Carb counting chart

Net carbs (total carbs minus fiber) per 100 g of a food as you eat it, and in a typical portion. One carb exchange is 15 g of net carbs. A cup is a US measuring cup, about 240 ml.

These are the 101 foods that people search for most. All 400 foods: soba-app.com/foods/

Food	Per 100 g, g	Portion	Net carbs, g	Exch.
Grains, potatoes and legumes				
Brown rice (cooked)	24.0	1 cup (202 g)	48.4	3.2
Buckwheat (cooked)	17.2	1 cup (168 g)	29.0	1.9
Bulgur (cooked)	14.1	1 cup (182 g)	25.6	1.7
Chickpeas (cooked)	19.8	1 cup (164 g)	32.5	2.2
Cornstarch	90.4	¼ cup (32 g)	28.9	1.9
Couscous (cooked)	21.8	1 cup (157 g)	34.3	2.3
Cream of wheat (cooked with water)	10.1	1 cup (240 g)	24.3	1.6
Lentils (cooked)	12.2	1 cup (198 g)	24.2	1.6
Mashed potatoes (with milk and margarine)	15.4	1 cup (210 g)	32.4	2.2
Millet (cooked)	22.4	1 cup (174 g)	38.9	2.6
Oatmeal (cooked with water)	10.3	1 cup (234 g)	24.1	1.6
Pasta (cooked)	29.1	2 cups (248 g)	72.1	4.8
Quinoa (cooked)	18.5	1 cup (185 g)	34.2	2.3
Rolled oats (dry)	57.6	1 cup (81 g)	46.7	3.1
Spelt (cooked)	22.5	1 cup (194 g)	43.7	2.9
Sweet potato (baked)	17.4	1 large (180 g)	31.3	2.1
Tofu	1.6	1 cup (124 g)	1.9	0.1
Wheat flour	73.6	½ cup (63 g)	46.4	3.1
White rice (cooked)	27.8	1 cup (158 g)	43.9	2.9
Bread and crackers				
Bread roll	50.4	2 pieces (114 g)	57.5	3.8
White bread	46.7	2 slices (58 g)	27.1	1.8
Fruit and berries				
Apple	11.4	1 medium (182 g)	20.8	1.4
Applesauce (unsweetened)	10.2	1 cup (244 g)	24.8	1.7
Apricot	9.1	3 pieces (105 g)	9.6	0.6
Avocado	1.8	1 piece (201 g)	3.7	0.2
Banana	20.2	1 medium (118 g)	23.9	1.6
Blackberries	4.3	1 cup (144 g)	6.2	0.4
Blueberries	12.1	1 cup (148 g)	17.9	1.2
Cherries	13.9	1 cup (154 g)	21.4	1.4
Coconut (fresh flesh)	6.2	1 piece (45 g)	2.8	0.2
Dates (dried)	68.3	2 pieces (48 g)	32.8	2.2
Grapefruit	9.1	1 piece (246 g)	22.3	1.5
Grapes	17.2	20 pieces (98 g)	16.9	1.1
Kiwi	11.7	2 pieces (138 g)	16.1	1.1
Lemon (without peel)	6.5	1 small (58 g)	3.8	0.3
Lime	7.7	2 pieces (134 g)	10.4	0.7
Mandarin	11.5	1 medium (88 g)	10.2	0.7
Mango	13.4	1 cup (165 g)	22.1	1.5
Orange	9.4	1 piece (131 g)	12.2	0.8
Peach	8.0	1 medium (150 g)	12.1	0.8
Pear	12.1	1 medium (178 g)	21.6	1.4
Pineapple	11.7	1 cup (165 g)	19.3	1.3
Plum	10.0	2 pieces (132 g)	13.2	0.9
Pomegranate (seeds)	14.7	1 cup (174 g)	25.6	1.7
Raisins	74.8	¼ cup (36 g)	26.9	1.8
Raspberries	5.4	1 cup (123 g)	6.7	0.4
Strawberries	5.7	1 cup (144 g)	8.2	0.5
Watermelon	7.1	1 wedge (286 g)	20.4	1.4
Vegetables				
