



CARBOHYDRATES

(Breads & Pastries, Grains, Cereals,
Pasta & Noodles)

BREADS

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole wheat</i>	100.00	g	252	12.5	42.7	254.00	3.50
	50.00	g	126	6.2	21.4	127.00	1.75
	2.00	slices					
<i>white</i>	100.00	g	266	8.9	49.4	126.00	490.00
	50.00	g	133	4.4	24.7	63.00	245.00
	2.00	slices					
<i>french, small (2'x2.5'x1.75')</i>	100.00	g	272	10.8	51.9	117.00	2.42
	32.00	g	87	3.4	16.6	37.44	0.77
	1.00	slice					
<i>pita, 6.5"</i>	100.00	g	275	9.1	55.7	120.00	1.20
	60.00	g	165	5.5	33.4	72.00	0.72
	1.00	pc					
<i>sourdough</i>	100.00	g	272	10.8	51.9	117.00	2.42
	50.00	g	136	5.4	25.9	58.50	1.21
	2.00	slices					
<i>rye</i>	100.00	g	259	8.5	48.3	166.00	33.00
	32.00	g	83	2.7	15.5	53.12	1.06
	1.00	slice					
<i>bagels, wheat</i>	100.00	g	250	10.2	48.9	165.00	1.53
	105.00	g	262	10.7	51.3	173.00	1.61
	1.00	reg pc					
<i>biscuits</i>	100.00	g	362	7.5	43.9	184.00	18.19
	45.00	g	163	3.4	19.8	82.80	8.19
	1.00	pc					
<i>sprouted, wheat</i>	100.00	g	188	13.2	33.9	198.00	0.00
	26.00	g	49	3.4	8.8	51.50	0.00
	1.00	slice					
<i>cracked, wheat</i>	100.00	g	274	10.7	47.5	141.00	4.53
	28.00	g	77	3.0	13.3	39.50	1.27
	1.00	reg slice					
<i>tortillas, corn ready-to-bake or fry</i>	100.00	g	218	5.7	44.6	186.00	2.85
	24.00	g	52	1.4	10.7	44.60	0.68
	1.00	Pc					
<i>tortillas, flour approx. 6" diameter ready-to-bake or fry, refrigerated</i>	100.00	g	306	8.2	49.4	125.00	7.99
	30.00	g	92	2.5	14.8	37.50	2.40
	1.00	pc					

BREADS	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>tortilla, whole wheat</i>	100.00	g	310	9.8	45.9	262.00	9.76
<i>ready-to-bake or fry</i>	41.00	g	127	4.0	18.8	107.00	4.00
	1.00	pc					
<i>ciabatta (yeast bread)</i>	100.00	g	259	9.5	48.1	124.00	2.73
<i>italian, grecian, armenian thick slice</i>	43.00	g	111	4.1	20.7	53.30	1.17
	1.00	pc					
<i>focaccia, plain (Italian flatbread)</i>	100.00	g	249	8.8	35.8	114.00	7.89
	57.00	g	142	5.0	20.4	65.00	4.50
	1.00	pc					
<i>Pita, medium</i>	100.00	g	275	9.1	55.7	120.00	1.20
	57.00	g	157	5.2	31.7	68.40	0.68
	1.00	pc					
<i>Naan, plain</i>	100.00	g	291	9.6	50.4	125.00	5.65
	90.00	g	262	8.7	45.4	112.00	5.08
	1.00	pc					
<i>Paratha, whole wheat, frozen</i>	100.00	g	326	6.4	45.4	185.00	6.70
	79.00	g	258	5.0	35.9	196.00	7.10
	1.00	pc					
<i>brioche</i>	100.00	g	418	8.8	35.8	139.00	13.20
	77.00	g	322	6.7	27.6	110.00	10.40
	1.00	pc					
<i>croissants, plain</i>	100.00	g	406	8.2	45.8	120.00	26.80
<i>medium</i>	57.00	g	231	4.7	26.1	92.40	20.60
	1.00	pc					
<i>croissants, chocolate</i>	100.00	g	421	7.4	49.4	118.00	21.00
	57.00	g	240	4.2	28.2	67.30	12.00
	1.00	pc					
<i>croissants, cheese</i>	100.00	g	414	9.2	47.0	132.00	20.90
	57.00	g	236	5.2	26.8	75.22	11.90
	1.00	pc					
<i>muffins, english, whole grain white</i>	100.00	g	245	7.0	50.2	130.00	1.75
	57.00	g	140	4.0	28.6	74.10	1.00
	1.00	pc					
<i>muffins, english, whole wheat</i>	100.00	g	203	8.8	40.4	210.00	2.10
	66.00	g	134	5.8	26.7	139.00	1.39
	1.00	pc					

