

### Excellent Carbohydrate Sources

The table below lists the estimated carbohydrate content in grams for a variety of foods. Use this tool to create a winning athletic food plan. Concentrate on these foods after physical activity to boost your energy.

<i>Item</i>	<i>Grams</i>	<i>Item</i>	<i>Grams</i>
<b>Bread</b>			
Bagel (3 ½ in.)	40	Hot dog bun	21
Biscuit	12	Muffin, homemade	25
Bread (2 slices)	30	Pancakes, 2 (4 in.)	15
Bread sticks (2)	15	Pita (6 in.)	33
Croutons (1 c.)	22	Roll, plain, small	14
English muffin	26	Tortilla	12
Hamburger bun	21	Waffle, plain (7 in.)	26
<b>Cereal/Grains</b>			
Bran cereals (½ c.)	23	Oatmeal (½ c.)	15
Cereals, unsweetened (¾ c.)	15	Pasta (1 c.)	30
Cereals, sweetened (½ c.)	15	Rice (1 c.)	45
Granola/Grape nuts (½ c.)	47	Shredded wheat (1 c.)	41
<b>Crackers/Snacks</b>			
Animal crackers (11)	22	Popcorn (3 c.)	22
Graham crackers (4)	22	Pretzels (¾ oz.)	15
Granola bar	20	Saltine crackers (6)	15
<b>Fruits</b>			
Apricots, dried halves (10)	22	Peach, medium	10
Banana, medium	27	Pear, medium	25
Blueberries, raw (1 c.)	21	Pineapple (1 c.)	40
Cantaloupe (1 c. cubed)	13	Prunes (3)	15
Cherries, (10)	11	Raisins, (¼ c.)	30
Dates, (10)	61	Raspberries (1 c.)	15
Fruit Cocktail (½ c.)	15	Strawberries (1 c.)	10
Orange, small	15	Watermelon (1 slice)	12

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<i>Item</i>	<i>Grams</i>	<i>Item</i>	<i>Grams</i>
<b>Drinks</b>			
Cranberry juice cocktail (8 oz.)	36	Milk, chocolate (8 oz.)	26
100% Fruit juice blend (8 oz.)	45	Orange juice (8 oz.)	26
Gatorade (8 oz.)	14	Powerade (8 oz.)	19
Milk (8 oz.)	12	Prune juice (8 oz.)	45
<b>Vegetables</b>			
Baked beans (1 c.)	54	Peas (½ c.)	11
Corn (½ c.)	20	Potato, baked, small w/skin	51
Mixed vegetables (1 c.)	15	Potato, french-fried (10)	15

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