Asparagus (boiled)	2.1	½ cup (90 g)	1.9	0.1
Beetroot (boiled)	8.0	1 cup (170 g)	13.5	0.9
Broccoli (boiled)	3.9	1 cup (156 g)	6.1	0.4
Carrot (raw)	6.8	1 medium (61 g)	4.1	0.3
Cauliflower (boiled)	1.8	1 cup (124 g)	2.2	0.1
Celery (raw)	1.4	1 cup (101 g)	1.4	0.1
Cucumber	3.1	1 piece (301 g)	9.4	0.6
Garlic (raw)	31.0	3 pieces (9 g)	2.8	0.2
Green beans (boiled)	4.7	1 cup (125 g)	5.9	0.4
Green peas (boiled)	9.8	1 cup (160 g)	15.6	1.0
Olives	4.4	10 large (44 g)	2.0	0.1
Onion (raw)	7.6	1 medium (110 g)	8.4	0.6
Parsnip (boiled)	13.4	1 piece (160 g)	21.5	1.4
Pumpkin (boiled)	3.8	1 cup (245 g)	9.3	0.6
Red bell pepper (raw)	3.9	1 medium (119 g)	4.7	0.3
Sauerkraut	1.4	1 cup (142 g)	2.0	0.1
Spinach (raw)	1.4	2 cups (60 g)	0.9	0.1
Sweet corn (boiled)	18.6	½ cup (75 g)	13.9	0.9
Tomato	2.7	1 medium (123 g)	3.3	0.2
White cabbage (raw)	3.3	2 cups (178 g)	5.9	0.4
Zucchini (raw)	2.1	1 medium (196 g)	4.1	0.3
Dairy				
Greek yogurt (low-fat)	3.9	1 container (200 g)	7.9	0.5
Mozzarella	2.4	2 oz (57 g)	1.4	0.1
Sour cream	4.6	2 tbsp (24 g)	1.1	0.1
Whole milk (3.25% fat)	4.8	250 ml (258 g)	12.4	0.8
Baked goods				
Apple pie	32.4	½ piece (63 g)	20.4	1.4
Brownie	61.8	2 pieces (112 g)	69.2	4.6
Cheese pizza	26.8	2 pieces (162 g)	43.4	2.9
Cheesecake	25.1	1 large piece (125 g)	31.4	2.1
Croissant	43.2	1 medium (57 g)	24.6	1.6
Sweets, snacks and nuts				
Almonds	9.1	23 pieces (28 g)	2.5	0.2
Cashews (roasted)	29.7	1 oz (28 g)	8.3	0.6
Chia seeds	7.7	1 oz (28 g)	2.2	0.1
Honey	82.2	1 tbsp (21 g)	17.3	1.2
Jam	67.8	1 tbsp (20 g)	13.6	0.9
Peanuts (roasted)	12.9	1 oz (28 g)	3.6	0.2
Pistachios (roasted)	18.0	1 oz (28 g)	5.0	0.3
Popcorn (air-popped)	63.3	4 cups (32 g)	20.2	1.3
Pumpkin seeds (shelled)	4.7	1 oz (28 g)	1.3	0.1
Sugar	100.0	2 tsp (8.4 g)	8.4	0.6
Vanilla ice cream	22.9	1 cup (132 g)	30.2	2.0
Walnuts	7.0	1 oz (28 g)	2.0	0.1
Drinks				
Beer	3.6	500 ml (502 g)	17.8	1.2
Cola	10.4	330 ml (343 g)	35.5	2.4
Orange juice	10.2	200 ml (210 g)	21.4	1.4
Red wine	2.6	150 ml (149 g)	3.9	0.3
Vodka (40%, same for gin, rum and whisky)	0.0	100 ml (94 g)	0.0	0.0
White wine	2.6	150 ml (149 g)	3.9	0.3
Ready meals, soups and sausages				
Ham (sliced)	2.3	2 slices (56 g)	1.3	0.1
Lasagna (with meat sauce)	13.7	1 large piece (255 g)	34.8	2.3
Tomato soup	7.0	1.5 cups (372 g)	25.9	1.7
Fast food				
Cheeseburger (with condiments)	23.6	2 pieces (254 g)	59.8	4.0
Hamburger (with condiments)	27.8	2 pieces (194 g)	53.9	3.6

These are reference values. Set your insulin dose with your doctor.

