

# USDA Breads, Cereals and Sweets Carb Data

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,ALPEN	2/3 cup (1 NLEA serving)	41.64	11.00	5.01	36.63
CEREALS RTE,BARBARA'S PUFFINS,ORIGINAL	3/4 cup (1 NLEA serving)	22.68	5.00	5.00	17.69
CEREALS RTE,BEAR NAKED NUT CLUSTER CRUNCH,HONEY ALMOND	3/4 cup (1 NLEA serving)	40.43	10.83	3.04	37.39
CEREALS RTE,BEAR NAKED NUT CLUSTER CRUNCH,MAPLE PECAN WALNUT	1 Cup (1 NLEA serving)	46.53	12.66	3.36	43.17
CEREALS RTE,CASCADIAN FARM,CINN CRUNCH	3/4 cup (1 NLEA serving)	22.03	8.37	2.97	19.06
CEREALS RTE,CASCADIAN FARM,HONEY NUT O'S	1 cup (1 NLEA serving)	24.93	7.44	2.55	22.38
CEREALS RTE,CASCADIAN FARM,MULTI-GRAIN SQUARES	1 cup (1 NLEA serving)	43.99	6.99	3.98	40.02
CEREALS RTE,CHOCOLATE-FLAVORED FRSTD PUFFED CORN	1 cup	26.16	13.11	1.14	25.02
CEREALS RTE,FAMILIA	1 cup	90.04	28.30	10.37	79.67
CEREALS RTE,FRSTD OAT CRL W/MARSHMALLOWS	3/4 cup (1 NLEA serving)	25.41	10.84	1.29	24.12
CEREALS RTE,GENERAL MILLS CINN CHEX	3/4 cup (1 NLEA serving)	24.72	7.83	0.72	24.00
CEREALS RTE,GENERAL MILLS CORN CHEX	1 cup (1 NLEA serving)	26.32	3.44	1.74	24.58
CEREALS RTE,GENERAL MILLS,25% LESS SUGAR CINN TOAST CRUNCH	1 bowl (3/4 cup) (1 NLEA serving)	21.89	5.99	3.14	18.76
CEREALS RTE,GENERAL MILLS,25% LESS SUGAR TRIX	1 cup	23.94	7.00	1.20	22.74
CEREALS RTE,GENERAL MILLS,APPL CINN CHEERIOS	3/4 cup (1 NLEA serving)	24.39	10.26	1.95	22.44
CEREALS RTE,GENERAL MILLS,APPL CINN CHEX	3/4 cup (1 NLEA serving)	25.67	8.06	0.62	25.05
CEREALS RTE,GENERAL MILLS,BASIC 4	1 cup (1 NLEA serving)	43.56	12.43	3.74	39.82
CEREALS RTE,GENERAL MILLS,BERRY BERRY KIX	1 1/4 cup (1 NLEA serving)	27.69	6.93	1.91	25.77
CEREALS RTE,GENERAL MILLS,BERRY BURST CHEERIOS,TRIPLE BERRY	3/4 cup (1 NLEA serving)	21.74	7.29	2.05	19.68
CEREALS RTE,GENERAL MILLS,BOO BERRY	1 cup (1 NLEA serving)	28.18	9.01	1.39	26.80
CEREALS RTE,GENERAL MILLS,CHEERIOS	1 cup (1 NLEA serving)	20.50	1.22	2.63	17.87
CEREALS RTE,GENERAL MILLS,CHEERIOS,BANANA NUT	3/4 cup (1 NLEA serving)	23.71	9.27	1.71	22.01

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CEREALS RTE,GENERAL MILLS,CHEERIOS,CHOC	3/4 cup (1 NLEA serving)	22.55	9.20	1.67	20.87
CEREALS RTE,GENERAL MILLS,CHEERIOS,YOGURT BURST,STRAWBERRY	3/4 cup (1 NLEA serving)	24.53	9.00	2.01	22.52
CEREALS RTE,GENERAL MILLS,CHOC CHEX	3/4 cup (1 NLEA serving)	25.95	8.38	0.64	25.31
CEREALS RTE,GENERAL MILLS,CHOC LUCKY CHARMS	3/4 cup (1 NLEA serving)	23.63	10.30	1.48	22.15
CEREALS RTE,GENERAL MILLS,CINN BURST CHEERIOS	1 cup (1 NLEA serving)	26.62	8.99	3.01	23.62
CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH	3/4 cup (1 NLEA serving)	24.18	9.39	2.11	22.07
CEREALS RTE,GENERAL MILLS,COCOA PUFFS	3/4 cup (1 NLEA serving)	22.60	10.04	1.54	21.06
CEREALS RTE,GENERAL MILLS,COCOA PUFFS BROWNIE CRUNCH	3/4 cup (1 NLEA serving)	22.33	8.85	1.67	20.65
CEREALS RTE,GENERAL MILLS,COCOA PUFFS,25% RED SUGAR	3/4 cup (1 NLEA serving)	19.99	6.26	1.39	18.60
CEREALS RTE,GENERAL MILLS,COOKIE CRISP	3/4 cup (1 NLEA serving)	21.97	9.05	1.33	20.64
CEREALS RTE,GENERAL MILLS,COUNT CHOCULA	3/4 cup (1 NLEA serving)	22.82	8.93	1.35	21.47
CEREALS RTE,GENERAL MILLS,DORA THE EXPLORER	3/4 cup (1 NLEA serving)	22.36	5.72	2.75	19.60
CEREALS RTE,GENERAL MILLS,DULCE DE LECHE CHEERIOS	3/4 cup (1 NLEA serving)	22.14	5.64	1.97	20.17
CEREALS RTE,GENERAL MILLS,FIBER ONE 80 CAL,CHOC SQUARES	3/4 cup (1 NLEA serving)	25.20	5.19	10.56	14.64
CEREALS RTE,GENERAL MILLS,FIBER ONE 80 CAL,HONEY SQUARES	3/4 cup (1 NLEA serving)	25.56	3.24	11.55	14.01
CEREALS RTE,GENERAL MILLS,FIBER ONE BRAN CRL	1/2 cup (1 NLEA serving)	25.38	0.06	14.25	11.13
CEREALS RTE,GENERAL MILLS,FIBER ONE,CARAMEL DELIGHT	1 cup (1 NLEA serving)	41.35	10.40	9.55	31.80
CEREALS RTE,GENERAL MILLS,FIBER ONE,FRSTD SHREDDED WHEAT	1 cup (1 NLEA serving)	49.02	12.18	9.00	40.02
CEREALS RTE,GENERAL MILLS,FIBER ONE,HONEY CLUSTERS	1 cup (1 NLEA serving)	43.58	9.25	9.98	33.59
CEREALS RTE,GENERAL MILLS,FIBER ONE,NUTTY CLUSTERS & ALMONDS	1 cup (1 NLEA serving)	43.73	12.16	10.01	33.72
CEREALS RTE,GENERAL MILLS,FIBER ONE,RAISIN BRAN CLUSTERS	1 cup (1 NLEA serving)	45.82	14.14	10.01	35.81

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,GENERAL MILLS,FRANKENBERRY	1 cup (1 NLEA serving)	28.18	9.01	1.39	26.80
CEREALS RTE,GENERAL MILLS,FRSTD CHEERIOS	3/4 cup (1 NLEA serving)	22.88	8.99	1.79	21.08
CEREALS RTE,GENERAL MILLS,FRSTD TOAST CRUNCH	3/4 cup (1 NLEA serving)	23.58	8.82	1.44	22.14
CEREALS RTE,GENERAL MILLS,FRUITY CHEERIOS	3/4 cup (1 NLEA serving)	22.73	8.69	1.59	21.14
CEREALS RTE,GENERAL MILLS,GOLDEN GRAHAMS	3/4 cup (1 NLEA serving)	26.38	10.85	1.74	24.65
CEREALS RTE,GENERAL MILLS,HONEY KIX	1 1/4 cup (1 NLEA serving)	27.39	6.01	2.74	24.65
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS	3/4 cup (1 NLEA serving)	22.31	9.21	1.99	20.33
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS,MEDLEY CRUNCH	3/4 cup (1 NLEA serving)	23.85	8.73	2.25	21.60
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEX	3/4 cup (1 NLEA serving)	27.73	8.99	1.25	26.49
CEREALS RTE,GENERAL MILLS,HONEY NUT CLUSTERS	1 cup (1 NLEA serving)	48.56	14.14	3.59	44.97
