

# CARBS

## STARCHES/ GRAINS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Amaranth (dry)	1/2 cup	13	63	7	7
Baked Chips*	50 grams	3	36	9	2
Barley (dry)	1/2 cup	12	67	2	16
Beans (lentils)	1/2 cup	9	20	0	8
Beans (black)	1/2 cup	8	21	1	8
Beans (lima)	1/2 cup	6	20	0	5
Beans (navy)	1/2 cup	8	24	1	3
Beans (pinto)	1/2 cup	8	23	1	8
Bread (ezekiel)*	1 slice	4	15	0	4
Bread (wheat)*	1 slice	2	12	1	2
Bread (white)*	1 slice	2	11	1	2
Brown Rice (cooked)	1/2 cup	3	23	1	2
Buckwheat (dry)	1/2 cup	12	61	3	9
Bulgur (dry)	1/2 cup	9	53	1	13
Corn	1/2 cup	5	31	2	4
Couscous (cooked)	1/2 cup	3	18	0	1
Farro (dry)	1/4 cup	7	37	2	7
Granola*	1/2 cup	5	35	3	4
Grits (dry)	1/4 cup	4	32	1	1
Kamut (cooked)	1 cup	11	52	2	0
Kaniwa (dry)	1/2 cup	14	60	2	6
Millet (cooked)	1 cup	6	41	2	2
Oats (dry)	1/2 cup	6	25	2	4
Pasta- Wheat (cooked)	1/2 cup	4	19	1	3
Peas (black eye)	1/2 cup	7	18	1	4
Peas (english)	1/2 cup	4	11	0	4
Popcorn (unpopped)*	1/4 cup	6	31	2	7
Potatoes (sweet)	1/2 cup	1	14	0	2
Potatoes (white)	1/2 cup	2	13	0	2
Quinoa (cooked)	1/2 cup	4	20	2	3
Quinoa Pasta (dry)*	2 oz	4	46	1	4
Rice Pasta (cooked)*	1/2 cup	1	22	0	1
Rice Cake*	1 cake	1	7	0	0
Rye (dry)	1/2 cup	9	64	1	13
Sorghum (dry)	100 grams	11	72	3	7
Spelt (dry)	1/2 cup	13	61	2	10
Squash (acorn)	1/2 cup	1	8	0	1
Squash (butternut)	1/2 cup	1	8	0	1
Squash (spaghetti)	1/2 cup	0	4	0	1
Tapioca Flour (dry)	1/4 cup	0	20	0	0
Teff (dry)	1/2 cup	13	71	2	8
Tortillas (corn)*	6" tortilla	1	11	1	2
Tortillas (flour)*	10" tortilla	6	35	5	1
Triticale (dry)	1/2 cup	13	69	2	0

\*Macros vary slightly by brand