

Carbohydrate - Breads/Grains Calorie Listing

Food	Serving Size	Calories
Breads		
Bagel, plain	1 medium (2 ounces)	150
Bagel, plain	1 large (3.7 ounces)	280
Biscuit	1 medium (2 ounces)	200
Bread, white	1 slice	80
Bread, wheat	1 slice	80
Bread, light	1 slice	40
Breadsticks, soft	1 (2 ounces)	150
Cornbread	1 piece (2 ounces)	190
Croissants	1 (2 ounces)	230
English muffin	1 medium	135
Melba toast	4	80
Muffin, blueberry	1 (2 ounces)	160
Muffin, bran 1	(2 ounces)	160
Muffin, corn 1	(2 ounces)	175
Popovers	1 (2 ounces)	130
Roll, dinner	1 medium	85
Roll, hamburger	1 medium	125
Roll, hot dog	1 medium	115
Roll, kaiser	1 medium	190
Scone	1 medium	150
Bread Products		
Croutons	1/4 cup	45
French toast	1 slice	140
Pancakes	2 (4 inches)	175
Pretzel, soft	1 large	340
Stuffing, bread	1/2 cup	195
Stuffing, cornbread	1/2 cup	180
Waffle	1 (2.5 ounces)	220
Cereals, Cooked		
Grits, cooked	1 cup	140
Oatmeal, cooked	1 cup	150

Cereals, Ready to Eat

Bran flakes	3/4 cup	100
Granola, regular	1/2 cup	250
Granola, low-fat	1/2 cup	190
Oat cereal, toasted	1 cup	110
Puffed rice	1 cup	50
Raisin Bran	1 cup	200

Crackers

Animal crackers, plain	6	85
Animal crackers, iced	6	150
Graham crackers	2 sheets	110
Matzoh crackers	1 sheet	110
Oyster crackers	23	60
Saltines	5	60

Pasta

Couscous, cooked	1 cup	200
Egg noodles, cooked	1 cup	215
Macaroni, cooked	1 cup	200
Spaghetti, cooked	1 cup	200
Rice, cooked brown	1/2 cup	110
Rice, cooked white	1/2 cup	130
Rice, cooked wild	1/2 cup	85
Quinoa, cooked	1/2 cup	150
Cracker, butter	5	80

Snack Foods

Popcorn, air popped	3 cups	90
Popcorn, microwave	3 cups	105
Popcorn, microwave light	3 cups	60
Popcorn, oil popped	3 cups	165
Popcorn, caramel	1 cup	150
Popcorn, cheese	3 cups	190
Potato chips, baked	11	120
Potato chips, regular	20	150
Pretzels, large twists	9	110
Pretzels, small twists	17	110
Tortilla chips, baked	20 bite size	110
Tortilla chips	13 regular rounds	150

Tortilla chips

6 regular restaurant style 130