CEREALS RTE,GENERAL MILLS,KIX	1 1/4 cup (1 NLEA serving)	24.85	2.93	2.64	22.21
CEREALS RTE,GENERAL MILLS,LUCKY CHARMS	3/4 cup (1 NLEA serving)	21.84	9.76	1.35	20.49
CEREALS RTE,GENERAL MILLS,MULTI GRAIN CHEERIOS,PNUT BUTTER	3/4 cup (1 NLEA serving)	22.96	9.10	1.68	21.28
CEREALS RTE,GENERAL MILLS,MULTI-GRAIN CHEERIOS	1 cup (1 NLEA serving)	23.61	6.15	2.52	21.08
CEREALS RTE,GENERAL MILLS,NATURE VALLEY LOFAT FRUIT GRANOLA	2/3 cup (1 NLEA serving)	43.67	17.54	2.75	40.92
CEREALS RTE,GENERAL MILLS,OAT CLUSTER CHEERIOS CRUNCH	3/4 cup (1 NLEA serving)	21.79	7.53	1.89	19.90
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,CRUNCHY ALMOND	1 cup (1 NLEA serving)	46.85	13.73	4.92	41.93
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,HEARTY RAISIN	1 cup (1 NLEA serving)	50.10	16.92	4.65	45.45
CEREALS RTE,GENERAL MILLS,PNUT BUTTER TOAST CRUNCH	3/4 cup (1 NLEA serving)	23.62	8.40	1.71	21.91
CEREALS RTE,GENERAL MILLS,RAISIN NUT BRAN	3/4 cup (1 NLEA serving)	39.73	14.01	4.85	34.88
CEREALS RTE,GENERAL MILLS,REESE'S PUFFS	3/4 cup (1 NLEA serving)	21.92	10.24	1.36	20.56

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,GENERAL MILLS,RICE CHEX	1 cup (1 NLEA serving)	22.82	2.19	1.19	21.63
CEREALS RTE,GENERAL MILLS,RICE CRUNCHINS	1 bowl (3/4 cup) (1 NLEA serving)	17.00	2.00	1.01	15.99
CEREALS RTE,GENERAL MILLS,TOTAL RAISIN BRAN	1 cup (1 NLEA serving)	40.70	17.12	4.82	35.88
CEREALS RTE,GENERAL MILLS,TRIX	1 cup (1 NLEA serving)	27.39	10.24	1.44	25.95
CEREALS RTE,GENERAL MILLS,WHEAT CHEX	3/4 cup (1 NLEA serving)	38.63	4.84	5.73	32.90
CEREALS RTE,GENERAL MILLS,WHEATIES	3/4 cup (1 NLEA serving)	22.49	4.10	2.73	19.76
CEREALS RTE,GENERAL MILLS,WHL GRAIN TOTAL	3/4 cup (1 NLEA serving)	22.41	4.92	2.73	19.68
CEREALS RTE,GRANOLA,HOMEMADE	1 cup	64.97	24.40	10.98	53.99
CEREALS RTE,GRANOLA,HOMEMADE	1 oz	15.10	5.67	2.55	12.54
CEREALS RTE,HEALTH VALLEY,FIBER 7 FLAKES	3/4 cup (1 NLEA serving)	24.23	6.20	4.37	19.86
CEREALS RTE,KASHI 7 WHL GRAIN FLAKES	1 cup (1 NLEA serving)	40.70	5.65	5.90	34.80
CEREALS RTE,KASHI 7 WHL GRAIN HONEY PUFFS	1 cup (1 NLEA serving)	23.70	6.54	1.80	21.90
CEREALS RTE,KASHI 7 WHL GRAIN NUGGETS	1/2 cup (1 NLEA serving)	46.98	2.90	6.79	40.19
CEREALS RTE,KASHI 7 WHL GRAIN PUFFS	1 cup (1 NLEA serving)	14.93	0.18	1.52	13.41
CEREALS RTE,KASHI BERRY BLOSSOM	3/4 cup (1 NLEA serving)	24.93	7.02	5.67	19.26
CEREALS RTE,KASHI GO LN CRUNCH!,HONEY ALMOND FLAX	2/3 Cup (1 NLEA serving)	35.46	11.77	7.95	27.51
CEREALS RTE,KASHI GOLDEN GOODNESS	1 1/4 cup (1 NLEA serving)	49.50	8.88	5.70	43.80
CEREALS RTE,KASHI GOLEAN	1 cup (1 NLEA serving)	34.94	8.58	10.45	24.49
