

Foods highest in

Carbohydrates

"Amount" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Amount" is based upon a **275 g** nominal daily value.

<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>	<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>
Lemons, with peel	19%	716	17.6	Fruit cocktail in syrup	9%	37	4.0
Fiber One	15%	519	1.8	Apricots dried	9%	68	1.5
All-Bran with fiber	15%	1098	1.8	Seaweed, agar	9%	359	13.6
Limes	13%	222	11.8	Pie fillings, apple	9%	-12	3.5
Lemon peel	12%	479	7.5	Catsup	9%	27	3.6
Lemons	12%	318	12.2	Figs	9%	44	4.8
All-Bran Buds	12%	874	1.4	Sugar, granulated	9%	-46	0.9
Cinnamon	11%	515	1.4	Brown sugar	9%	-29	0.9
Wheat bran, crude	11%	677	1.6	Orange peel	9%	274	3.6
Toasted Wheat Bran	11%	819	1.8	Molasses	9%	64	1.2
All-Bran Original	10%	1025	1.4	Vanilla extract, imitation	9%	-41	6.3
Allspice	10%	178	1.3	Apricot nectar, canned	9%	42	6.3
POST 100% BRAN	10%	320	1.2	Bananas	9%	82	4.0
Splenda sweetener	10%	-44	1.1	Powdered sugar	9%	-45	0.9
Marmalade, orange	10%	-34	1.4	Clementines	9%	167	7.5
Peaches in syrup, canned	10%	6	4.8	Litchis, dried	9%	92	1.3
Oat bran	10%	330	1.4	Shiitake mushrooms	9%	356	1.2
Pears	10%	37	6.1	Papaya nector, canned	9%	-3	6.2
Dried plums	10%	44	1.5	Maraschino cherries	9%	-24	2.1
Pears in syrup, canned	10%	-4	6.2	Blueberries	9%	89	6.2
Dates	10%	6	1.3	Black pepper	9%	316	1.4
Apples	10%	23	6.8	Sweet red cherries	9%	41	5.6
Mandarin oranges, canned	10%	64	5.8	Pumpkin pie mix, canned	9%	260	3.4
Cranberries	10%	156	7.7	Pears, asian	9%	60	8.4
Raisins	10%	8	1.2	Savory	9%	450	1.3
Pineapple	10%	243	7.3	Pomegranates	9%	26	5.2
Pear nectar, w/vit C	10%	71	5.9	Grapefruit	9%	228	11.0
Applesauce	10%	9	8.2	Honeydew melons	9%	110	9.8
Crabapples	10%	44	4.6	Elderberries	9%	176	4.8
Stewed prunes	10%	32	3.3	Tangerines, mandarin oranges	9%	124	6.7
Grapes	10%	44	5.1	Watermelon	9%	117	11.8
Pineapple, canned	10%	109	5.9	Papayas	9%	318	9.0
Mangos	10%	111	5.4	Pumpkin	9%	857	13.6
Plantains	10%	77	2.9	Oranges	9%	205	7.5

