

Carb Factors for Various Food

Beverages		Grains and Cereals			
Soft drinks	0.10	Bagel	0.51	Bread, White	0.52
Chocolate milk	0.10	Bread Sticks	0.65	Bread, Whole wheat	0.39
Eggnog	0.14	Bread, crumbs	0.67	French	0.49
Milk	0.05	Flour, Wheat, all-purpose	0.73	Italian	0.47
Fruit Punch	0.13	Cornstarch	0.90	Pita, white	0.54
Cereal, cold, ready-to-eat		Kasha, (Buckwheat groats)	0.17	Pita, whole wheat	0.48
		Matzo	0.81	Rye	0.43
		Pancake, buttermilk mix		Rice, long or short grain, cooked	0.26
		Mix alone	0.69	Wild	0.20
		Prepared	0.42	Pasta: plain	0.26
		Muffin, English	0.43	With sauce	0.15
		Muffins, commercial	0.45	Tortellini, cheese	0.30
		French Toast	0.29	Tortillas, corn	0.40
				Tortillas, wheat	0.52
Alcoholic beverages					
Beer, de-alcoholized	0.13				
Light	0.01				
Regular	0.03				
Liquor	0.45				
Wine: sweet	0.14				

Cereals, hot, cooked in water	
Oatmeal, minute	0.10
Cream of Wheat, quick	0.10
Prepared dishes	
Burrito, beef	0.20
Lasagna, vegetarian	0.16
Meat	0.12
Macaroni and cheese	0.22
Pie, chicken-pot	0.24
Poutine	0.20
Shepherd's Pie (with corn)	0.12
Pizza, cheese, thin-crust	0.27
Stew, beef and vegetable	0.06
Salad, coleslaw	0.11
Salad, potato	0.12

Fruits			
Apple, cored, seeded, not peeled	0.13	Lemon	0.07
Fresh, whole	0.11	Lime	0.08
Applesauce, unsweetened	0.10	Mango, sliced, cubed	0.15
Apricots: fresh	0.09	Melon, cantaloupe, peeled, seeded	0.08
Canned, light syrup	0.15	With peel, seeded	0.06
Dried, uncooked	0.55	Honeydew, cubed, peeled	0.08
Banana, peeled	0.21	With peel, seeded	0.09
Whole, with peel	0.15	Orange, peeled	0.10
Blackberry, raw	0.04	Navel, including peel	0.07
Blueberries, raw	0.12	Tangerine/clementine, peeled	0.12
Cherries, Canned, in water	0.10	Tangerine/clementine, unpeeled	0.09
Fresh, sour, whole	0.10	Papaya, peeled, seeded	0.08
Fresh, sweet, whole	0.15	Peach, whole, fresh	0.07
Maraschino	0.39	Canned, in juice	0.10
Cranberries, raw	0.08	Canned, in water	0.05
Sauce, sweetened	0.38	Pear, whole, fresh	0.12
Dried, sweetened	0.77	Canned, in juice	0.11
Dates, dried and pitted	0.68	Pineapple: fresh, diced/sliced	0.11
Fig, fresh	0.16	Canned in water	0.08
Dried	0.54	Canned in juice or light syrup	0.15
Fruit cocktail, canned in water	0.08	Plum, fresh, whole	0.11
Packed in water	0.08	Prunes, dried	0.56
Grapefruit, peeled	0.07	Raisins	0.77
With peel	0.04	Raspberries	0.06
Grapes, seedless	0.17	Strawberries	0.05
With seeds	0.15	Watermelon, cubed	0.07
Kiwi	0.11		

