

<u>Carbohydrates</u>	<u>Serving size</u>	<u>Calories (kCal)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbohydrate (g)</u>
<b>Fruits</b>					
Apple	1 medium	80	0	0	22
Apricot	100g	42	1	0	10
Banana	1 banana	90	1	0	20
Blackberries	1 cup	62	2	0	14
Blueberries	100g	57	1	0	14
Cherries	100g	60	1	0	15
Dates	40g	118	1	0	28
Pineapple	100g	50	2	0	13
Plums	1 medium	76	1	0	19
Pomegranate	½	80	1	1	18
Prunes	5	100	2	0	26
Raisins	1 mini pack	42	1	0	10
Dried Fruit	40g	110	1	0	25
Grapes	15	45	0	0	11
Mango	100g	60	0	0	15
Melon	1 cup	61	1	0	16
Orange	1 medium	62	1	0	15
Peach	1 medium	60	1	0	15
Pear	1 Large	80	1	0	21
Fruit juice	1 cup (240ml)	130	2	0	31

<b>Grains</b>					
<b>Basmati Rice</b>	62.5g	170	4	1	37
<b>Quinoa</b>	100g	374	13	6	69
<b>Wholegrain rice</b>	100g	161	4	1	34
<b>Buckwheat</b>	1/2cup	123	4	3	23
<b>Porridge oats</b>	40g	150	5	3	27
<b>Cereals (list a few)</b>	Fruite&Fibre (40g)	152	3	2	28
	Cornflakes (30g)	110	3	0	23
	Coco pops (30g)	116	2	1	25
	Alpen Muesli (45g)	170	5	3	30
	Frosties (30g)	113	1	0	27
	Cheerio's (40g)	126	3	1	25
	Special K (40g)	141	5	0	26
<b>Rice cakes</b>	1 cake	50	1	0	11
<b>Pasta</b>	½ cup dry	190	7	1	41
<b>Egg noodles</b>	1 nest	176	6	1	36
<b>Bagel</b>	1	241	9	2	48
<b>Starchy Vegetables</b>					
<b>Butternut squash</b>	85g	40	1	0	10
<b>Sweet corn</b>	100g	110	4	2	19
<b>Sweet Potato</b>	100g raw	86	2	0	20
<b>White Potato</b>	100g raw	85	2	0	19