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Tomato juice	9%	401	20.7	Fennel bulbs	9%	254	11.4
Complete Wheat Bran	9%	1194	1.1	Lipton onion soup mix	9%	-115	1.3
Plums	9%	72	7.7	Sweet potato	9%	436	4.1
Grape juice concentrate, w/C	9%	39	2.0	Shredded wheat	8%	136	1.0
Applebutter	9%	-14	2.0	Carrots	8%	1011	8.6
Total Raisin Bran	9%	648	1.1	Onions	8%	113	8.8
Apple juice,concentrate	9%	44	2.1	Shallots	8%	176	4.9
Chinese waterchestnuts	9%	117	3.6	Chocolate syrup	8%	8	1.3
Puffed Wheat	9%	25	1.1	Onion powder	8%	86	1.0
Prune juice	9%	40	5.0	Cabbage	8%	497	14.1
Peaches	9%	104	9.0	Green bell peppers	8%	738	17.6
Sour red cherries	9%	119	7.1	Leeks	8%	274	5.8
Dried basil	9%	866	1.4	Red bell peppers	8%	1071	13.6
Pineapple juice w/vit C	9%	152	6.7	White pepper	8%	171	1.2
Raisin Bran Cereal	9%	325	1.1	Total cereal	8%	1153	1.1
Gourd	9%	300	25.2	Potatoes, no skin	8%	113	3.8
Thyme, fresh	9%	695	3.5	Apricots raw	8%	188	7.3
Cucumber	9%	264	23.5	Thyme, dried	8%	869	1.3
Kellogg's Corn Flakes	9%	308	1.0	Gooseberries	8%	204	8.0
Kiwi	9%	287	5.8	Orange juice	8%	176	7.8
Acerola West Indian cherry	9%	5971	11.0	Tomato paste	8%	243	4.3
Orange juice,concentrate	9%	138	2.2	Green beans	8%	393	11.4
Cantaloupe	9%	395	10.4	Turnips	8%	231	12.6
Strawberries	9%	359	11.0	Kohlrabi	8%	510	13.1
Parsnips	9%	190	4.7	Raspberries	8%	234	6.8
Nectarines	9%	98	8.0	Total Corn Flakes	8%	1004	0.9
Orange juice, fr/concentrate	9%	147	7.8	Mashed potato flakes	8%	116	1.0
Cornstarch	9%	5	0.9	Quaker Puffed Rice	8%	70	0.9
Bay leaf spice	9%	368	1.1	Orange juice, California	8%	190	8.0
Pumpkin, canned	9%	1139	10.4	Mulberries	8%	188	8.2
Eggplant	9%	279	14.7	Crushed tomatoes, canned	8%	310	11.0
Potatoes, au gratin, mix	9%	48	1.1	Potatoes with skin	8%	146	4.6
Yams	9%	118	3.0	Salsify, (vegetable oyster)	8%	127	4.3
Smart Start Cereal	9%	593	1.0	Okra	8%	671	11.4
Taro	9%	122	3.1	Japanese chestnuts	8%	158	2.3
Hershey's Chocolate Syrup	9%	-17	2.4	Grape-Nuts Cereal	8%	142	1.0
Grapefruit juice	9%	187	9.0	Japanese chestnuts, dried	8%	158	1.0
Tomatoes, canned	9%	296	20.7	Puffed millet	8%	60	1.0
Horseradish	9%	148	7.3	Rutabagas	8%	251	9.8

