

Appendix I: Net Carbohydrate Table

- ◆ A person living a sedentary lifestyle should aim to consume 50-75 NC per day as displayed in the foods in the table below.
- ◆ A person who exercises moderately each day should aim to consume about 100 NC per day.
- ◆ A person who exercises vigorously each day should aim to consume 125-150 NC per day.
- ◆ The number of NC eaten each day should agree with your exercise behaviors as shown above.
- ◆ Grams of sugar are approximately equal to the grams of carbohydrates shown in the foods below. There are some foods whose labels indicate "zero" grams of sugar but still contain carbohydrates.
- ◆ A person should consider the amount of fats contained in foods that have zero or low amounts of carbohydrates. An excessively fatty diet is unhealthy too.

(All Carbs and Fiber shown in Grams)

Alcohol

Amount	Food	Total Carbs	Fiber	Net Carbs
12 ounces	Beer	13.2	0.7	12.5
1 ounce	Bourbon, 80 proof	0	0	0
1 ounce	Gin, 80 proof	0	0	0
4 ounces	Medium white wine	0.9	0	0.9
4 ounces	Red wine	2	0	2
1 ounce	Rum, 80 proof	0	0	0
1 ounce	Tequila, 80 proof	0	0	0

1 ounce	Triple Sec liqueur, 1 shot	12.5	0	12.5
1 ounce	Vodka, 80 proof	0	0	0
1 ounce	Whiskey, 80 proof	0	0	0

Baking Goods

Amount	Food	Total Carbs	Fiber	Net Carbs
2 tbsp.	All-purpose white flour	11.9	0.4	11.5
1 ounce	Baking chocolate, unsweetened	8	4.4	3.7
2 tbsp.	Chocolate chips, semisweet	13.3	1.2	12
0.5 tsp.	Cinnamon	0.9	0.6	0.3
0.5 tsp.	Cocoa powder, unsweetened	0.5	0.3	0.2
2 tbsp.	Coconut milk, canned	0.8	0.3	0.5
2 tbsp.	Coconut, dried, unsweetened	2.4	1.6	0.8
2 tbsp.	Cornmeal	13.4	1.3	12.1
1 each	Gelatin, unsweetened	0	0	0
1 tsp.	Margarine	0	0	0
1 tbsp.	Molasses	12.5	0	12.5
1 tsp.	Sugar, brown	4.5	0	4.5

Bread, Rolls and Crackers

Amount	Food	Total Carbs	Fiber	Net Carbs
1 each	Bagel, 2½ oz.	38	1.7	36.3
1 each	Biscuit, 2 oz.	27.6	1	26.6
1 each	Blueberry Muffin, 2 oz.	27.4	1.5	25.9
1 each	Bran Muffin, 2 oz.	23.8	4	19.8
1 each	Breadsticks, sesame, small	2.2	0.1	2.1
1 each	Corn Muffin, 2 oz.	29	1.9	27.1

1 piece	Cornbread 2.5x2.5x1.5 piece	22.7	1.9	20.7
1 each	Crackers, butter type	51.4	1.5	49.8
1 each	Crackers, rye wafers	44.2	12.6	31.6
1 each	Crackers, saltines	10.7	0.5	10.3
1 each	Crackers, water	10	0.6	9.4
1 each	Croissant	27	0	27
1 each	English muffin	26	1.5	24.5
1 each	Hard white roll	30	1.3	28.7
1 piece	Italian bread	15	0.8	14.2
1 each	Pita pocket bread, 6½" diameter	33.4	1.3	32.1
1 each	Popover	10.4	0.3	10.1
1 piece	Pumpernickel bread	12.4	1.7	10.7
1 piece	Raisin bread	13.6	1.1	12.5
1 piece	Rye bread	15.5	1.9	13.6
1 each	Soft hoagie roll	32	2	30
1 piece	Sourdough bread	13	0.8	12.2
1 each	Tortilla, corn	12.1	1.4	10.8
1 each	Tortillas, flour, 8" diameter	25.3	0	25.3
1 piece	Wheat bread	11.8	1.1	10.7
1 piece	White bread	14.9	0.7	14.2
1 piece	Whole grain bread	11.8	1.1	10.7

