

THE
**ULTIMATE
CARBOHYDRATE
COUNTER**
THIRD EDITION



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INTRODUCTION



Are you counting carbs?

There are many reasons to watch your carb intake:

Are you trying to lose weight? Some people find a high carb, lowfat, moderate protein intake is the best way to shed pounds. For others, a low carb, moderate fat, high protein intake is more successful. In both cases, changing your carb intake appears to be the key to weight loss.

Are you trying to eat more whole grain foods? Whole grains are rich in important nutrients and fiber that support your immune system, protect you from disease, and help control your weight.

Are you trying to increase your fiber intake? It is estimated that we eat less than half the amount of fiber we need each day. Getting enough fiber helps you lose weight, manage diabetes, relieve constipation, and lowers your risk for heart disease and cancer.

Do you want to eat less sugar? Many experts blame America's continued weight gain, in part, on our very high sugar

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intake. Many of us, particularly parents, are trying to reduce the amount of sugar our families eat. Knowing which foods are high in sugar can help you achieve this goal.

Is your cholesterol high? Adding whole grains and foods high in fiber can help you bring your cholesterol down.

Do you have a high triglyceride level? Eating more whole grain foods and less sugar can help you lower your triglyceride level.

Have you been diagnosed as prediabetic? This condition is actually a cluster of symptoms that puts you at higher risk for developing diabetes in the future. The best way to prevent this is to lose some weight and monitor the amount of carbohydrates you eat each day, sticking with the good-for-you kind.

Do you have type 2 diabetes? The most effective way to manage type 2 diabetes is to make healthy lifestyle changes. It's important to keep track of the type and amount of carbs you eat each day and to spread out your carb intake throughout the day.

Are you carb loading for an athletic event? High carb meals before a competition can improve performance. High carb foods are easily digested and provide the energy needed to get through a run, swim, or game without becoming fatigued.

The Ultimate Carbohydrate Counter, 3rd Edition can help you count carbs. It gives you the carbohydrate, fiber, and sugar values for over 15,000 foods. It will become your ultimate carb-counting companion.

Make carbs work for you:

- Choose the right whole grain carbs.
- Add more fiber.
- Eat less sugar.

70 BAMBOO SHOOTS

FOOD	PORTION	CALS	CARB	SUGAR	FIBER
BAMBOO SHOOTS					
canned sliced	½ cup	12	2	1	1
fresh sliced cooked w/ salt	½ cup	7	1	—	1
raw sliced	½ cup	20	4	2	2
La Choy					
Bamboo Shoots	½ cup	10	2	0	tr
Polar					
Sliced	½ cup	25	3	1	2
BANANA					
baked	1 (4.5 oz)	163	42	26	4
banana chips	1 oz	147	17	—	2
fresh	1 sm (6 in)	90	23	12	3
fresh	1 med (7 in)	105	27	14	3
fresh	1 lg (8 in)	121	31	17	4
fresh baby	1 extra sm (<6 in)	72	19	10	2
fresh mashed	½ cup	100	26	14	3
fresh sliced	1 cup	134	34	18	4
green fried	1 (3.1 oz)	152	21	11	2
green pickled	½ cup	240	11	6	1
green sliced fried	1 cup	323	45	24	5
powder	1 tbsp	21	5	3	1
red ripe	1 (7 in)	93	24	13	3
red ripe sliced	1 cup	134	34	18	4
whole dried	1 piece (1.2 oz)	130	33	22	2
Bob's Red Mill					
Chips	25 (1.4 oz)	210	26	20	0
Brothers-All-Natural					
Crisps	1 pkg (0.58 oz)	66	16	8	2
Frieda's					
Burro	1 (3 oz)	80	20	13	1
Dried	1 piece (1.2 oz)	130	33	22	2
Goodniks					
Nutty Bananas Crunchy Snack	¾ cup	230	21	3	3
Kopali					
Organic Dark Chocolate Covered	½ pkg (1 oz)	120	19	17	2

FOOD	PORTION	CALS	CARB	SUGAR	FIBER
Tree Of Life					
Dried Sweetened	½ cup (1.6 oz)	240	27	18	4
TAKE-OUT					
batter dipped fried	1 sm (4 oz)	266	32	9	3
fried dwarf w/ cheese	1 (1.4 oz)	84	10	5	1
fritter	1 (2.3 oz)	197	36	14	2
sliced batter dipped fried	1 cup	335	40	12	3
BARBECUE SAUCE					
barbecue	2 tbsp	52	13	9	tr
low sodium	2 tbsp	52	13	9	tr
Bear-Man					
Black Bear Boogie	2 tbsp	40	8	5	0
Growlin' Grizzly	2 tbsp	60	12	8	tr
Bone Suckin'					
Sauce	2 tbsp	40	10	8	0
Cattlemen's					
Classic	2 tbsp	60	15	10	tr
Honey	2 tbsp	70	17	13	tr
Smokehouse	2 tbsp	60	14	12	tr
David Burke					
Flavor Spray Memphis BBQ	2 sprays	0	0	0	0
Nando's					
Barbecue	1 tbsp	7	2	1	0
Naturally Fresh					
BBQ	2 tbsp	40	10	8	0
Wellshire					
Original	2 tbsp	39	10	4	0
BARLEY					
flour	1 cup	511	110	1	15
pearled cooked	1 cup (5.5 oz)	193	44	tr	6
pearled uncooked	¼ cup	176	39	tr	8
Arrowhead Mills					
Organic Pearled not prep	¼ cup	160	32	1	8
BARRACUDA					
broiled	4 oz	239	tr	tr	0
cooked flaked	1 cup	287	1	tr	0
poached	4 oz	227	0	0	0
TAKE-OUT					
breaded & fried	4 oz	282	5	tr	tr

