

Carb Factors for Various Food

Beverages	
Soft drinks	0.10
Chocolate milk	0.10
Eggnog	0.14
Milk	0.05
Fruit Punch	0.13

Cereal, cold, ready-to-eat	
All Bran	0.42
Cheerios, regular	0.64
Corn Flakes	0.84
Granola, Harvest Crunch	0.68
Grape nuts	0.70
Raisin Bran	0.68
Rice Krispies	0.85

Alcoholic beverages	
Beer, de-alcoholized	0.13
Light	0.01
Regular	0.03
Liquor	0.45
Wine: sweet	0.14

Grains and Cereals			
Bagel	0.51	Bread, White	0.52
Bread Sticks	0.65	Bread, Whole wheat	0.39
Bread, crumbs	0.67	French	0.49
Flour. Wheat, all-purpose	0.73	Italian	0.47
Cornstarch	0.90	Pita, white	0.54
Kasha, (Buckwheat groats)	0.17	Pita, whole wheat	0.48
Matzo	0.81	Rye	0.43
Pancake, buttermilk mix		Rice, long or short grain, cooked	0.26
Mix alone	0.69	Wild	0.20
Prepared	0.42	Pasta: plain	0.26
Muffin, English	0.43	With sauce	0.15
Muffins, commercial	0.45	Tortellini, cheese	0.30
French Toast	0.29	Tortillas, corn	0.40
		Tortillas, wheat	0.52

Cereals, hot, cooked in water	
Oatmeal, minute	0.10
Cream of Wheat, quick	0.10
Prepared dishes	
Burrito, beef	0.20
Lasagna, vegetarian	0.16
	Meat
Macaroni and cheese	0.22
Pie, chicken-pot	0.24
Poutine	0.20
Shepherd's Pie (with corn)	0.12
Pizza, cheese, thin-crust	0.27
Stew, beef and vegetable	0.06
Salad, coleslaw	0.11
Salad, potato	0.12

Fruits			
Apple, cored, seeded, not peeled	0.13	Lemon	0.07
Fresh, whole	0.11	Lime	0.08
Applesauce, unsweetened	0.10	Mango, sliced, cubed	0.15
Apricots: fresh	0.09	Melon, cantaloupe, peeled, seeded	0.08
	Canned, light syrup	With peel, seeded	0.06
Dried, uncooked	0.55	Honeydew, cubed, peeled	0.08
Banana, peeled	0.21	With peel, seeded	0.09
	Whole, with peel	Orange, peeled	0.10
Blackberry, raw	0.04	Navel, including peel	0.07
Blueberries, raw	0.12	Tangerine/clementine, peeled	0.12
Cherries, Canned, in water	0.10	Tangerine/clementine, unpeeled	0.09
	Fresh, sour, whole	Papaya, peeled, seeded	0.08
Fresh, sweet, whole	0.15	Peach, whole, fresh	0.07
Maraschino	0.39	Canned, in juice	0.10
Cranberries, raw	0.08	Canned, in water	0.05
	Sauce, sweetened	Pear, whole, fresh	0.12
Dried, sweetened	0.77	Canned, in juice	0.11
Dates, dried and pitted	0.68	Pineapple: fresh, diced/sliced	0.11
Fig, fresh	0.16	Canned in water	0.08
	Dried	Canned in juice or light syrup	0.15
Fruit cocktail, canned in water	0.08	Plum, fresh, whole	0.11
	Packed in water	Prunes, dried	0.56
Grapefruit, peeled	0.07	Raisins	0.77
	With peel	Raspberries	0.06
Grapes, seedless	0.17	Strawberries	0.05
	With seeds	Watermelon, cubed	0.07
Kiwi	0.11		