Beans

Amount	Food	Total Carbs	Fiber	Net Carbs
0.5 cup	Baby lima beans	21.2	7	14.2
0.5 cup	Black beans	20.4	7.5	12.9
0.5 cup	Black eyed peas	17.9	5.6	12.3
0.5 cup	Red kidney beans	19.8	8.2	11.6
0.5 cup	Chickpea/Carb ancho beans	22.5	6.2	16.2

0.5 cup	Great Northern beans	18.7	6.2	12.5
2 tbsp.	Hummus	6.2	1.6	4.6
0.5 cup	Lentils	19.9	7.8	12.1
0.5 cup	Navy beans	23.9	5.8	18.1
0.5 cup	Pink beans	23.6	4.5	19.1
0.5 cup	Pinto beans	18	7	11
0.5 cup	Soybeans	9.9	3.8	6.2

Cereals

Amount	Food	Total Carbs	Fiber	Net Carbs
1 cup	Corn flakes	24.2	0.8	23.4
0.5 cup	Cream of rice cereal, cooked	13.9	0.1	13.8
0.5 cup	Cream of wheat, cooked	15.8	1.4	14.3
0.5 cup	Oatmeal, cooked	12.6	2	10.6
1 cup	Puffed wheat cereal	11.1	0.6	10.5
1 cup	Raisin Bran	47.1	8.2	38.9
1 cup	Rice Krispies	22.8	0.3	22.5

Cheeses

Amount	Food	Total Carbs	Fiber	Net Carbs
1 piece	American cheese, 2/3 oz. slice	0.3	0	0.3
2 tbsp.	Blue cheese, crumbled	0.4	0	0.4
2 tbsp.	Cheddar cheese, shredded	0.2	0	0.2
2 tbsp.	Cream cheese	0.8	0	0.8
0.5 cup	small curd	2.8	0	2.8
2 tbsp.	Feta cheese, crumbled	0.8	0	0.8
2 lbs.	Fontina cheese, shredded	0.2	0	0.2
2 tbsp.	Goat cheese, soft type	0.3	0	0.3
1 ounce	Mascarpone cheese	0.6	0	0.6

2 tbsp.	Monterey Jack cheese, shredded	0.1	0	0.1
2 tbsp.	Mozzarella cheese, whole milk, shredded	0.3	0	0.3
2 tbsp.	Muenster cheese, shredded	0.2	0	0.2
2 tbsp.	Parmesan cheese, shredded	0.3	0	0.3
1 ounce	Provolone cheese, diced	0.6	0	0.6
0.25 cup	Ricotta cheese, whole milk	1.9	0	1.9
2 tbsp.	Swiss cheese, shredded	0.5	0	0.5

Dairy

Amount	Food	Total Carbs	Fiber	Net Carbs
1 tsp.	Butter	0	0	0
1 cup	Buttermilk, 1% low-fat	13	0	13
2 tbsp.	Half and half	1	0	1
2 tbsp.	Heavy wh. Cream	0.8	0	0.8
1 cup	Milk, 2%	11.7	0	11.7
1 cup	Milk, whole	11.4	0	11.4
2 tbsp.	Sour cream	1.2	0	1.2
1 tsp.	Whipped butter	0	0	0
1 cup	Yogurt, low-fat, plain	17.2	0	17.2
1 cup	Yogurt, whole milk, plain	11.4	0	11.4

Desserts

Amount	Food	Total Carbs	Fiber	Net Carbs
1 piece	Cake, angel food, 3 oz. slice	29.4	0.1	29.2
1 piece	Cake, chocolate layer, 3 oz. slice	38	2	36
1 piece	Cake, coffee cake, 2 oz. slice	29.6	0.7	28.9

