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WE BUILD WHAT'S
RIGHT FOR YOU

NET CARBOHYDRATE CONTENT IN COMMON FOODS A SIMPLE GUIDE

If you're interested in weight loss knowing your way around the carbohydrate content in common foods is a necessity. Here's a simple guide to get you started.

There isn't an official definition of net carbohydrate – the simple way to understand it is total carbohydrate minus fiber. We don't absorb fiber, so the carbohydrate attributed to it does not count in your total daily intake.

Choose a range that suits *you*, a range *you* can commit to for an initial 2-4 weeks. You can then adjust it as you go.

STRICT LOW CARBOHYDRATE	Less than 50 grams per day
MODERATE CARBOHYDRATE	50-75 grams per day
LIBERAL CARBOHYDRATE	75-130 grams per day

The net carbohydrates for common foods are given overleaf. Amounts are based on average serving sizes. Always check the label in store bought foods however as sizing varies dramatically.

Feel free to eyeball serving sizes by the way. No need to overcomplicate things.

1 CUP =
The size of your fist



½ CUP =
The size of an ice cream scoop



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A SIMPLE GUIDE

VEGETABLES

There are two golden rules when it comes to carbohydrates in vegetables:

- Vegetables grown above the ground have less than 5 grams of net carbohydrate per 1 cup cooked.

Think of them as 'free'.

- Vegetables grown below the ground contain more net carbohydrate so be wary, especially of potatoes.

1 medium white potato	25 grams
½ cup mashed potato	15 grams
1 medium sweet potato	23 grams
½ cup cooked carrots	4 grams
½ cup cooked parsnip	4 grams
1 medium onion	7 grams

PEAS, CORN, BEANS, LENTILS, OATMEAL

½ cup cooked green peas	7 grams
½ cup cooked corn	14 grams
½ cup canned kidney beans	12 grams
½ cup cooked lentils	11 grams
½ cup cooked oatmeal	12 grams

FRUIT

1 apple	16 grams
1 pear	20 grams
1 orange	13 grams
1 banana	24 grams
½ cup most berries	5 grams
½ cup blueberries	9 grams

Fruit juices – just don't do it.

DAIRY

½ cup milk (any kind)	6 grams
½ cup yogurt	9 grams

MORE RAPIDLY ABSORBED CARBOHYDRATES

1 slice white bread	12 grams
1 slice wholewheat bread	11 grams
½ cup cooked brown rice	21 grams
½ cup cooked white rice	26 grams
½ cup cooked white pasta	20 grams
½ cup cooked brown pasta	16 grams
½ cup rice crispies	12 grams
½ cup corn flakes	12 grams
1 tsp sugar (any kind)	4 grams
1 tsp honey	6 grams
1 oz. chocolate	15 grams
1 chocolate biscuit	12 grams



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Remember, if you need the support of a nutrition coach as you implement a weight loss program or you need help creating a personalized nutrition plan with specific carbohydrate targets, contact me at jillian@yournutritiontoolkit.com.