

FOOD SOURCES OF CARBOHYDRATES

FOOD	NUMBER OF CARBOHYDRATES PER SERVING
Rice, brown, cooked (1 cup)	51 g
Pasta, whole wheat, cooked (1 cup)	40 g (varies depending on shape)
Quinoa, cooked (1 cup)	39 g
Potato, white (1 medium)	36 g
Potato, sweet (1 medium)	24 g
Squash, winter (1 cup)	18 g
Yogurt, Greek, flavored (1 container)	17 g
100% fruit juice (1 cup)	15 to 40 g (varies depending on juice)
Fruit (1 cup)	15 to 35 g (varies depending on fruit)
Bread, whole grain (1 slice)	12 g
Milk, low-fat (1 cup)	12 g

— SOURCE: USDA