CEREALS RTE,KASHI GOLEAN CRISP CINN CRUMBLE	3/4 cup (1 NLEA serving)	31.92	9.49	8.57	23.35
CEREALS RTE,KASHI GOLEAN CRISP TSTD BERRY CRUMBLE	3/4 cup (1 NLEA serving)	34.01	11.07	8.06	25.95
CEREALS RTE,KASHI GOLEAN CRUNCH!	3/4 Cup (1 NLEA serving)	37.84	12.72	7.69	30.16
CEREALS RTE,KASHI GOLEAN VANILLA GRAHAM CLUSTERS	1 Cup (1 NLEA serving)	35.75	9.07	8.82	26.92

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CEREALS RTE,KASHI GOOD FRIENDS	1 cup (1 NLEA serving)	42.03	9.96	11.50	30.53
CEREALS RTE,KASHI HEART TO HEART,HONEY TSTD OAT	3/4 cup (1 NLEA serving)	25.97	5.12	4.52	21.45
CEREALS RTE,KASHI HEART TO HEART,WARM CINN	3/4 cup (1 NLEA serving)	25.91	5.18	4.36	21.55
CEREALS RTE,KASHI HONEY SUNSHINE	3/4 cup (1 NLEA serving)	24.60	6.09	5.37	19.23
CEREALS RTE,KASHI INDIGO MORNING	3/4 cup (1 NLEA serving)	22.36	5.99	1.92	20.44
CEREALS RTE,KASHI ORGANIC PROMISE,BERRY FRUITFUL	29 biscuits (1 NLEA serving)	41.91	8.03	5.78	36.14
CEREALS RTE,KASHI ORGANIC PROMISE,CINN HARVEST	28 biscuits (1 NLEA serving)	43.45	9.08	5.89	37.57
CEREALS RTE,KASHI ORGANIC PROMISE,ISLAND VANILLA	27 biscuits (1 NLEA serving)	44.44	9.30	5.89	38.56
CEREALS RTE,KASHI ORGANIC PROMISE,RAISIN VINEYARD	3/4 Cup (1 NLEA serving)	39.95	11.70	2.50	37.45
CEREALS RTE,KASHI ORGANIC PROMISE,STRAWBERRY FIELDS	1 cup (1 NLEA serving)	45.93	11.28	2.75	43.18
CEREALS RTE,KASHI SIMPLY MAIZE	3/4 cup (1 NLEA serving)	22.49	5.97	1.65	20.84
CEREALS RTE,KASHI,HEART TO HEART,OAT FLAKES & BLUEBRY CLSTRS	1 cup (1 NLEA serving)	44.00	12.38	4.46	39.55
CEREALS RTE,KASHI,KASHI U	1 cup (1 NLEA serving)	42.90	10.56	6.71	36.19
CEREALS RTE,KASHI,ORGANIC PROMISE AUTUMN WHEAT	29 biscuits (1 NLEA serving)	42.66	6.70	6.05	36.61
CEREALS RTE,KELLOG'S,FRSTD MINI-WHTS,MPL & BRWN SGR,BTE SZE	25 biscuits (1 NLEA serving)	46.59	12.49	5.67	40.92
CEREALS RTE,KELLOGG RAISIN BRAN W/ OMEGA-3 FROM FLAXSEED	1 Cup (1 NLEA serving)	43.83	16.58	5.09	38.74
CEREALS RTE,KELLOGG SCOOPY-DOO! CRL	1 Cup (1 NLEA serving)	26.88	5.92	3.14	23.74
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN BRAN BUDS	1/3 cup (1 NLEA serving)	24.30	8.01	12.75	11.55
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN COMPLETE WHEAT FLAKES	3/4 cup (1 NLEA serving)	23.66	5.45	5.02	18.65
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN ORIGINAL	1/2 cup (1 NLEA serving)	23.01	4.86	9.08	13.93
CEREALS RTE,KELLOGG,KELLOGG'S APPL JACKS	1 cup (1 NLEA serving)	24.70	12.24	2.60	22.09

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CEREALS RTE,KELLOGG,KELLOGG'S CINNABON CRL	1 cup (1 NLEA serving)	24.99	12.48	1.17	23.82
CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES	3/4 cup (1 NLEA serving)	27.25	11.97	0.43	26.82
CEREALS RTE,KELLOGG,KELLOGG'S CORN FLAKES	1 cup (1 NLEA serving)	23.55	2.66	0.92	22.62
CEREALS RTE,KELLOGG,KELLOGG'S CORN POPS	1 cup (1 NLEA serving)	26.91	9.39	2.52	24.39
CEREALS RTE,KELLOGG,KELLOGG'S CRACKLIN' OAT BRAN	3/4 cup (1 NLEA serving)	34.45	13.72	6.22	28.22
CEREALS RTE,KELLOGG,KELLOGG'S CRISPIX	1 cup (1 NLEA serving)	25.20	3.36	0.81	24.39
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS	1 cup (1 NLEA serving)	25.52	12.09	2.70	22.82
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS TREASURS,STRAWBRY	1 Cup (1 NLEA serving)	26.19	12.09	2.58	23.61
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	3/4 cup ( 1 NLEA serving)	26.76	10.63	0.66	26.10
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	1 cup	37.46	14.88	0.92	36.54
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,BITE SIZE	21 biscuits (1 NLEA serving)	45.04	10.96	5.83	39.20
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,LITTLE BITES	1 Cup (1 NLEA serving)	47.21	11.31	6.05	41.16
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD RICE KRISPIES	3/4 cup (1 NLEA serving)	27.39	12.06	0.15	27.24
CEREALS RTE,KELLOGG,KELLOGG'S HONEY CRUNCH CORN FLAKES	3/4 cup (1 NLEA serving)	26.10	9.90	1.02	25.08
CEREALS RTE,KELLOGG,KELLOGG'S HONEY SMACKS	3/4 cup (1 NLEA serving)	23.90	15.17	1.35	22.55
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA W/ RAISINS	2/3 cup (1 NLEA serving)	48.06	16.74	4.44	43.62
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA WO/ RAISINS	1/2 cup (1 NLEA serving)	39.64	13.87	3.43	36.21
CEREALS RTE,KELLOGG,KELLOGG'S MARSHMLLW FROOT LOOPS	1 cup (1 NLEA serving)	25.90	14.47	2.15	23.75
CEREALS RTE,KELLOGG,KELLOGG'S MINI-WHEATS,UNFROSTED BITE SIZE	30 biscuits (1 NLEA serving)	44.55	0.22	7.59	36.96
CEREALS RTE,KELLOGG,KELLOGG'S MUESLIX	2/3 cup (1 NLEA serving)	41.35	14.03	4.57	36.79
CEREALS RTE,KELLOGG,KELLOGG'S PRODUCT 19	1 cup (1 NLEA serving)	25.29	3.75	0.84	24.45

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CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN	1 cup ( 1 NLEA serving)	45.60	18.47	6.73	38.88
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN,CINN ALMOND	1 1/4 cup (1 NLEA serving)	47.09	18.15	5.34	41.75
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	1 cup	24.66	2.86	0.12	24.55
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	1 1/4 cup (1 NLEA serving)	28.07	3.26	0.13	27.93