1 piece	Cake, pound cake, 1 oz. slice	13.8	0.1	13.7
1 ounce	Chocolate, dark	17.9	1.7	16.2
1 ounce	Chocolate, milk	16.8	1	15.8
1 each	Cookie, chocolate chip, 1/2 oz.	10.3	0.5	10
1 each	Cookie, oatmeal, 1/2oz.	12.4	0.5	11.9
1 each	Cookie, peanut butter, 2/3 oz.	11.8	0.4	11.4
1 each	Cookie, sugar, 1/2 oz.	10.2	0.1	10.1
1 each	Doughnut, glazed	26.6	0.7	25.9
1 each	Doughnut, plain	19	1	18
0.5 cup	Ice cream, chocolate	18.6	0.8	17.8
0.5 cup	Ice cream, fruit	18.2	0.2	18
0.5 cup	Ice cream, vanilla	15.6	0	15.3
1 piece	Pie, apple, 1/8 of 9" pie	57.5	2.2	55.3
1 piece	Pie, Cherry, 1/8 of 9" pie	69.3	2.7	66.6
1 piece	Pie, pumpkin, 1/8 of 9" pie	40.9	4.2	36.7

Eggs

Amount	Food	Total Carbs	Fiber	Net Carbs
1 each	Egg, white	0.3	0.3	0.3
1 each	Egg, yolk	0.3	0.3	0.3
1 each	Egg, whole	0.61	0.6	0.6

Fruits

Amount	Food	Total Carbs	Fiber	Net Carbs
1 each	Apple, medium	21	3.7	17.3
0.25 cup	Applesauce	6.9	0.7	6.2
0.25 cup	Apricots, dried	24.9	3.6	21.3
1 each	Apricots, fresh	3.9	0.8	3.1

1 each	Avocado	14.9	10.1	4.8
1 each	Banana, small	23.7	2.4	21.2
0.25 cup	Blackberries	4.6	1.9	2.7
0.25 cup	Blueberries	5.1	1	4.1
0.25 cup	Cantaloupe	3.3	0.3	3
0.25 cup	Cherries	4.8	0.7	4.2
0.25 cup	Cranberries, raw	3	1	2
0.25 cup	Currants, dried	26.7	2.4	24.2
0.25 cup	Dates, chopped	32.7	3.3	29.4
0.25 cup	Figs, dried	32.5	5.8	26.4
1 each	Figs, fresh	9.6	1.7	7.9
1 each	Grapefruit juice, canned, unsweetened, 8 oz.	9.2	1.4	7.9
0.25 cup	Grapes	7.1	0.4	6.7
0.25 cup	Honeydew melon	3.9	0.3	3.6
0.5 cup	Juice, apple	14.5	0.1	14.4
0.5 cup	Juice, cranberry	18.2	0.1	18.1
0.5 cup	Juice, grape	18.9	0.1	18.8
0.5 cup	Juice, grapefruit	11.1	0.1	10.9
1 tbsp.	Juice, lemon	1.3	0.1	1.3
1 tbsp.	Juice, lime	1.4	0.1	1.3
0.5 cup	Juice, orange	13.4	0.2	13.2
0.5 cup	Juice, tomato	5.1	0.5	4.7
1 each	Kiwifruit	11.3	2.6	8.7
0.25 cup	Mango	7	0.7	6.3
1 each	Nectarine	16	2.2	13.8
1 each	Orange	16.3	3.4	12.9
0.25 cup	Papaya	3.4	0.6	2.8
1 each	Peach, medium	10.9	2	8.9
1 each	Pear, medium	25.1	4	21.1
0.25 cup	Pineapple	4.8	0.5	4.3
1 each	Plums	8.6	1	7.6
0.25 cup	Prunes	26.7	3	23.6
0.25 cup	Raspberries	3.6	2.1	1.5
0.25 cup	Seedless raisins	32.6	1.7	31
0.25 cup	Strawberries	2.7	0.9	1.8
1 each	Tangerine	7.8	1.6	6.2
0.25 cup	Watermelon	2.8	0.2	2.6

