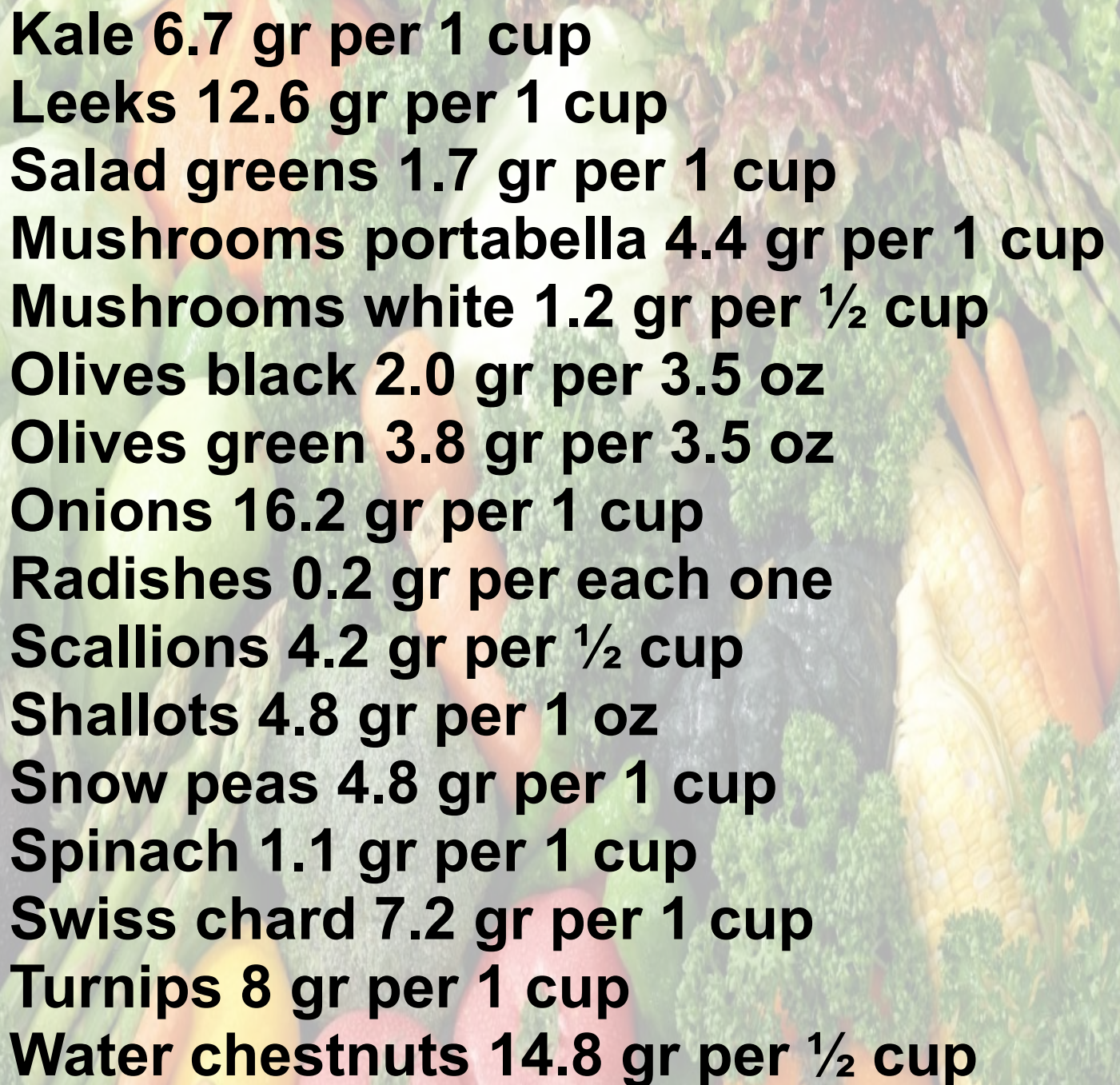


## Vegetable Carbohydrate Values

**Alfalfa sprouts 0.1 gr per 1 oz**  
**Leafy green vegetable 2.7 gr per 3.1oz**  
**Asparagus 5.2 gr per 1 cup**  
**Bamboo shoots 2.1 gr per ½ cup**  
**Bean sprouts 6.1 gr per 1 cup**  
**Beet greens 1.6 gr per 1 cup**  
**Broccoli 6.3 gr per 1 cup**  
**Brussels sprouts 5.5 gr per ½ cup**  
**Cabbage 3.9 gr per 1 cup**  
**Cauliflower 2.5 gr per ½ cup**  
**Celery 3.4 gr per 1 cup**  
**Celery Root 12 gr per 1 cup**  
**Chard 3.5 gr per ½ cup**  
**Chives 0.1 gr per Tbsp**  
**Collard greens 4.0 gr per ½ cup**  
**Cucumbers 2.6 gr per 1 cup**  
**Dandelion greens 5.1 per 1 cup**  
**Garlic 0.9 gr per Tbsp**



**Kale 6.7 gr per 1 cup**  
**Leeks 12.6 gr per 1 cup**  
**Salad greens 1.7 gr per 1 cup**  
**Mushrooms portabella 4.4 gr per 1 cup**  
**Mushrooms white 1.2 gr per ½ cup**  
**Olives black 2.0 gr per 3.5 oz**  
**Olives green 3.8 gr per 3.5 oz**  
**Onions 16.2 gr per 1 cup**  
**Radishes 0.2 gr per each one**  
**Scallions 4.2 gr per ½ cup**  
**Shallots 4.8 gr per 1 oz**  
**Snow peas 4.8 gr per 1 cup**  
**Spinach 1.1 gr per 1 cup**  
**Swiss chard 7.2 gr per 1 cup**  
**Turnips 8 gr per 1 cup**  
**Water chestnuts 14.8 gr per ½ cup**

## Mixed Fruits

**Apricots 15.7 gr per ½ cup**

**Avocado 12.4 gr per 1 cup**

**Blackberries 14.7 gr per 1 cup**

**Figs 7.7 gr per 1 small**

**Grapefruit 18 gr per cup**

**Kiwi 13.4 gr per 3.2 oz**

**Nectarines 13.7 gr per small one**

**Orange 28 gr per 1 cup**

**Pineapple 21.6 gr per 1 cup**

**Plums 18.8 gr per 1 cup**

**Pumpkin & Squash seeds 15.3 gr per  
oz**