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES TREATS CRL	3/4 cup (1 NLEA serving)	25.68	8.88	0.12	25.56
CEREALS RTE,KELLOGG,KELLOGG'S SMART START ANTIOXIDANTS CRL	1 cup (1 NLEA serving)	43.65	14.35	2.90	40.75
CEREALS RTE,KELLOGG,KELLOGG'S SPL K	1 cup (1 NLEA serving)	22.63	3.78	0.34	22.29
CEREALS RTE,KELLOGG,KELLOGG'S SPL K BLUEBERRY	3/4 cup (1 NLEA serving)	25.89	8.01	2.58	23.31
CEREALS RTE,KELLOGG,KELLOGG'S SPL K CHOCOLATEY STRAWBERRY	3/4 Cup (1 NLEA serving)	24.16	8.29	2.76	21.40
CEREALS RTE,KELLOGG,KELLOGG'S SPL K LOFAT GRANOLA	1/2 cup (1 NLEA serving)	38.90	9.36	5.88	33.02
CEREALS RTE,KELLOGG,KELLOGG'S SPL K MULTI-GRAIN	1 Cup (1 NLEA serving)	26.84	6.42	2.98	23.87
CEREALS RTE,KELLOGG,KELLOGG'S SPL K RED BERRIES	1 cup (1 NLEA serving)	26.72	9.36	2.64	24.09
CEREALS RTE,KELLOGG,KELLOGG'S SPL K,CINN PECAN	3/4 cup (1 NLEA serving)	24.36	7.20	3.09	21.27
CEREALS RTE,KELLOGG,KELLOGG'S,RAISIN BRAN CRUNCH	1 cup (1 NLEA serving)	45.21	19.03	4.24	40.97
CEREALS RTE,KELLOGG,SPL K,FRUIT & YOGURT	3/4 cup (1 NLEA serving)	27.30	10.27	2.59	24.70
CEREALS RTE,KELLOGG'S APPL JACKS W/ MARSHMALLOWS	1 cup (1 NLEA serving)	25.09	14.31	2.07	23.02
CEREALS RTE,KELLOGG'S CINN JACKS	1 cup (1 NLEA serving)	23.24	9.49	2.52	20.72
CEREALS RTE,KELLOGG'S CRUNCHY NUT GOLDEN HONEY NUT FLAKES	3/4 cup (1 NLEA serving)	25.82	10.39	0.74	25.08
CEREALS RTE,KELLOGG'S CRUNCHY NUT RSTD NUT & HONEY O'S	3/4 cup (1 NLEA serving)	22.84	10.02	1.92	20.93
CEREALS RTE,KELLOGG'S FIBERPLUS CINN OAT CRUNCH	3/4 cup (1 NLEA serving)	26.21	6.98	8.96	17.25
CEREALS RTE,KELLOGG'S FRSTD FLAKES,CHOCO ZUCARITAS	3/4 cup (1 NLEA serving)	25.53	11.43	0.42	25.11



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CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS BITE SZ BLUEB MUFFIN	25 biscuits (1 NLEA serving)	46.64	12.49	5.61	41.03
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS BITE SZ CINN STREUS	23 biscuits (1 NLEA serving)	45.68	12.15	5.83	39.85
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS LITTLE BITES,CHOC	1 cup (1 NLEA serving)	45.58	12.48	6.10	39.48
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS TOUCH FRUIT MDL,RASP	24 biscuits (1 NLEA serving)	45.16	9.79	5.83	39.33
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,BIG BITE	7 biscuit (1 NLEA serving)	48.37	11.77	6.26	42.11
CEREALS RTE,KELLOGG'S FRSTD MINI-WHTS TOUCH FRT MDL MXD BER	24 biscuits (1 NLEA serving)	45.16	9.79	5.83	39.33
CEREALS RTE,KELLOGG'S KRAVE CHOC CRL	3/4 cup (1 NLEA serving)	23.59	11.07	3.07	20.52