BREADS

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>muffins, english, mixed-grain includes granola</i>	100.00	g	235	9.1	46.3	156.00	1.80
	66.00	g	155	6.0	30.6	103.00	1.19
	1.00	pc					
<i>pumpernickle, med or regular slice</i>	100.00	g	250	8.7	47.5	208.00	3.10
	32.00	g	80	2.8	15.2	66.60	0.99
	1.00	pc					
<i>cinammon, medium or regular slice</i>	100.00	g	253	7.1	44.4	74.00	5.29
	28.00	g	71	2.0	12.4	20.70	1.48
	1.00	pc					
<i>raisin, med or regular slice</i>	100.00	g	273	8.8	52.2	180.00	3.26
	28.00	g	76	2.5	14.6	50.40	0.91
	1.00	pc					
<i>roll, multigrain med, reg, sandwich size</i>	100.00	g	263	9.6	44.6	160.00	6.00
	43.00	g	113	4.1	19.2	68.80	2.58
	1.00	pc					
<i>bread stuffing, homemade</i>	100.00	g	177	3.1	21.7	72.00	8.51
<i>dry mix, prepared</i>	228.00	g	404	7.2	49.5	164.00	19.40
	1.00	pc					

PASTA

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>spaghetti, unenriched, cooked</i>	100.00	g	158	5.8	30.9	44.00	0.93
	70.00	g	111	4.1	21.6	30.80	0.65
	0.50	c					
<i>spaghetti, enriched, cooked</i>	100.00	g	158	5.8	30.9	44.00	0.93
	140.00	g	221	8.1	43.2	61.60	1.30
	1.00	c					
<i>spaghetti, whole wheat, cooked</i>	100.00	g	149	6.0	30.1	96.00	1.71
	140.00	g	209	8.4	42.1	134.40	2.39
	1.00	c					
<i>bowtie/farfalle, enriched, cooked</i>	100.00	g	136	4.8	27.4	24.51	0.55
	154.79	g	210	7.4	42.3	37.93	0.86
	1.00	c					
<i>fusilli, enriched, cooked</i>	100.00	g	161	5.7	32.5	29.09	0.66
	130.41	g	210	7.4	42.3	37.93	0.86
	1.00	c					
<i>penne, enriched, cooked</i>	100.00	g	169	6.0	34.1	30.55	0.69
	124.17	g	210	7.4	42.3	37.93	0.86
	1.00	c					
<i>macaroni, enriched, cooked</i>	100.00	g	133	4.7	26.8	24.04	0.54
	157.79	g	210	7.4	42.3	37.93	0.86
	1.00	c					
<i>lasagna, enriched, boiled/drained</i>	100.00	g	150	5.3	30.1	26.98	0.61
	140.62	g	210	7.4	42.3	37.93	0.86
	1.00	c					
<i>whole grain, 51% whole wheat rest enriched semolina, cooked spaghetti, unenriched, cooked</i>	100.00	g	156	5.7	30.9	71.00	1.48