**Pumpkin Pie 29.8 gr per 1/6<sup>th</sup> pie**

**Raisins 114.8 gr per snack box**

**Sweet Cherries 24.6 gr per 1 cup**

**Tangerines 10.1 gr per 1 small**

**Watermelon 9.3 gr per 4.3 oz**

The background of the slide features a collage of grain-related images. At the top, there are several loaves of bread: a round one on the left, a large one in the center, and a slice of one on the right topped with almonds. At the bottom, there are several stalks of wheat with their heads of grain. The entire background is semi-transparent, allowing the text to be clearly visible.

## **Grainy Food Carbohydrates**

**Corn on Cob 14 gr per small cob**  
**Oatmeal cereal 54.3 gr per 1 cup**  
**White bread 10.0 gr per slice**  
**Whole wheat bread 10.7 gr per slice**  
**Cream of Wheat 26.3 gr per 1 cup**  
**Plain pasta 33.4 gr per 1 cup**  
**Traditional Rye bread 16 gr per slice**  
**Pumpernickel bread 17 gr per slice**  
**White rice instant 45 gr per 1 cup**  
**Cooked White rice 35 gr per 1 cup**  
**Red beans 33.6 gr per cup**  
**Pinto beans 33 gr per cup**

## **Dairy Products Carbohydrates**

**Whipping cream 3.4 gr per 1 cup**

**Sour cream 1.2 gr per 1 oz**

**Full fat cottage cheese 6 gr per 4 oz**

**2% milk 12.5 gr per 1 cup**

**Whole milk 12.9 gr per 1 cup**

**1% low fat milk 6.1 gr per 1 cup**

**All hard & soft cheeses 1 gr per 1 oz**

**Cream cheese 1 gr per 1 oz**

**You can see that dairy products do not have many carbohydrates in them.**