CEREALS RTE,KELLOGG'S KRAVE DOUBLE CHOC CRL	3/4 cup (1 NLEA serving)	22.77	10.89	3.18	19.59
CEREALS RTE,KELLOGG'S KRAVE SMORES	3/4 Cup (1 NLEA serving)	23.68	9.83	2.91	20.77
CEREALS RTE,KELLOGG'S RICE KRISPIES,GLUTEN FREE	1 cup (1 NLEA serving)	24.72	1.11	0.81	23.91
CEREALS RTE,KELLOGG'S SPL K CHOC ALMOND	2/3 Cup (1 NLEA serving)	22.82	7.70	2.88	19.94
CEREALS RTE,KELLOGG'S SPL K CHOCOLATEY DELIGHT	3/4 cup (1 NLEA serving)	25.17	9.27	3.29	21.89
CEREALS RTE,KELLOGG'S SPL K MULTIGRAIN OATS & HONEY	2/3 cup (1 NLEA serving)	24.65	7.66	2.49	22.16
CEREALS RTE,KELLOGG'S,FRSTD MINI-WHEATS BITE SIZE STRAWB DEL	25 biscuits (1 NLEA serving)	46.53	12.49	5.61	40.92
CEREALS RTE,KELLOGG'S,RED SUGAR FRSTD FLAKES CRL	3/4 cup (1 NLEA serving)	26.19	7.17	3.03	23.16
CEREALS RTE,KELLOGG'S,SPL K PROT PLUS	3/4 cup (1 NLEA serving)	19.39	6.50	2.66	16.74
CEREALS RTE,KELLOGG'S,SPL K VANILLA ALMOND	3/4 cup (1 NLEA serving)	24.96	9.12	2.79	22.17
CEREALS RTE,MALT-O-MEAL,APPL ZINGS	1 cup (1 NLEA serving)	27.56	15.57	0.73	26.83
CEREALS RTE,MALT-O-MEAL,BERRY COLOSSAL CRUNCH	3/4 cup (1 NLEA serving)	26.13	13.16	0.48	25.65
CEREALS RTE,MALT-O-MEAL,BLUEBERRY MUFFIN TOPS CRL	3/4 cup (1 NLEA serving)	23.97	10.61	1.41	22.56
CEREALS RTE,MALT-O-MEAL,CHOC MARSHMLLW MATEYS	3/4 cup (1 NLEA serving)	24.99	15.99	0.99	24.00



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,MALT-O-MEAL,CINN TOASTERS	3/4 cup (1 NLEA serving)	23.73	10.44	1.41	22.32
CEREALS RTE,MALT-O-MEAL,COCOA DYNO-BITES	3/4 cup (1 NLEA serving)	25.93	13.11	0.32	25.61
CEREALS RTE,MALT-O-MEAL,COCO-ROOS	3/4 cup (1 NLEA serving)	25.78	14.69	0.93	24.85
CEREALS RTE,MALT-O-MEAL,COLOSSAL CRUNCH	3/4 cup (1 NLEA serving)	24.48	12.63	0.69	23.79
CEREALS RTE,MALT-O-MEAL,CORN BURSTS	1 cup (1 NLEA serving)	27.48	13.17	0.59	26.89
CEREALS RTE,MALT-O-MEAL,CRISPY RICE	1 1/4 cup (1 NLEA serving)	28.51	2.97	0.33	28.18
CEREALS RTE,MALT-O-MEAL,FRSTD FLAKES	3/4 cup (1 NLEA serving)	28.00	11.79	0.71	27.29
CEREALS RTE,MALT-O-MEAL,FRSTD MINI SPOONERS	1 cup (1 NLEA serving)	45.60	9.84	5.78	39.82
CEREALS RTE,MALT-O-MEAL,FRUITY DYNO-BITES	3/4 cup	24.33	11.50	0.27	24.06
CEREALS RTE,MALT-O-MEAL,GOLDEN PUFFS	3/4 cup (1 NLEA serving)	24.22	13.86	0.70	23.52
CEREALS RTE,MALT-O-MEAL,GOLDEN PUFFS	1 cup	33.20	19.00	0.96	32.23
CEREALS RTE,MALT-O-MEAL,HONEY BUZZERS	1 1/3 cup	25.40	10.85	0.84	24.56
CEREALS RTE,MALT-O-MEAL,HONEY GRAHAM SQUARES	3/4 cup (1 NLEA serving)	22.40	9.81	1.32	21.08
CEREALS RTE,MALT-O-MEAL,HONEY NUT SCOOTERS	1 cup (1 NLEA serving)	23.39	9.73	1.77	21.62
CEREALS RTE,MALT-O-MEAL,HONEY NUT TOASTY O'S CRL	1 cup	24.66	11.62	1.68	22.98
