

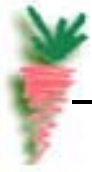
Good Sources :

FOOD ITEM	SERVING SIZE	CALORIES	CHO (g)
GRAINS			
Bagel	4 oz	325	62
Biscuit	1 oz	93	14
Bread, white	1 slice	65	12
Bread, whole wheat	1 slice	61	12
Cereals:			
Cheerios	1 oz	110	22
Corn flakes	1 oz	100	24
Grape nuts	1/4 cup	100	23
Oatmeal	1 oz dry	100	18
Shredded wheat	1 oz	102	23
Cornbread	1 oz pc	178	28
Crackers:			
Ritz	4 pcs	70	9
Saltines	4 pcs	53	9
Triscuits	4 pcs	80	13

FOOD ITEM	SERVING SIZE	CALORIES	CHO (g)
English Muffin	1	135	26
Fig bar	1	53	11
Graham cracker	2 squares	60	11
Granola bar	1	110	17
Pancakes	3-4"cakes	183	37
Pasta	1 cup cooked	197	40
Pita bread, white	2 oz.	145	30
Popcorn	3 C air-pop	90	18
Pretzels	1 oz	108	23
Rice	1 cup cooked	234	51
Tortilla, corn	6" diameter	56	12
Tortilla, flour	6" diameter	88	15
Rice	1 cup cooked	234	51
Waffle	4" square	87	13

References:

- 1) USDA *Nutritive Value of Foods*, Handbook 8, Home & Garden Bulletin #72
- 2) Pennington, J. BOWES & Church's *Food Values of Portions Commonly Used* 17th ed. Phila: Lippincott, Williams & Wilkins, 1998.



Good Sources :

FOOD ITEM	SERVING SIZE	CALORIES	CHO (g)
FRUITS			
Apple	1 med	80	20
Banana	1 med	105	27
Orange	1 med	65	16
Orange juice	8 oz	111	26
Raisins	1/4 cup	113	30
VEGETABLES			
Broccoli	1 cup	45	9
Carrots	1 med	31	7
Corn	1/2 cup	70	15
Peas	1/2 cup	63	11
Potato	med. baked	220	51
Spinach	1 cup cooked	40	7
BEANS			
Chickpeas	1 cup	285	54
Kidney	1 cup	216	40
Black beans	1 cup	227	41

FOOD ITEM	SERVING SIZE	CALORIES	CHO (g)
DAIRY			
Skim milk	1 cup	86	12
Whole milk	1 cup	150	12
Choc. Milk (1%)	1 cup	158	26
Yogurt:			
fruit flavored	1 cup	225	42
plain	1 cup	194	31
OTHER			
Applesauce:			
sweetened	1 cup	195	51
Clif bar	1 bar (2.4 oz)	250	51
Fruit & juice bar	3 oz	70	18
Gatorade	8 oz	60	15
Jam	1 T	55	14
Syrup, maple	2 T	122	32