Juice		Vegetables and Legumes			
Apple: juice	0.12	Artichoke, hearts	0.06	Cucumber	0.01
Cider	0.14	Asparagus	0.02	Eggplant, cooked	0.06
Apricot, nectar	0.14	Avocado	0.02	Lentils	0.16
Carrot	0.08	Bamboo, sprouts	0.02	Lettuce, romaine	0.01
Cranberry, cocktail	0.14	Bean sprouts	0.06	Iceberg	0.02
Grape: frozen, from concentrate	0.13	Beans, black, kidney, cooked	0.13	Mushrooms, cooked	0.02
Grape: bottled	0.15	Garbanzo (chick peas), cooked	0.23	Onion, raw	0.07
Grapefruit, fresh or canned, unsweet.	0.09	Green/string	0.05	Parsnips, cooked	0.14
Grapefruit, frozen	0.10	Lima, cooked	0.18	Peas, green	0.10
with orange	0.10	Navy, cooked	0.19	Peppers, green, raw, seeded	0.03
Lemon, fresh	0.09	Pinto, cooked	0.17	Red, raw, seeded	0.05
Lemonade, from frozen concentrate	0.10	Soy, cooked	0.04	Potato, baked, flesh and peel	0.19
Orange: all types, unsweetened	0.10	Beets, boiled and drained	0.06	Boiled, peeled	0.19
Orange: Canned, unsweetened	0.10	Broccoli	0.05	Hash brown	0.26
Papaya	0.12	Cabbage, raw	0.04	French fried	0.28
Pineapple, canned	0.14	Cooked	0.03	Pumpkin, cooked, canned	0.05
Tomato	0.04	Chinese, raw	0.02	Radish	0.02
V-8	0.04	Chinese, cooked	0.02	Sauerkraut	0.02
		Brussels sprouts, cooked	0.04	Spinach	0.01
		Carrot, raw	0.06	Squash, summer, cooked	0.03
		Carrot, cooked	0.06	Winter, cooked	0.07
		Cauliflower, raw	0.04	Tomato, slices; cherry	0.03
		Cooked	0.01	Whole, raw	0.02
		Celery	0.01	Turnip, cooked	0.03
		Corn, kernels, canned	0.16	Yams, peeled, boiled	0.24
		on the cob, cooked	0.09		
		Corn, Cream style, canned	0.17		

Sauces and condiments		Sweets			
Bacon bits, artificial	0.16	Banana bread	0.53	Danish, cheese	0.36
Ketchup	0.24	Brownie	0.62	Fruit	0.46
Pickles, sweet	0.31	Cake: Angel food	0.57	Donut, plain	0.48
Relish, sweet	0.34	Fruit	0.58	Iced	0.46
Sauce		Sponge	0.61	Honey	0.82
BBQ	0.12	Candies: caramel	0.76	Ice cream	
Chili	0.14	Fudge, chocolate with nuts	0.65	Plain	0.27
Soy	0.07	Hard	0.98	Cone alone (waffle)	0.76
Steak	0.14	Jelly beans	0.84	Jam	0.68
Sweet and sour	0.25	Lollypop	0.99	Pie: apple	0.32
Tartar	0.08	Cookies: animal	0.72	Blueberry	0.34
Tomato	0.06	Chocolate chip	0.70	Cherry	0.39
Salsa, Mexican	0.05	Chocolate chip, gourmet	0.61	Lemon meringue	0.46
Tomato paste	0.14	Fig	0.66	Pecan	0.54
		Gingersnap	0.75	Pumpkin	0.25
		Oatmeal raisin	0.66	Sherbet	0.27
				Syrup, chocolate, thin	0.63

Snack foods					
Almonds, dry-roasted, unbalanced	0.07	Marshmallows	0.81	Peanut, dry-roasted	0.14
Banana chips	0.51	Muffin, commercial	0.45	Butter	0.14
Cashews, dry-roasted	0.30	Nuts, walnut	0.07	Popcorn, microwave, low-fat	0.59
Chips: tortilla	0.56	Mixed, dry-roasted	0.07	Pretzels, salted	0.77
Chips	0.50	Pecans, dry-roasted	0.04	Sunflower seeds	0.13
Crackers		Pistachios, in shell	0.22		
Soda	0.75				
Graham	0.71				

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References

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