CRACKERS							
	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>melba toast, rye</i>	100.00	g	389	11.6	77.3	193.00	3.40
<i>3 3/4" x 1 3/4" x 1/8"</i>	15.00	g	58	1.7	11.6	28.95	0.51
	3.00	pcs					
<i>melba toast, wheat</i>	100.00	g	374	12.9	76.4	148.00	2.30
	15.00	g	56	1.9	11.5	22.20	0.35
	3.00	pcs					
<i>saltine, low salt (square)</i>	100.00	g	421	9.5	74.3	724.00	8.85
	15.00	g	63	1.4	11.2	108.60	1.33
	5.00	pcs					
<i>saltine, fat-free, low sodium</i>	100.00	g	393	10.5	82.3	115.00	1.60
	15.00	g	59	1.6	12.4	17.25	0.24
	3.00	pcs					
<i>saltines, whole wheat/multi-grain</i>	100.00	g	398	7.1	68.3	221.00	10.71
	14.00	g	56	1.0	9.6	30.94	1.50
	1.00	svg					
<i>whole wheat, low salt</i>	100.00	g	443	8.8	68.6	297.00	17.20
	28.00	g	124	2.5	19.2	83.16	4.82
	7.00	pcs					
<i>whole wheat, reduced fat</i>	100.00	g	416	11.3	75.5	373.00	7.59
<i>1 svg= 29g</i>	4.20	g	17	0.5	3.2	15.67	0.32
	1.00	pcs					
<i>graham, plain or honey, low fat</i>	100.00	g	386	5.7	78.0	171.00	5.71
	35.00	g	135	2.0	27.3	59.85	2.00
	1.00	svg					
<i>goldfish (fish-shaped), flavored</i>	100.00	g	463	10.2	65.7	224.00	17.71
	5.20	g	24	0.5	3.4	11.65	0.92
	10.00	pcs					
<i>toast thins, low sodium</i>	100.00	g	442	6.5	67.7	306.00	16.13
	31.00	g	137	2.0	21.0	94.86	5.00
	1.00	svg					

RICE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>white, unenriched</i>	100.00	g	359	6.9	79.8	75.00	1.30
<i>white, cooked, glutinous</i>	100.00	g	96	2.0	21.0	20.00	0.27
	174.00	g	167	3.5	36.5	26.40	0.36
	1.00	c					
<i>white, long-grain, parboiled</i>	100.00	g	123	2.9	26.1	29.00	0.21
<i>enriched, cooked</i>	158.00	g	194	4.6	41.2	53.90	0.39
	1.00	c					
<i>flour, white, unenriched</i>	100.00	g	359	6.9	79.8	26.00	0.19
						53.30	0.39
<i>white, steamed, Chinese restaurant cup, loosely packed</i>	100.00	g	151	3.2	33.9		
	132.00	g	199	4.2	44.7	265.00	3.85
	1.00	c					
<i>white, medium-grain, cooked unenriched</i>	100.00	g	130	2.4	28.6	86.00	0.96
	186.00	g	242	4.4	53.2	169.00	1.88
	1.00	c					
<i>white, short-grain, cooked unenriched</i>	100.00	g	130	2.4	28.7	101.00	0.34
	205.00	g	266	4.8	58.8	166.00	0.56
	1.00	c					
<i>flour, brown,</i>	100.00	g	365	7.2	75.5	427.00	1.08
						683.00	1.73
<i>brown, cooked, no salt, no fat</i>	100.00	g	122	2.7	25.5		
	196.00	g	239	5.4	49.9	75.00	1.30
	1.00	c					
<i>wild, cooked</i>	100.00	g	101	4.0	21.3	20.00	0.27
	164.00	g	166	6.5	35.0	26.40	0.36
	1.00	c					
<i>wild, raw</i>	100.00	g	357	14.7	74.9	29.00	0.21
	160.00	g	571	23.6	120.0	53.90	0.39
	1.00	c					