Grains

Amount	Food	Total Carbs	Fiber	Net Carbs
0.5 cup	Bulgur wheat, cooked	16.9	4.1	12.8
2 tbsp.	Cornmeal	11.7	1.1	10.6
0.5 cup	Couscous, cooked	18.2	1.1	17.1
0.5 cup	Hominy, cooked	11.8	2.1	9.7
0.5 cup	Kasha, cooked	74.3	9.4	64.8
0.5 cup	Millet, cooked	28.4	1.6	26.8
2 tbsp.	Oat bran, dry	7.8	1.8	6
0.5 cup	Pearled barley, cooked	22.2	3	19.2
0.25 cup	Quinoa grain, dry	29.3	2.5	26.8
0.5 cup	Rice, brown, cooked	22.4	1.8	20.6
0.5 cup	Rice, white, cooked	22.3	0.3	21.9
0.5 cup	Rice, wild, cooked	17.5	1.5	16
2 tbsp.	Wheat germ, toasted	7	1.8	5.2

Meat-Beef

Amount	Food	Total Carbs	Fiber	Net Carbs
6 ounces	Beef Chuck	0	0	0
6 ounces	Beef Eye Round	0	0	0
6 ounces	Beef Short Ribs	0	0	0
6 ounces	Beef Tenderloin	0	0	0
6 ounces	Beef, Ground, Chuck	0	0	0
6 ounces	Beef, Ground, Round	0	0	0
6 ounces	Calf Liver	10.4	0	10.4
6 ounces	Chuck Eye Steak	0	0	0
6 ounces	Corned Beef Brisket	0.3	0	0.3
6 ounces	Cubed Steak	0	0	0
2 ounces	Frankfurter, Beef	1.1	0	1.1
6 ounces	Ground Veal	0	0	0

6 ounces	Prime Rib	0	0	0
6 ounces	Rib Eye Roast	0	0	0
6 ounces	Rib Eye Steak	0	0	0
6 ounces	Roast Beef, Deli	2.3	0	2.3
6 ounces	Shell Steak	0	0	0
6 ounces	Sirloin Steak	0	0	0
6 ounces	Skirt Steak	0	0	0
6 ounces	Top Loin	0	0	0
6 ounces	Top Sirloin	0	0	0
6 ounces	Veal Arm Shoulder	0	0	0
6 ounces	Veal Breast	0	0	0
6 ounces	Veal Cutlet	0	0	0
6 ounces	Veal Loin	0	0	0
6 ounces	Veal Rib Chop	0	0	0
6 ounces	Veal Round Steak	0	0	0
6 ounces	Veal Scallops	0	0	0
6 ounces	Veal Shank	0	0	0
6 ounces	Veal Stew Meat	0	0	0

Meat-Lunch Meats

Amount	Food	Total Carbs	Fiber	Net Carbs
3 ounces	Beef Bologna	0.7	0	0.7
3 ounces	Beef Salami	2.4	0	2.4
3 ounces	Beef Pastrami	2.6	0	2.6
3 ounces	Deli Ham	1.5	0	1.5
3 ounces	Pork Bologna	0.6	0	0.6
3 ounces	Pork Salami	1.4	0	1.4
3 ounces	Turkey Bologna	0.8	0	0.8
3 ounces	Turkey Breast	0	0	0.1
3 ounces	Turkey Roll	0.5	0	0.5

Meat-Poultry

Amount	Food	Total Carbs	Fiber	Net Carbs
6 ounces	Chicken Breast Cutlet	0	0	0
6 ounces	Chicken Breast, boneless	0	0	0
1 each	Chicken Leg	0	0	0
2 tbsp.	Chicken Liver Pate, canned	1.7	0	1.7
1 each	Chicken Thigh	0	0	0

