

Carb Counts of Fresh Fruit & Vegetables

Fresh Fruit	Serving	Calories	Carb (g)
Apple, with skin	1 medium (5 ounces)	81	21
Apricots	4 (1 ounce each)	68	16
Banana	1 small (6 inch)	93	24
Blueberries	3/4 cup	61	15
Cantaloupe	1 cup, cubes	56	13
Cherries, sweet	13	62	15
Cranberries	1 cup	47	12
Figs, large	1 (2-1/2 inch)	48	12
Grapefruit	1/2 large	51	13
Grapes, seedless	17	60	15
Honeydew melon	1 cup, cubes	59	16
Kiwifruit	1 large (4 ounces)	56	14
Mango	1/2 cup, sliced	54	14
Nectarine	1 (2-1/2 inch)	67	16
Orange	1 (5 ounces)	62	15
Papaya	1 cup, cubes	55	14
Peach	1 large (6 ounces)	67	17
Pear	1/2 of a large	62	16
Pineapple	3/4 cup	57	14
Plums	2 (2 inch)	73	17
Raspberries	1 cup	60	14
Strawberries, whole	1-1/2 cups	65	15
Tangerines, medium	2 (3 inch)	74	19
Watermelon	1-1/4 cups, cubes	62	14

Fresh Vegetables (nonstarchy)	Serving	Calories	Carb (g)
Asparagus, cooked	1/2 cup	22	4
Asparagus, cooked	8 spears	29	5
Beans, snap green, cooked	1/2 cup	22	5
Bean sprouts, raw	1 cup	31	6
Beets, cooked	1/2 cup	37	8
Broccoli, raw	1 cup	25	5
Broccoli, cooked	1/2 cup	22	4
Brussels sprouts, cooked	1/2 cup	30	7
Cabbage, cooked	1/2 cup	17	3
Cabbage, raw	1 cup	18	4
Carrot, raw,	1 medium (2 ounces)	26	6
Carrot, cooked	1/2 cup	35	8
Cauliflower, raw	1 cup	25	5
Cauliflower, cooked	1/2 cup	14	3
Celery, raw	1 cup	19	4
Cucumber, raw	1 cup	14	3
Eggplant, cooked	1/2 cup	13	3
Greens, cooked			
Collard	1/2 cup	17	4
Kale	1/2 cup	21	4
Mustard	1/2 cup	10	2
Turnip	1/2 cup	14	3
Lettuce, iceberg	1 cup	7	1
Mushrooms, raw, whole	1 cup	24	4
Mushrooms, cooked	3/4 cup	32	6
Okra, cooked	1/2 cup	25	6
Pea pods, raw	1 cup	61	11
Pea pods, cooked	1/2 cup	34	6
Romaine	1 cup	8	2
Spinach, raw	1 cup	7	1
Spinach, cooked	1/2 cup	20	4
Squash, summer, raw	1 cup	25	5
Squash, summer, cooked	1/2 cup	18	4
Tomato, raw, chopped	1 cup	38	8
Tomato, raw, whole, sliced	1 (2-1/2 inch)	26	6
Turnips, cooked	1 cup cubes	33	8
Zucchini, raw	1 cup	17	4
Zucchini, cooked	1 cup	29	7

Fresh vegetables (starchy)	Serving	Calories	Carb (g)
Corn, sweet, yellow, cooked	1/2 cup	88	21
Peas, green cooked	1/2 cup	67	13
Potato, white, baked	3 ounces	93	22
Potato, white, boiled	1/2 cup	68	16
Squash, winter	1 cup	82	22
Potato, sweet, baked	1/2 of medium (4 ounces)	59	14