OATS

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw</i>	100.00	g	379	12.2	67.7	362.00	6.52
	81.00	g	307	10.7	54.8	293.00	5.28
	1.00	c					
<i>cereal, oat,</i>	100.00	g	372	12.4	73.2	633.00	6.60
	33.00	g	123	4.1	24.2	209.00	2.18
	1.00	c					
<i>steel cut</i>	100.00	g	378	13.3	66.7	356.00	6.67
<i>Brand:</i>							
<i>ARROWHEAD MILLS</i>	45.00	g	170	6.0	30.0	160.00	3.00
	1.00	svg					
<i>rolled</i>	100.00	g	350	12.5	67.5	350.00	6.25
<i>Brand:</i>							
<i>MILLVILLE by Aldi</i>	40.00	g	140	5.0	27.0	140.00	2.50
	1.00	svg					
<i>bran, cooked</i>	100.00	g	40	3.2	11.4	92.00	0.86
	219.00	g	88	7.0	25.1	201.00	1.88
	1.00	c					
<i>bran, uncooked (raw)</i>	100.00	g	246	17.3	66.2	566.00	7.03
	94.00	g	231	16.3	62.2	532.00	6.61
	1.00	c					
<i>flour, partially debranned</i>	100.00	g	404	14.7	65.7	371.00	9.12
	104.00	g	420	15.2	68.3	386.00	9.48
	1.00	c					
<i>regular, rolled, not fortified, dry</i>	100.00	g	379	13.2	67.7	362.00	6.52
	81.00	g	307	10.7	54.8	293.00	5.28
	1.00	c					

WHEAT	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>durum</i>	100.00	g	399	13.7	71.1	431.00	2.47
	192.00	g	651	26.3	137.0	828.00	4.74
	1.00	c					
<i>sprouted</i>	100.00	g	198	7.5	42.5	169.00	1.27
	108.00	g	214	8.1	45.9	183.00	1.37
	1.00	c					
<i>germ</i>	100.00	g	360	23.2	51.8	892.00	9.72
	115.00	g	414	26.7	59.6	1,030.00	11.20
	1.00	c					
<i>bran</i>	100.00	g	216	15.6	64.5	1,180.00	4.25
	58.00	g	125	9.1	37.4	684.00	2.46
	1.00	c					
<i>cream of wheat, instant, dry</i>	100.00	g	366	10.6	75.5	115.00	1.40
	11.50	g	42	1.2	8.7	13.20	0.16
	1.00	tbsp					
<i>flour, whole wheat, unenriched</i>	100.00	g	370	15.1	71.2	376.00	2.73
<i>whole grain, soft wheat</i>	100.00	g	332	9.6	74.5	394.00	1.95
<i>bread flour, unenriched</i>	100.00	g	361	12.0	72.5	100.00	1.66
	137.00	g	495	16.4	99.4	137.00	2.27
	1.00	c					
<i>flour, bread, white, enriched</i>	100.00	g	361	12.0	72.5	100.00	1.66
	137.00	g	495	16.4	99.4	137.00	2.27
	1.00	c					
<i>flour, cake, enriched</i>	100.00	g	362	8.2	78.0	105.00	0.86
	137.00	g	496	11.2	107.0	144.00	1.18
	1.00	c					

CUOSCUOS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>dry</i>	100.00	g	376	12.8	77.4	166.00	0.64
	173.00	g	680	22.1	134.0	287.00	1.11
	1.00	c					
<i>cooked</i>	100.00	g	112	3.8	23.2	58.00	0.16
	157.00	g	176	6.0	36.4	91.10	0.25
	1.00	c					
BARLEY							
<i>pearled, cooked</i>	100.00	g	123	2.3	28.2	93.00	0.44
	157.00	g	193	3.6	44.3	146.00	0.69
	1.00	c					
<i>flour or meal</i>	100.00	g	345	10.5	74.5	309.00	1.60
	148.00	g	511	15.5	110.0	457.00	2.37
	1.00	c					
QUINOA							
<i>cooked</i>	100.00	g	120	4.4	21.3	172.00	1.92
	185.00	g	222	8.1	39.4	318.00	3.55
	1.00	c					
<i>uncooked</i>	100.00	g	368	14.1	64.2	563.00	6.07
	170.00	g	626	24.0	109.0	957.00	10.30
	1.00	c					
<i>pasta from quinoa flour (gluten-free) not packed</i>	100.00	g	152	3.2	31.1	63.00	2.07
	132.00	g	201	4.3	41.1	83.20	2.73
	1.00	c					
GRITS							
<i>corn, yellow, quick, unenriched cooked with water, no salt</i>	100.00	g	59	1.4	12.9	21.00	0.19
	242.00	g	143	3.4	31.2	50.82	0.46
	1.00	c					
<i>corn, white, quick, unenriched cooked with water</i>	100.00	g	59	1.4	12.9	21.00	0.19
	242.00	g	143	3.4	31.2	50.82	0.46
	1.00	c					
<i>Polenta (cornmeal)</i>	100.00	g					
	240.00	g	139	2.7	30.0	50.40	0.67
	1	c					
<i>corn, yellow, quick, unenriched cooked with water, no salt</i>	100.00	g	59	1.4	12.9	21.00	0.19
	242.00	g	143	3.4	31.2	50.82	0.46
	1.00	c					

