

# Carbohydrates

The carb connection.

## Brown Rice (cooked)

32% carbs



33g carbs  
3g protein  
1g fat  
2g fibre  
157 kcal/  
656 kJ

Serving: 1/2 cup or 103g

## White Rice (cooked)

36% carbs



27g carbs  
2g protein  
0g fat  
1g fibre  
120 kcal/  
504 kJ

Serving: 1/2 cup or 75g

## Pasta (cooked)

24% carbs



18g carbs  
4g protein  
0g fat  
2g fibre  
91 kcal/  
383 kJ

Serving: 1/2 cup or 75g

## White Bread

44% carbs




18g carbs  
4g protein  
1g fat  
1g fibre  
95 kcal/  
397 kJ

Serving: 1 slice or 40g

## Brown Bread

38% carbs




15g carbs  
4g protein  
1g fat  
2g fibre  
92 kcal/  
385 kJ

Serving: 1 slice or 40g

## Potatoes (boiled)

12% carbs



9g carbs  
1g protein  
0g fat  
2g fibre  
42 kcal/  
176 kJ

Serving: 1/2 med. potato or 75g

## Pumpkin (boiled)

7% carbs



5g carbs  
2g protein  
0g fat  
1g fibre  
35 kcal/  
148 kJ

Serving: 1/2 cup or 75g

## Rice Noodles (boiled)

19% carbs




18g carbs  
1g protein  
0g fat  
0g fibre  
81 kcal/  
339 kJ

Serving: 1/2 cup or 93g

## Quinoa (cooked)

16% carbs



15g carbs  
4g protein  
2g fat  
2g fibre  
96 kcal/  
403 kJ

Serving: 1/2 a cup or 97g

## Lentils

10% carbs




15g carbs  
10g protein  
1g fat  
6g fibre  
127 kcal/  
531 kJ

Serving: 1 cup or 150g

## Oats (raw)

55% carbs




45g carbs  
10g protein  
7g fat  
8g fibre  
304 kcal/  
1,271 kJ

Serving: 1 cup or 82g

## Plain Yogurt

4% carbs



8g carbs  
11g protein  
8g fat  
0g fibre  
155 kcal/  
648 kJ

Serving: 200g