

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> |
|-----------------------------|--------------|-----------------------|--------------|
| Bread | | | |
| 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 |
| Cereal/Grains | | | |
| 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 |
| Crackers/Snacks | | | |
| Animal crackers (11) | 22 | Popcorn (3 c.) | 22 |
| Graham crackers (4) | 22 | Pretzels (¾ oz.) | 15 |
| Granola bar | 20 | Saltine crackers (6) | 15 |
| Fruits | | | |
| 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 |

33:B:20

| <i>Item</i> | <i>Grams</i> | <i>Item</i> | <i>Grams</i> |
|----------------------------------|--------------|-----------------------------|--------------|
| Drinks | | | |
| 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 |
| Vegetables | | | |
| 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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