CEREALS

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>corn flakes, plain (store brands)</i>	100.00	g	357	7.5	84.1	168.00	0.40
	25.00	g	89	1.9	21.0	42.00	0.10
	1.00	c					
<i>corn flakes, frosted (store brands)</i>	100.00	g	389	4.3	90.2	82.00	0.87
	40.00	g	156	1.7	36.1	32.80	0.35
	1.00	c					
<i>crispy rice</i>	100.00	g	383	6.7	86.2	106.00	1.26
	26.00	g	100	1.7	22.4	27.60	0.33
	1.00	c					
<i>cocoa puffs (General Mills)</i>	100.00	g	383	5.6	83.7	272.00	5.20
	36.00	g	138	2.0	30.1	97.90	1.87
	1.00	c					
<i>muesli, with fruits & nuts</i>	100.00	g	335	8.6	74.9	324.00	5.40
	85.00	g	302	7.3	63.7	275.00	4.59
	1.00	c					
<i>muesli Brand: Safeway</i>	100.00	g	386	8.8	73.7	474.00	5.26
	57.00	g	220	5.0	42.0	270.00	3.00
	1.00	svg					
<i>granola, homemade, ready-to-eat</i>	100.00	g	489	13.7	53.9	539.00	24.30
	122.00	g	597	16.7	65.8	658.00	29.60
	1.00	c					
<i>granola bars, plain</i>	100.00	g	471	10.1	64.4	336.00	19.80
	28.00	g	132	2.8	18.0	94.10	5.54
	1.00	bar/ oz					
<i>granola bars, almond</i>	100.00	g	495	7.7	62.0	273.00	25.50
	28.35	g	140	2.2	17.6	77.40	7.23
	1.00	oz					

PANCAKE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>buttermilk (from recipe)</i>	100.00	1	227	6.8	28.7	145.00	9.30
	38.00	1	86	2.6	10.9	55.10	3.53
	1- 4" diameter	pc					
<i>plain, (prepared from recipe)</i>	100.00	1	227	6.4	28.3	132.00	9.70
	38.00	1	86	2.4	10.8	50.20	3.69
	1- 4" diameter	pc					
<i>plain, reduced fat</i>	100.00	g	269	5.7	57.3	97.00	1.90
	105.00	g	282	6.0	60.2	102.00	2.00
	3.00	pcs					
<i>plain, frozen, ready to heat includes buttermilk</i>	100.00	g	233	5.2	37.8	90.00	6.83
	40.00	g	93	2.1	15.1	36.00	2.73
	1 (4")	pc					
<i>gluten-free, frozen, ready to heat</i>	100.00	g	215	3.3	40.3	127.00	4.55
	48.00	g	103	1.6	19.3	61.00	2.18
	1.00	pc					
WAFFLE							
<i>plain, prepared from recipe</i>	100.00	g	291	7.9	32.9	159.00	14.10
	75.00	g	218	5.9	24.7	119.00	10.60
	1 (7")	pc					