6 ounces	Chicken Thigh, boneless	0	0	0
6 ounces	Chicken Thigh, skinless, boneless	0	0	0
1 each	Chicken Wing	0	0	0
6 ounces	Chicken, ground	0	0	0
6 ounces	Chicken, light and dark, roasted, chopped	0	0	0
6 ounces	Chicken, whole	0.1	0	0.1
6 ounces	Cornish Game Hen	0	0	0
6 ounces	Duck breast, skinless	0	0	0
6 ounces	Duck, whole	0	0	0
6 ounces	Goose, whole	0	0	0
6 ounces	Turkey Breast Cutlet	0	0	0
6 ounces	Turkey Breast, skinless, boneless	0	0	0
6 ounces	Turkey, ground	0	0	0
6 ounces	Turkey, whole	0.1	0	0.1

Meat-Seafood

Amount	Food	Total Carbs	Fiber	Net Carbs
1 ounce	Anchovies, in oil, canned, drained	0	0	0
6 ounces	Bluefish	0	0	0
6 ounces	Catfish	0	0	0
6 ounces	Clams, canned	8.7	0	8.7
6 ounces	Cod	0	0	0
3 ounces	Cod, salted	0	0	0
6 ounces	Crab meat	0	0	0
6 ounces	Crab, canned	0	0	0
6 ounces	Crab, steamed	0	0	0
6 ounces	Halibut	0	0	0
6 ounces	Lobster meat	2.2	0	2.2
6 ounces	Lobster, whole	2.2	0	2.2
6 ounces	Mackerel	0	0	0

6 ounces	Mahi-Mahi	0	0	0
6 ounces	Mussels	8.4	0	8.4
6 ounces	Oysters	12.5	0	12.5
6 ounces	Salmon steak	0	0	0
6 ounces	Salmon, smoked	0	0	0
6 ounces	Scallops	3.9	0	3.9
6 ounces	Scrod	0	0	0
6 ounces	Shrimp	0	0	0
6 ounces	Smoked fish	0	0	0
6 ounces	Snapper	0	0	0
6 ounces	Squid	7	0	7
6 ounces	Trout	0	0	0
6 ounces	Tuna filet	0	0	0
6 ounces	Tuna steak	0	0	0
6 ounces	Tuna, canned, oil packed	0	0	0
6 ounces	Tuna, canned, water packed	0	0	0

Nuts and Seeds

Amount	Food	Total Carbs	Fiber	Net Carbs
2 tbsp.	Almond Butter	6.8	1.2	5.6
2 tbsp.	Almonds, slivered	3.3	1.6	1.7
2 tbsp.	Almonds, whole	3.6	2.2	1.4
6 each	Chestnuts, roasted	26.7	2.6	24.2
2 tbsp.	Hazelnuts, chopped	2.4	1.4	1
2 tbsp.	Hazelnuts, whole	2.8	1.6	1.2
2 tbsp.	Macadamia Nuts	2.3	1.4	0.9
2 tbsp.	Peanut Butter, natural	6.9	2.1	4.8
2 tbsp.	Peanut Butter, regular	6.2	1.9	4.3
2 tbsp.	Peanuts	3.4	1.7	1.8
2 tbsp.	Pecans, chopped	2.1	1.4	0.6
2 tbsp.	Pine Nuts	2.4	0.8	1.7
2 tbsp.	Pistachio Nuts	4.7	1.6	3.1

2 tbsp.	Pumpkin Seeds	3.1	0.7	2.4
2 tbsp.	Sunflower Seeds	3.4	1.9	1.5
2 tbsp.	Walnuts, chopped	2.1	1	1.1
2 tbsp.	Walnuts, halves	1.7	0.8	0.9