Juice		Vegetables and Legumes			
Apple: juice	0.12	Artichoke, hearts	0.06	Cucumber	0.01
Cider	0.14	Asparagus	0.02	Eggplant, cooked	0.06
Apricot, nectar	0.14	Avocado	0.02	Lentils	0.16
Carrot	0.08	Bamboo, sprouts	0.02	Lettuce, romaine	0.01
Cranberry, cocktail	0.14	Bean sprouts	0.06	Iceberg	0.02
Grape: frozen, from concentrate	0.13	Beans, black, kidney, cooked	0.13	Mushrooms, cooked	0.02
Grape: bottled	0.15	Garbanzo (chick peas), cooked	0.23	Onion, raw	0.07
Grapefruit, fresh or canned, unsweet.	0.09	Green/string	0.05	Parsnips, cooked	0.14
Grapefruit, frozen	0.10	Lima, cooked	0.18	Peas, green	0.10
with orange	0.10	Navy, cooked	0.19	Peppers, green, raw, seeded	0.03
Lemon, fresh	0.09	Pinto, cooked	0.17	Red, raw, seeded	0.05
Lemonade, from frozen concentrate	0.10	Soy, cooked	0.04	Potato, baked, flesh and peel	0.19
Orange: all types, unsweetened	0.10	Beets, boiled and drained	0.06	Boiled, peeled	0.19
Orange: Canned, unsweetened	0.10	Broccoli	0.05	Hash brown	0.26
Papaya	0.12	Cabbage, raw	0.04	French fried	0.28
Pineapple, canned	0.14	Cooked	0.03	Pumpkin, cooked, canned	0.05
Tomato	0.04	Chinese, raw	0.02	Radish	0.02
V-8	0.04	Chinese, cooked	0.02	Sauerkraut	0.02
		Brussels sprouts, cooked	0.04	Spinach	0.01
		Carrot, raw	0.06	Squash, summer, cooked	0.03
		Carrot, cooked	0.06	Winter, cooked	0.07
		Cauliflower, raw	0.04	Tomato, slices; cherry	0.03
		Cooked	0.01	Whole, raw	0.02
		Celery	0.01	Turnip, cooked	0.03
		Corn, kernels, canned	0.16	Yams, peeled, boiled	0.24
		on the cob, cooked	0.09		
		Corn, Cream style, canned	0.17		

Sauces and condiments		Sweets			
Bacon bits, artificial	0.16	Banana bread	0.53	Danish, cheese	0.36
Ketchup	0.24	Brownie	0.62	Fruit	0.46
Pickles, sweet	0.31	Cake: Angel food	0.57	Donut, plain	0.48
Relish, sweet	0.34	Fruit	0.58	Iced	0.46
Sauce		Sponge	0.61	Honey	0.82
BBQ	0.12	Candies: caramel	0.76	Ice cream	
Chili	0.14	Fudge, chocolate with nuts	0.65	Plain	0.27
Soy	0.07	Hard	0.98	Cone alone (waffle)	0.76
Steak	0.14	Jelly beans	0.84	Jam	0.68
Sweet and sour	0.25	Lollypop	0.99	Pie: apple	0.32
Tartar	0.08	Cookies: animal	0.72	Blueberry	0.34
Tomato	0.06	Chocolate chip	0.70	Cherry	0.39
Salsa, Mexican	0.05	Chocolate chip, gourmet	0.61	Lemon meringue	0.46
Tomato paste	0.14	Fig	0.66	Pecan	0.54
		Gingersnap	0.75	Pumpkin	0.25
		Oatmeal raisin	0.66	Sherbet	0.27
				Syrup, chocolate, thin	0.63

Snack foods					
Almonds, dry-roasted, unbalanced	0.07	Marshmallows	0.81	Peanut, dry-roasted	0.14
Banana chips	0.51	Muffin, commercial	0.45	Butter	0.14
Cashews, dry-roasted	0.30	Nuts, walnut	0.07	Popcorn, microwave, low-fat	0.59
Chips: tortilla	0.56	Mixed, dry-roasted	0.07	Pretzels, salted	0.77
Chips	0.50	Pecans, dry-roasted	0.04	Sunflower seeds	0.13
Crackers		Pistachios, in shell	0.22		
Soda	0.75				
Graham	0.71				

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References

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