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FOOD	PORTION	CALS	CARB	SUGAR	FIBER
Water Base Watermelon	1 scoop (3.5 oz)	25	7	7	tr
PANDA EXPRESS					
MAIN MENU SELECTIONS					
BBQ Pork	1 serv	350	13	5	tr
Beef & Broccoli	1 serv	150	9	2	1
Beef w/ String Beans	1 serv	170	11	0	2
Black Pepper Chicken	1 serv	180	10	2	2
Chicken w/ Mushrooms	1 serv	130	7	2	2
Chicken w/ Potato	1 serv	220	17	1	1
Chicken w/ String Beans	1 serv	170	12	2	3
Egg Roll Chicken	1 (3 oz)	190	21	tr	3
Fried Shrimp	6 pieces	260	26	0	tr
Mandarin Chicken	1 serv	250	8	2	2
Mixed Vegetables	1 serv	70	8	1	1
Orange Chicken	1 serv	480	50	5	2
Spicy Chicken w/ Peanuts	1 serv	200	17	2	4
Spring Roll Veggie	1 (1.7 oz)	80	14	0	tr
Steamed Rice	1 serv	330	74	0	2
String Beans w/ Fried Tofu	1 serv	180	11	3	3
Sweet & Sour Chicken	1 serv	310	28	0	2
Sweet & Sour Pork	1 serv	410	17	0	3
Vegetable Chow Mein	1 serv	330	48	6	4
Vegetable Fried Rice	1 serv	390	61	0	2
SAUCES					
Hot	2 tsp	10	2	1	0
Hot Mustard	1 serv	18	1	0	0
Mandarin	1 serv	70	16	14	0
Soy	1 tbsp	16	2	2	0
Sweet & Sour	1 serv	60	15	13	0
PEI WEI ASIAN DINER					
CHILDREN'S MENU SELECTIONS					
Kid's Wei Honey Seared Chicken w/o Noodles Or Rice	1 serv	290	19	8	0
Kid's Wei Lo Mein Chicken w/o Noodles Or Rice	1 serv	180	7	3	0
Kid's Wei Teriyaki Chicken w/o Noodles Or Rice	1 serv	240	20	18	0

FOOD	PORTION	CALS	CARB	SUGAR	FIBER
DESSERTS					
Cookie Chocolate Chip	1	342	53	37	2
Cookie Fortune	1	30	7	3	0
MAIN MENU SELECTIONS					
Bowl w/ Brown Rice Japanese Teriyaki Beef	1 serv	580	66	21	4
Bowl w/ Brown Rice Japanese Teriyaki Chicken	1 serv	460	64	21	4
Bowl w/ Brown Rice Japanese Teriyaki Shrimp	1 serv	410	64	21	4
Bowl w/ Brown Rice Japanese Teriyaki Vegetables & Tofu	1 serv	410	71	24	7
Bowl w/ White Rice Japanese Teriyaki Beef	1 serv	560	62	21	3
Bowl w/ White Rice Japanese Teriyaki Chicken	1 serv	440	60	21	3
Bowl w/ White Rice Japanese Teriyaki Shrimp	1 serv	390	61	21	3
Bowl w/ White Rice Japanese Teriyaki Vegetables & Tofu	1 serv	390	68	24	5
Crispy Potstickers	4	130	10	1	0
Edamame	1 serv	156	12	4	5
Fried Rice Beef	1 serv	630	68	9	3
Fried Rice Chicken	1 serv	525	68	9	3
Fried Rice Shrimp	1 serv	475	67	9	3
Fried Rice Vegetable & Tofu	1 serv	440	73	12	5
Ginger Broccoli Beef	1 serv	450	19	11	2
Ginger Broccoli Chicken	1 serv	300	19	11	2
Ginger Broccoli Shrimp	1 serv	230	18	11	2
Ginger Broccoli Vegetables & Tofu	1 serv	170	23	14	4
Honey Seared Chicken	1 serv	420	45	17	0
Honey Seared Shrimp	1 serv	370	43	17	0
Hot & Sour Soup	1 cup	150	11	0	2
Lemon Pepper Beef	1 serv	550	32	18	2
Lemon Pepper Chicken	1 serv	440	34	18	2
Lemon Pepper Shrimp	1 serv	380	34	18	2
Lemon Pepper Vegetables & Tofu	1 serv	230	29	19	4
Maindarin Kung Pao Chicken	1 serv	450	28	10	3