

Carbohydrates in Foods and Beverages

| Food | Carbs (gm) |
|-------------------------------------|------------|
| 1 cup skim or 1% milk | 12 |
| 1 cup (8 oz) Gatorade | 14 |
| 1 orange | 15 |
| 1 cup (8 oz) Powerade | 19 |
| 2 sheets graham crackers | 20 |
| 2 small fig cookies | 22 |
| Clif energy gel packet | 22 |
| Hammer Gel, 1 packet | 23 |
| 1 cup animal crackers | 24 |
| ½ cup sweetened applesauce | 25 |
| 1 cup low-fat chocolate milk | 20-25 |
| Hammer bar | 25 |
| ½ whole grain bagel | 26 |
| 1 cup apple juice | 27 |
| 1 scoop HEED sports drink | 27 |
| 1 cup cooked cream of wheat | 27 |
| 1 banana | 28 |
| Luna bar | 28 |
| 1 cup cooked oatmeal | 30 |
| ¼ cup raisins | 30 |
| 1/3 cup dried sweetened cranberries | 33 |
| 6 oz. low-fat yogurt | 34 |
| 1 cup cranberry juice | 36 |
| 1 cup cooked whole wheat spaghetti | 37 |
| 6 oz baked potato with skin | 37 |
| 6.3 oz baked sweet potato | 37 |
| 12 oz. Cola | 39 |
| 1 cup cooked quinoa | 39 |
| 1 cup cooked white rice | 44 |
| Clif Bar | 38-45 |
| Powerbar | 45 |
| 1 cup cooked brown rice | 45 |
| 2 scoops Hammer Nutrition Perpetuem | 54 |