

Carbohydrate List

Grams Carbs per Meal 40

Food	Grams	Protein	Carbs	Fat	Calories	Ounces
Uncle Bens Brown Rice	173.32	4	40	1.76	194	6.11
Texmati Brown Rice	173.32	4.56	40	1.2	194	6.11
Sweet Potatoes	172	4	40	0	172	6.07
Red Potatoes (Fresh)	232	6	40	0	148	8.18
Oatmeal (uncooked)	58.4	8	40	4	229.2	2.06
Barilla Plus Spaghetti (uncooked)	58.96	10.52	40	2.08	221.04	2.08
Refried Beans (Fat Free)	291.6	14.12	40	0	211.76	10.29
Black Beans	305.6	14	40	1.2	235.2	10.78
Kidney Beans	236.4	12.8	40	0	182	8.34
Blueberries (Raw)	281.6	2	40	0	160	9.93
Apple with skin (Raw)	294	0	40	0	152.8	10.37
Oranges	314	4	40	0	154	11.08
Strawberries	506.8	3.336	40	0	163.336	17.88
Vidalia onion	428.4	2.8	40	0	171.6	15.11