Sources: USDA FoodData Central, SR Legacy; Atkinson FS et al., Am J Clin Nutr 2021, doi 10.1093/ajcn/nqab233; Linus Pauling Institute, lpi.oregonstate.edu.

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Glycemic index and glycemic load chart

GL of a typical portion: GL = GI × net carbs in the portion ÷ 100. 10 or below: low, above 10 and below 20: medium, 20 and above: high.

179 foods out of 195 with a measured GI, the ones that people search for most. All foods: soba-app.com/foods/

* This value includes measurements from the second table of the paper: studies with method deviations, such as few participants, participants with diabetes, or wide variation. Use it as a rough guide.

Food	GI	Portion, g	GL
Grains, potatoes and legumes			
Baked beans (canned)	48	254	21
Baked potato (with skin)	88	173	29
Black beans (cooked)	26*	172	7
Boiled potatoes (peeled)	73	167	22
Brown rice (cooked)	66	202	32
Buckwheat (cooked)	53*	168	15
Bulgur (cooked)	48*	182	12
Chickpeas (cooked)	37	164	12
Corn flakes	80	56	38
Couscous (cooked)	65	157	22
Cream of wheat (cooked with water)	67*	240	16
Dry lentils	16	96	8
Dry millet	81	100	52
Dry pasta	52	114	42
Dry white rice	62	93	45
Egg noodles (cooked)	52	160	20
French fries (oven-baked)	65	148	25
Glass noodles (dry)	30	70	18
Granola	53	61	15
Hummus	19	30	1
Instant noodles (dry)	51	81	24
Instant oatmeal (with water)	82	234	19
Kidney beans (cooked)	40	177	11
Lentils (cooked)	16	198	4
Lima beans (boiled)	33*	170	10
Mashed potatoes (with milk and margarine)	79	210	26
Millet (cooked)	81	174	32
Muesli	55	110	40
Mung beans (cooked)	42	202	10
Oatmeal (cooked with water)	58	234	14
Parboiled rice (cooked)	64	158	25
Pasta (cooked)	52	248	37
Pearl barley (cooked)	34	157	13
Pinto beans (cooked)	29*	171	9
Plantain (green, boiled)	39	137	14
Polenta (corn grits) (cooked with water)	72	257	26
Puffed rice	89	28	22
Quinoa (cooked)	53	185	18
Refried beans (canned)	38	238	9
Rice noodles (cooked)	46	176	19
Rolled oats (dry)	58	81	27
Split peas (cooked)	34*	196	9
Sweet potato (baked)	88	180	28
White beans (cooked)	31	179	10
White rice (cooked)	62	158	27
Whole wheat pasta (cooked)	53	234	32
Wild rice (cooked)	58*	164	19
Bread and crackers			
Bagel	70*	105	37
Baguette	66	57	19
Bread roll	74*	114	43
Bread without gluten	59	70	17
Breadsticks	66	50	22
Burger bun	64	88	27
Chapati	57	136	32
Corn tortilla	51	48	9
English muffin	77	114	36
Flour tortilla	34*	72	11
Melba toast	64	30	13
Multigrain bread	56	52	10
Naan	71	90	31
Oat bread	65	54	16
Pita bread	72	60	23
Pumpernickel	49	52	10
Raisin bread	53	52	13
Rice cakes	76	18	11
Rye bread	60	64	16
Rye crispbread	66*	22	8
Saltine crackers	64	30	14
Soft pretzel	73	115	57
Taco shells	69*	26	10
White bread	73	58	20
Whole wheat bread	75	64	18
Whole wheat tortilla	50	82	15
Fruit and berries			
