
Popcorn	1/4 cup	6	31	2
Sweet Potato	1/2 cup	1	14	0
Potato	1/2 cup	2	13	0
Corn Tortilla	6 tortillas	1	11	1
Flour Tortilla	10 tortillas	6	35	5
Quinoa	1/2 cup	4	20	2
Broccoli	1/2 cup	1	3	0
Brussels Sprout	1/2 cup	2	6	0
Carrot	1/2 cup	1	6	0
Cucumber	1/2 cup	0	2	0
Cauliflower	1/2 cup	1	3	0
Celery	1/2 cup	0	2	0

Lettuce	1/2 cup	0.3	0.5	0
Mushrooms	1/2 cup	0	2	0
Onion	1/2 cup	1	8	0
Peppers	1/2 cup	1	4	0
Spinach	1/2 cup	0.5	0.6	0
Tomato	1/2 cup	1	4	0
Zucchini	1/2 cup	1	2	0
(Fruits)				
Apple	6.4 oz	0	25	0
Banana	1 medium size	1	27	1
Blackberries	1/2 cup	1	7	0
Blueberries	1/2 cup	1	11	0
Cherries	1/2 cup	1	10	0
Grapes	1/2 cup	0	8	0
Kiwi	1/2 cup	1	13	1
Mango	1/2 cup	1	13	0
Orange	5.4 oz	1	19	0
Strawberries	1/2 cup	1	5	0
Watermelon	1/2 cup	1	12	0