Oils and Dressings

Amount	Food	Total Carbs	Fiber	Net Carbs
1 tsp.	Corn oil	0	0	0
1 tsp.	Mayonnaise	0.1	0	0.1
1 tsp.	Olive oil	0	0	0
1 tbsp.	Salad dressing, blue cheese	2.3	0	2.3
1 tbsp.	Salad dressing, Caesar	0.6	0.1	0.5
1 tbsp.	Salad dressing, Italian	3	0	3
1 tbsp.	Salad dressing, ranch	1.4	0	1.4
1 tbsp.	Salad dressing, thousand island	4.8	0	4.8
1 tsp.	Sesame oil	0	0	0

Pork

Amount	Food	Total Carbs	Fiber	Net Carbs
3 pieces	Bacon	0.1	0	0.1
3 pieces	Canadian Bacon	0.9	0	0.9
6 ounces	Ground Pork	0	0	0
6 ounces	Ham, boneless	0	0	0
2 ounces	Kielbasa	0.8	0	0.8
1 ounce	Pancetta	0.2	0	0.2
6 ounces	Pork Chop, center cut	0	0	0
2 ounces	Pork Frankfurter	1.4	0	1.4
6 ounces	Pork Loin Chops	0	0	0
6 ounces	Pork Loin Roast	0	0	0
6 ounces	Pork Loin, boneless	0	0	0

1 piece	Pork Sausage	2	0	2
6 ounces	Pork Spareribs	0	0	0
6 ounces	Pork Tenderloin	0	0	0
6 ounces	Prosciutto	0.9	0	0.9

Pancakes, Waffles and French Toast

Amount	Food	Total Carbs	Fiber	Net Carbs
1 piece	French Toast, frozen	18.9	0.7	18.3
1 each	Pancakes, frozen, ready to eat 6"	31.8	1.3	30.5
each	Pancakes, homemade 6"	21.8	1.1	20.7
each	Waffles, frozen, 4" square	13.5	0.8	12.7
each	Waffles, homemade, 7" diameter	24.7	1.1	23.6

Pasta

Amount	Food	Total Carbs	Fiber	Net Carbs
0.5 cup	Noodles, egg, cooked	19.9	0.9	19
0.5 cup	Pasta, spinach, cooked	18.3	2.5	15.9
0.5 cup	Pasta, whole wheat, cooked	18.6	2	16.6
0.5 cup	Pasta/Noodles, dry, cooked	19.8	1.2	18.6
4 ounces	Pasta/Noodles, fresh, cooked	28.3	2	26.3

Snacks

Amount	Food	Total Carbs	Fiber	Net Carbs
10 pieces	Potato chips	10.6	0.9	9.7
10 pieces	Pretzels	47.5	1.9	45.6
0.5 ounces	Soy nuts	4.5	2.5	2
10 pieces	Tortilla chips	11.3	1.2	10.2

Soups

Amount	Food	Total Carbs	Fiber	Net Carbs
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1 cup	Broth, beef	1	0	1
1 cup	Broth, chicken	1.5	0	1.5
1 cup	Black bean	19.8	4.4	15.4
1 cup	Chicken noodle	9.4	0.7	8.6
1 cup	Cream of potato	17.2	0.5	16.7
1 cup	Cream of tomato	22.3	2.7	19.6
1 cup	Minestrone	11.2	1	10.3
1 cup	New England Clam Chowder	16.6	1.5	15.1
1 cup	Soup, onion	8.2	1	7.2
1 cup	Soup, vegetable	19	1.2	17.8