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European chestnuts	8%	88	1.8	Whey, acid	8%	147	14.7
Sauerkraut, canned	8%	269	18.6	Peppermint, fresh	8%	556	5.0
Whole wheat hard pretzels	8%	105	1.0	Capers, canned	8%	-147	15.3
Kumquats	8%	151	5.0	European chestnuts, dried	8%	81	1.0
Artichokes	8%	293	7.5	Radishes	8%	356	22.0
Tomato soup	8%	88	5.9	Iceberg lettuce	8%	410	25.2
Blackberries	8%	285	8.2	Cauliflower	8%	566	14.1
Marjoram, dried	8%	659	1.3	White rice, enriched	8%	119	2.9
Spaghetti squash	8%	137	11.4	Shake 'N' Bake	8%	-31	0.9
Turnip greens	8%	1791	11.0	Puffed Rice	8%	14	0.9
Seaweed, kelp	8%	429	8.2	Whey, sweet, dried	8%	122	1.0
Beets	8%	205	8.2	Saffron	8%	531	1.1
Ginger root	8%	108	4.4	Wheatena	8%	130	6.3
Boston brown bread, canned	8%	91	1.8	Rice cakes, brown rice	8%	115	0.9
Garlic	8%	213	2.4	Guavas	8%	526	5.2
Bulgur	8%	137	1.0	Oegano, dried	8%	519	1.2
Pimento, canned	8%	884	15.3	Sprouted lentils, cooked	8%	222	3.5
Wheat	8%	121	1.0	Cocoa mix, powder	8%	13	0.9
Sweet yellow corn	8%	139	4.1	Cowpeas (blackeyes)	8%	223	3.9
Sprouted peas	8%	180	2.8	Hard pretzels	8%	75	0.9
Dill weed, dried	8%	458	1.4	Durum wheat	8%	177	1.0
MultiGrain Oatmeal	8%	121	1.1	Wild rice	8%	128	1.0
Chili peppers	8%	693	8.8	Crackers, saltines, fat-free	8%	83	0.9
Cardamom	8%	525	1.1	Summer squash	8%	546	22.0
Sorghum	8%	57	1.0	Zucchini	8%	553	22.0
Wheaties	8%	436	1.0	Corn flour, enriched	8%	145	1.0
Complete Oat Bran Flakes	8%	1118	1.0	Sprouted lentils	8%	231	3.3
Multi-Grain Cheerios	8%	952	0.9	Brown rice	8%	125	1.0
Chinese chestnuts, raw	8%	123	1.6	Buckwheat	8%	131	1.0
Garlic powder	8%	141	1.1	Brussels sprouts	8%	692	8.2
Tomatoes, ripe	8%	416	19.6	Barley	8%	143	1.0
Rhubarb	8%	325	16.8	Cheerios	8%	368	1.0
Chestnuts, european	8%	101	1.4	Ginko nuts	8%	104	1.9
Sun-dried tomatoes	8%	211	1.4	Couscous	7%	65	0.9
Coffee, instant, decaf	8%	351	176.4	Soft pretzels	7%	25	1.0
Sprouted wheat	8%	171	1.8	Dandelion greens	7%	849	7.8
Cornmeal	8%	44	1.0	Chicory greens	7%	1726	15.3
Purslane	8%	855	22.0	Ground ginger	7%	490	1.0
Poultry seasoning	8%	392	1.1	Fig bars	7%	20	1.0

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Seaweed, wakame	7%	562	7.8	Collards	7%	1611	11.8
Semolina, enriched	7%	137	1.0	Cloves	7%	581	1.1
Popcorn, air-popped	7%	91	0.9	Mustard greens	7%	2403	13.6
Spaghetti, enriched	7%	138	1.0	Kellogg's Special K	7%	529	0.9
Kale	7%	1747	7.1	Rye bread	7%	111	1.4
Sprouted mung beans, cooked	7%	397	16.8	Parsley, dried	7%	903	1.3
Wonton wrappers	7%	91	1.2	Pink beans	7%	206	1.0
Smart Start Soy Protein	7%	541	1.0	Broccoli stalks	7%	764	12.6
English Muffins, Thomas	7%	5	1.5	Sprouted pinto beans	7%	334	5.7
Sprouted mung beans	7%	395	11.8	Navy beans	7%	218	1.0
Bread stuffing dry mix	7%	86	0.9	Coriander leaf, dried	7%	913	1.3
Endive	7%	1482	20.7	Sprouted pinto beans, cooked	7%	299	16.0
Swiss chard	7%	2849	18.6	Grape leaves	7%	998	3.8
Beet greens	7%	1964	16.0	Green leaf lettuce	7%	1957	23.5
Kellogg's Nutri-Grain	7%	75	1.0	Pop Tarts	7%	12	0.9
Bagels, plain	7%	122	1.4	Celery	7%	422	22.0
English muffins	7%	59	1.5	White beans	7%	214	1.0
Sourdough or French Bread	7%	101	1.2	7-grain bread	7%	144	1.4
Broccoli	7%	748	10.4	Oyster mushrooms	7%	429	10.1
Portabella mushrooms	7%	593	13.6	Gingersnaps	7%	58	0.8
English muffins w. calcium	7%	124	1.3	Coriander seed	7%	242	1.2
Sprouted navy beans	7%	360	5.3	Italian bread	7%	109	1.3
Lotus seeds, dried	7%	156	1.1	Quinoa	7%	128	0.9
Lotus seeds raw	7%	156	4.0	Great northern beans	7%	218	1.0
Rosemary, dried	7%	274	1.1	Ground tumeric	7%	284	1.0
Romaine lettuce	7%	1566	20.7	Black beans	7%	198	1.0
Vinegar, balsamic	7%	-9	4.0	Spearmint, dried	7%	762	1.2
Paprika	7%	763	1.2	Tomatillos	7%	212	11.0
Sage	7%	554	1.1	Graham crackers	7%	38	0.8
Millet	7%	107	0.9	Dill seed	7%	250	1.2
Bamboo shoots	7%	393	13.1	Croutons	7%	84	0.9
Sprouted navy beans, cooked	7%	320	4.5	Mung beans	7%	218	1.0
Cake, white, dry mix	7%	17	0.8	Pinto beans	7%	206	1.0
Popovers, dry mix	7%	77	1.0	Kidney beans	7%	217	1.1
Adzuki beans	7%	216	1.1	Kashi GoLean Crunch	7%	46	0.9
Spearmint, fresh	7%	838	8.0	Podded peas	7%	492	8.4
Whey, sweet	7%	107	13.1	Cranberry beans	7%	224	1.1
White bread	7%	91	1.3	Curry powder	7%	323	1.1
Pumpnickel bread	7%	124	1.4	Oat bran muffins	7%	138	1.3