Apple	44	182	9
Apricot	38	105	4
Banana	52	118	12
Blueberries	53	148	9
Canned peaches (in syrup, drained)	64	146	16
Cantaloupe melon	60	138	6
Cherries	46*	154	10
Dates (dried)	54	48	18
Dried apples (dried)	36	43	9
Dried apricots	44	42	10
Dried cranberries (sweetened)	62	40	19
Dried figs	58	42	13
Grapefruit	26*	246	6
Grapes	54	98	9
Guava	29	165	4
Kiwi	53*	138	9
Lychee	57	96	8
Mandarin	52	88	5
Mango	48	165	11
Nectarine	43	142	5
Orange	45	131	6
Papaya	38	157	5
Peach	54*	150	7
Pear	29	178	6
Persimmon	61	336	31
Pineapple	61*	165	12
Plum	39*	132	5
Pomelo	75*	190	12
Prunes	35	48	10
Raisins	55	36	15
Sour cherries	22*	155	4
Strawberries	40	144	3
Watermelon	50	286	10
Vegetables			
Beetroot (boiled)	64*	170	9
Boiled carrots	32	78	1
Canned corn (drained)	53	164	11
Carrot (raw)	26*	61	1
Green peas (boiled)	36	160	6
Parsnip (boiled)	52	160	11
Sweet corn (boiled)	53	75	7
Dairy			
Fruit yogurt (low-fat)	36	170	12
Sweetened condensed milk	61	39	13
Baked goods			
Angel food cake	67*	56	21
Blueberry muffin	50	113	29
Butter cookies	53	30	11
Cheese pizza	56*	162	24
Chocolate cake (with frosting)	41	138	29
Croissant	56	57	14
Cupcake (packaged, chocolate, cream-filled)	58	100	33
Glazed doughnut	75	64	22
Graham crackers	75*	28	16
Oatmeal cookies	54	36	13
Pancakes	69	114	21
Pound cake	55*	98	29
Puff pastry (baked)	56	40	10
Sponge cake	46*	76	21
Waffles (frozen, toasted)	77*	66	24
Sweets, snacks and nuts			
Brown sugar	71*	14	10
Cashews (roasted)	22	28	2
Cheese puffs	63	57	19
Chocolate ice cream	37	132	13
Chocolate pudding	49	108	12
Dark chocolate (70–85% cocoa)	29	51	5
Frozen yogurt	51	174	19
Gummy candies	76	44	33
Hard candy	70*	18	12
Hard pretzels	84	60	39
Honey	60	21	10
Ice pop	59	104	12
Jam	61	20	8
Jelly dessert (from a mix)	53	270	20
Maple syrup	54	40	14
Marshmallows	65	29	15
Milk chocolate	45	44	11
Peanuts (roasted)	18*	28	1
Pistachios (roasted)	28*	28	1
Popcorn (air-popped)	62	32	13
Potato chips	55	57	16
Powdered sugar	66	8	5
Rice pudding	49	172	15
Sugar	66	8.4	6
Tortilla chips	42	57	15
Vanilla ice cream	38	132	11
Vanilla pudding	40	110	10
White chocolate	41	85	21
Drinks			
Apple juice	46	210	11
Carrot juice	43	200	7
Chocolate milk (reduced-fat milk)	31	264	9
Cola	66	343	23
Ginger ale	65	340	19
Grape juice	63	214	20
Grapefruit juice	49*	209	9
Lemonade	59	345	21
Orange juice	48	210	10
Pineapple juice	47*	212	13
Soy milk	37	259	5
Sports drink	67*	516	22
Strawberry banana smoothie (with low-fat yogurt)	42	391	23
Ready meals, soups and sausages			
Fried rice (without meat)	80	137	35
Macaroni and cheese	65*	189	27
Marinara sauce	23	132	2
Pierogi (with potato or cheese)	50*	228	33
Split pea soup (with ham)	61*	380	24
Tomato soup	52	372	13
Fast food			
Hash browns	56	106	16
Pepperoni pizza	56*	254	32

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