

Table of Carbohydrate Grams

Vegetable	Qty	Carbs	Fruit	Qty	Carbs
Artichoke	1/2 cup	11.0	Apple	1 med piece	13.0
Asparagus	1/2 cup	1.6	Apricot fresh	1 med piece	4.6
Beans, green	1/2 cup	1.9	Apricot, dried	1/4 cup	21.3
Beans, kidney	1/2 cup	11.6	Avocado	1/2	0.6
Beans, Lima	1/2 cup	14.2	Banana, small	1	31.0
Broccoli	1/2 cup	0.1	Blackberries	1/2 cup	4.5
Brussels sprouts	1/2 cup	1.0	Blueberries	1/2 cup	4.5
Cabbage, green	1/2 cup	1.1	Cherries	1/2 cup	10.5
Capsicum green raw	1/2 cup	1.2	Coconut, fresh	1/2 cup	1.7
Capsicum red raw	1/2 cup	3.2	Dried fruit mix	1/2 cup	59.0
Carrot raw	1/2 cup	2.3	Feijoa	1/2 cup	1.7
Cauliflower	1/2 cup	1.8	Fig, fresh	1	4.8
Celery raw	1 stalk	1.8	Grapes	1/2 cup	13.2
Chick peas	1/2 cup	16.2	Grapefruit	1/2 cup	11.8
Chilli pepper	1	0	Kiwi fruit	1	8.0
Corn	1/2 cup	14.8	Lemon	1 small	10.0
Cucumber	1 small	1.3	Lime	1 small	9.0
Eggplant	1/2 cup	1.1	Mandarin	1 med piece	8.5
Fennel raw	1/2 cup	0.6	Mango	1/2 cup	12.9
Greens, mixed	1 cup	0.4	Melon	1/2 cup	4.4
Kale	1/2 cup	3.0	Nectarine	1 med piece	11.2
Kidney beans	1/2 cup	11.6	Orange	1 med piece	11.0
Leek cooked	1/2 cup	3.2	Papaya	1/2 cup	5.1
Lentils	1/2 cup	14.2	Peach	1 med piece	9.0
Lettuce raw	1/2 cup	0.4	Pear	1 med piece	21.1
Mushrooms	1/2 cup	0.1	Pineapple	1/2 cup	9.3
Onion cooked	1/2 cup	3.0	Plum	1 med piece	6.0
Onions, spring	1/4 cup	1.5	Raspberries	1/2 cup	3.0
Peas cooked	1/2 cup	5.9	Strawberries	1/2 cup	3.6
Potato cooked	1/2 Cup	10.8	Tamarillo	1/2 cup	2.3
Pumpkin	1/2 cup	6.3	Tangerine	1	6.2
Radishes raw	1/2 cup	1.6	Watermelon	1 slice	10.9
Rhubarb	1/2 cup	1.7			
Silverbeet cooked	1/2 cup	2.4			
Spinach, raw	1 cup	0.2			
Squash, butternut	1/2 cup	20.0			
Tomato, raw	1/2 cup	2.6			
Tomatoes, canned	1/2 cup	4.0			
Turnip	1/2 cup	1.4			
Watercress	1/2 cup	0.0			
Zucchini	1/2 cup	1.0			