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Bread crumbs, seasoned	7%	99	0.9	Asparagus	6%	586	14.1
Peas	6%	285	4.4	Spinach, canned	6%	1280	18.6
Lima beans	6%	252	3.1	CHEX snack mix	6%	177	0.8
Red/cayenne pepper	6%	541	1.1	Italian (Crimini) mushrooms	6%	606	13.1
Split peas	6%	192	1.0	Granola bars, plain	6%	58	0.8
Yellow beans	6%	211	1.0	Gravy, au jus, dry	6%	-89	1.1
Parsley	6%	2925	9.8	Fennel seed	6%	321	1.0
Enoki mushrooms	6%	270	8.0	Caraway seeds	5%	254	1.1
Sprouted peas, cooked	6%	160	3.6	White mushrooms	5%	629	16.0
Chili powder	6%	497	1.1	Anise seed	5%	222	1.0
Baby oatmeal, dry	6%	268	0.9	Biscuits, plain, dry mix	5%	59	0.8
Garden cress	6%	1639	11.0	Arugula	5%	825	14.1
Boston lettuce	6%	1299	27.1	Ramen noodle	5%	53	0.8
Fava beans	6%	218	1.0	Chives	5%	1205	11.8
Oats	6%	165	0.9	Wheat germ, crude	5%	416	1.0
Taragon, dried	6%	434	1.2	Non-fat dry milk w vit A	5%	218	1.0
Lentils	6%	229	1.0	Sprouted kidney beans, cooked	5%	545	10.7
Coffee, instant, regular	6%	232	176.4	Sprouted kidney beans	5%	610	12.2
Tofu yogurt	6%	69	3.8	Red leaf lettuce	5%	1603	22.0
Lambsquarters, raw	6%	1219	8.2	Ensure plus	5%	116	2.5
Chinese cabbage (bok choy)	6%	1749	27.1	Chocolate-flavor milk	5%	96	4.1
Whole-wheat bread	6%	147	1.4	Hot cocoa, homemade	5%	107	4.6
Chickpeas (garbanzo)	6%	194	1.0				
Saltines (oyster, soup)	6%	53	0.8				
Chicken noodle soup mix	6%	57	0.9				
Swamp cabbage	6%	1506	18.6				
Dill weed	6%	1166	8.2				
Vanilla frosting	6%	-20	0.8				
Dehydrated brown gravy	6%	-10	1.0				
Cocoa, dry powder	6%	212	1.2				
Basil	6%	1751	13.1				
Manhattan clam chowder	6%	201	5.8				
Coriander (cilantro) leaves	6%	1762	15.3				
Rosemary, fresh	6%	281	2.7				
Plain frozen waffles	6%	133	1.1				
Spinach	6%	2601	15.3				
Rice bran	6%	600	1.1				
Cream of mushroom soup	6%	61	6.8				
Chocolate chip cookies	6%	36	0.8				