Vegetables

Amount	Food	Total Carbs	Fiber	Net Carbs
1 each	Artichoke	13.4	6.5	6.9
1 each	Artichoke hearts, marinated	1	0	1
6 each	Asparagus spears	3.8	1.4	2.4
0.5 cup	Beans, green	4.9	2	2.9
1 cup	Bok Choy	1.5	0.7	0.8
0.5 cup	Broccoli	3.9	2.3	1.7
0.5 cup	Broccoli Rabe	2	0	2
6 each	Brussels sprouts	10.9	3.3	7.6
0.5 cup	Cabbage, green	1.9	0.8	1.1
0.5 cup	Cabbage, red	1.9	0.8	1.1
0.5 cup	Cabbage, sauerkraut	5.1	3	2.1
0.5 cup	Cabbage, savoy	2.1	1.1	1.1
1 each	Carrots, medium	7.3	2.2	5.1
6 each	Cauliflower	4.4	2.9	1.5
1 each	Celery stalk	1.5	0.7	0.8
1 tbsp.	Celery, chopped	0.3	0.1	0.1
1 each	Chili pepper	0	0	0

1 tbsp.	Chilies, green, chopped	0.5	0.5	0
4 ounces	Collard greens	7.3	4.1	3.2
0.5 cup	Corn	16	2	14.1
1 each	Cucumber, English	4	1.1	2.8
0.5 each	Cucumber, small	2.5	0.7	1.8
0.5 cup	Daikon	1.8	0.7	1.1
0.5 cup	Eggplant	3.3	1.2	2
0.5 cup	Eggplant, Italian	3.3	1.2	2
0.5 cup	Endive	1.8	1.4	0.4
0.5 cup	Escarole	0.8	0.8	0.1
0.5 cup	Fennel	3.2	1.3	1.8
1 cup	Greens, mixed	1.6	1.2	0.4
0.5 cup	Jicama	5.7	3.2	2.5
0.5 cup	Kale	3.7	1.3	2.4
1 each	Leeks	12.6	1.6	11
1 cup	Lettuce, butter head	1.3	0.6	0.7
1 cup	Lettuce, romaine	1.3	1	0.4
0.5 cup	Mushroom, Portobello	1.4	0.4	1
2 tbsp.	Mushrooms, dried	8.9	2.9	6
0.5 cup	Mushrooms, fresh	1.4	0.4	1
4 ounces	Okra	7.5	2.5	5
1 each	Onions	9.5	2	7.5
0.25 cup	Onions, green	1.8	0.7	1.2
0.5 cup	Peas, edible podded	5.6	2.2	3.4
0.5 cup	Peas, green	9.9	3.4	6.5
0.5 cup	Pepper, green	4.8	1.3	3.4
0.5 cup	Pepper, red	4.8	1.5	3.3
1 each	Peppers, jalapeno	0.8	0.4	0.4
0.5 each	Peppers, roasted	2.4	0.4	2
1 each	Potato, sweet	22.4	3.1	19.2

0.5 cup	Potato, white	15.4	1.5	13.9
0.5 cup	Pumpkin	9.9	3.6	6.3
0.5 cup	Radicchio	0.9	0.2	0.7
6 each	Radishes	1	0.4	0.5
0.5 cup	Rhubarb	2.8	1.1	1.7
0.25 cup	Shallots	6.7	0.3	6.4
1 cup	Spinach, raw	1.1	0.8	0.2
0.5 cup	Squash, acorn	14.9	4.5	10.4
0.5 cup	Squash, butternut	10.8	2.9	7.9
0.5 cup	Squash, spaghetti	5	1.1	3.9
0.5 cup	Squash, summer	2.5	1.1	1.4
1 each	Squash, zucchini	5.7	2.4	3.3
0.5 cup	Swiss chard	0.7	0.3	0.4
1 each	Tomatillos	2	0.6	1.3
1 each	Tomato, plum	4.2	1	3.2
1 each	Tomato, small	4.2	1	3.2
0.5 cup	Tomatoes, canned	5.2	1.2	4
6 each	Tomatoes, cherry	4.7	1.1	3.6
0.5 cup	Tomatoes, chopped	3.5	0.8	2.6
0.25 cup	Tomatoes, sun dried, oil-packed	6.4	1.6	4.8
0.5 cup	Turnips	3.8	1.6	2.3
0.5 cup	Water chestnuts	8.7	1.8	7
0.5 cup	Watercress	0.2	0.2	0

