

CARBS IN FRUIT

GRAMS OF CARBS PER 100G OF FOOD



7.6	WATERMELON	12	CRANBERRIES
7.7	STRAWBERRIES	13.1	PINEAPPLE
8.2	CANTALOUPE	13.8	APPLES (W/SKIN)
8.6	AVOCADO	14.5	BLUEBERRIES
9.1	HONEYDEW	14.7	KIWI
9.5	PEACHES	15	MANGO
9.6	BLACKBERRIES	15.2	COCONUT
10.6	NECTARINES	15.2	PEARS
10.9	PAPAYA	16	SWEET CHERRIES
11.2	APRICOTS	18.1	GRAPES
11.4	PLUMS	19.2	FIGS
11.8	ORANGES	22.8	BANANA
11.9	RASPBERRIES	23.4	PASSION FRUIT

**Values are for 100g of the food in it's raw form and taken from the United States Department of Agriculture's Food Data Central database.*

CARBS IN VEGGIES

GRAMS OF CARBS PER 100G OF FOOD

2.2	CUCUMBER (W/OUT SKIN)	5.9	BROCCOLI
3	CELERY	6	SPAGHETTI SQUASH
3	ICEBERG LETTUCE	7	GREEN BEANS
3.1	ZUCCHINI WITH SKIN	7.6	SNAP PEAS
3.3	ROMAINE LETTUCE	8.8	JICAMA
3.3	WHITE MUSHROOMS	9	BRUSSELS SPROUTS
3.4	RADISHES	9.3	ONIONS
3.6	SPINACH	9.6	CARROTS
3.6	CUCUMBER W/SKIN	9.6	BEETS
3.9	RED TOMATO	10.5	ARTICHOKES
3.9	ASPARAGUS	11.7	BUTTERNUT SQUASH
4.4	KALE	14.5	PEAS
4.6	BELL PEPPER (GREEN)	15.7	POTATO (WHITE)
5	TURNIP	18.7	CORN (YELLOW)
5.8	PUMPKIN	20.1	SWEET POTATO

