

## Carbohydrate & Protein (gram) Chart

Item	Serving Size	Carbohydrate (g)	Protein (g)	Calories
Bagel (whole wheat)	1	70	14	360
Bread, Pita (whole wheat)	1	50	10	260
Cereal (corn, rice, wheat, oats)	1 cup	40	9	190
Low fat milk, soya milk	1 cup	12	15	121
Yogurt	1 cup	16	10	140
Cheese	1 oz	<1	10	130
Apple	1 medium	21	<1	80
Orange	1 medium	15	<1	62
Banana	1 medium	27	1	105
Grapes	1 cup	16	<1	62
Cantaloupe	½ medium	22	<1	94
Pear	1 medium	25	<1	98
Strawberries	1 cup	12	<1	44
Potato	1 medium	26	4	100
Rice (brown)	1 cup	45	5	216
Noodles	1 cup	26	6	237
Pasta	1 cup	35	6	176
Broccoli	1 cup	8	2	22
Peas	1 cup	20	8	110
Brussels sprouts	6 each	11	3	49
Corn	1 cup	32	5	132
Beans, Kidney, Lima	1 cup	60	22	346
Beans, Soya	1 cup	20	43	432
Almonds	1 oz	6	6	163
Fish (Most fish fillets or steaks)	4oz	0	25	175
Chicken	4oz	0	34	223
Ham	4oz	0	25	220
Steak	6oz	0	42	291
Eggs	1 (large)	0	6	75
Cranberry Juice	1 cup	36	0	144
Orange Juice	1 cup	27	<2	112
Apple Juice	1 cup	29	<2	116
Lucozade	16 ounces	30	0	140

**Digestion times:**

- Simple Carbohydrates: 1–2 Hours
- Complex Carbohydrates: 2–4 Hours
- Fats: 4–6 Hours
- Proteins: 6–8 Hours