

HIGH-CARBOHYDRATE FOODS

Food Group	Serving	Calories	Carbohydrate	Food Group	Serving	Calories	Carbohydrate
MILK							
Low-fat (2%) milk	1 cup/8 oz.	121	12	Frozen Yogurt	1 cup	220	34
Skim milk	1 cup	86	12	(Low Fat)			
Chocolate milk	1 cup	208	26	Fruit-flavored	1 cup	225	43
Pudding (any flavor)	1/2 cup	161	30	yogurt (Low Fat)			
MEAT - Meat Loaf							
	3 oz.	230	13				
FRUIT							
Apple	1 medium	81	21	Grapes	1 cup	58	16
Apple Juice	1 cup	111	28	Grape Juice	1 cup	96	23
Applesauce	1 cup	194	52	Orange	1 medium	65	16
Banana	1 medium	105	27	Orange Juice	1 cup	112	26
Cantaloupe	1 cup	57	13	Pear	1 medium	98	25
Cherries (raw)	10	49	11	Pineapple	1 cup	77	19
Cranberry Juice	1 cup	147	37	Prunes (dried)	10	201	53
Dates (dried)	10	228	61	Raisins	2/3 cup	300	79
Fruit Cocktail	1/2 cup	56	15	Raspberries	1 cup	61	14
(in own juice)				Strawberries	1 cup	45	11
Fruit Roll-Ups	1 roll	50	12	Watermelon	1 cup	50	12
VEGETABLE							
Blackeye Peas	1/2 cup	99	78	Pinto Beans	1 cup	235	44
Carrots	1/2 cup	31	7	Potato	1 large	139	32
Corn	1/2 cup	88	21	Refried Beans	1 cup	270	47
Carbonzo Beans	1 cup	269	45	Sweet potato	1 large	118	28
Lima Beans	1 cup	217	39	Three Bean Salad	1/2 cup	90	20
Navy Beans	1 cup	259	48	Water Chestnuts	1/2 cup	66	15
Peas (green)	1/2 cup	63	12	White Beans	1 cup	249	45
GRAIN							
Bagel	1	163	31	Graham Crackers	2 squares	63	11
Biscuit	1	103	13	Saltines	5 crackers	60	10
White Bread	1 slice	61	12	Triscuit Crackers	3 crackers	60	10
Whole Wheat Bread	1 slice	61	11	Pancake	1	61	9
Breadsticks	2 sticks	77	15	Waffles	1	130	17
Corn Bread	1 square	1178	28	Rice	1 cup	206	50
Cereal (ready to eat)	1 cup	110	24	Rice (brown)	1 cup	232	50
Cream of Wheat	3/4 cup	96	20	Hamburger Bun	1	119	21
Malt-O-Meal	3/4 cup	92	19	Hotdog Bun	1	119	21
Flavored Oatmeal	1 packet	110	25	Noodles (spaghetti)	1 cup	159	34
(instant)				Flour Tortilla	1	95	17
SUPPLEMENTS							
GatorLode®	11.6 oz.	280	70	GatorPro®	11 oz.	360	59

Source: "The Swimmers Diet: Eating for Peak Performance", Gatorade, 1992