CEREALS RTE,MALT-O-MEAL,MARSHMLLW MATEYS	1 cup	24.99	12.84	1.38	23.61
CEREALS RTE,MALT-O-MEAL,OAT BLENDERS W/ HONEY	3/4 cup (1 NLEA serving)	25.22	6.63	1.86	23.36
CEREALS RTE,MALT-O-MEAL,OAT BLENDERS W/ HONEY & ALMONDS	3/4 cup (1 NLEA serving)	23.18	6.08	1.83	21.35
CEREALS RTE,MALT-O-MEAL,RAISIN BRAN CRL	1 cup (1 NLEA serving)	46.07	18.93	8.08	37.99
CEREALS RTE,MALT-O-MEAL,TOOTIE FRUITIES	1 cup (1 NLEA serving)	28.13	14.62	0.80	27.33
CEREALS RTE,NATURE'S PATH,ORGANIC FLAX PLUS FLAKES	3/4 cup (1 NLEA serving)	22.58	3.68	4.98	17.60
CEREALS RTE,OAT BRAN FLAKES,HEALTH VALLEY	1 cup (1 NLEA serving)	39.00	11.00	4.00	35.00

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,POST BRAN FLAKES	3/4 cup (1 NLEA serving)	24.15	5.58	5.49	18.66
CEREALS RTE,POST GREAT GRAINS BANANA NUT CRUNCH	1 cup (1 NLEA serving)	41.83	10.33	6.61	35.22
CEREALS RTE,POST GREAT GRAINS CRANBERRY ALMOND CRUNCH	3/4 cup (1 NLEA serving)	36.77	12.24	5.33	31.44
CEREALS RTE,POST HONEY BUNCHES OF OATS W/ CINN BUNCHES	3/4 cup (1 NLEA serving)	24.84	6.12	1.74	23.10
CEREALS RTE,POST RAISIN BRAN CRL	1 cup (1 NLEA serving)	46.55	19.41	8.08	38.47
CEREALS RTE,POST SELECTS BLUEBERRY MORNING	1 1/4 cup (1 NLEA serving)	44.88	16.06	2.59	42.30
CEREALS RTE,POST SELECTS MAPLE PECAN CRUNCH	3/4 cup (1 NLEA serving)	40.25	11.70	3.85	36.40
CEREALS RTE,POST,ALPHA-BITS	2/3 cup (1 serving for children under 4 years)	16.06	4.20	1.42	14.64
CEREALS RTE,POST,ALPHA-BITS	1 cup (1 NLEA serving for adults)	24.09	6.30	2.13	21.96
CEREALS RTE,POST,COCOA PEBBLES	3/4 cup (1 NLEA serving)	24.85	10.38	0.46	24.39
CEREALS RTE,POST,FRUITY PEBBLES	3/4 cup (1 NLEA serving)	23.25	9.29	0.22	23.03
CEREALS RTE,POST,GOLDEN CRISP	3/4 cup (1 NLEA serving)	24.33	14.47	1.35	22.98
CEREALS RTE,POST,GRAPE-NUTS CRL	1/2 cup (1 NLEA serving)	46.68	5.16	7.02	39.67
CEREALS RTE,POST,GRAPE-NUTS FLAKES	3/4 cup (1 NLEA serving)	23.78	4.41	2.96	20.82
CEREALS RTE,POST,GREAT GRAINS CRUNCHY PECAN CRL	3/4 cup (1 NLEA serving)	37.96	8.01	5.04	32.92
CEREALS RTE,POST,GREAT GRAINS,RAISIN,DATE & PECAN	3/4 cup (1 NLEA serving)	40.87	13.26	5.12	35.75
CEREALS RTE,POST,HONEY BUNCHES OF OATS W/ VANILLA BUNCHES	1 cup (1 NLEA serving)	45.81	11.59	4.37	41.44
CEREALS RTE,POST,HONEY BUNCHES OF OATS,HONEY RSTD	3/4 cup (1 NLEA serving)	24.36	5.94	1.26	23.10
CEREALS RTE,POST,HONEY BUNCHES OF OATS,JUST BUNCHES,HNY RSTD	2/3 cup (1 NLEA serving)	43.26	13.28	3.53	39.73
CEREALS RTE,POST,HONEY BUNCHES OF OATS,PECAN BUNCHES	3/4 cup (1 NLEA serving)	23.78	6.35	1.51	22.27
CEREALS RTE,POST,HONEY BUNCHES OF OATS,W/ ALMONDS	3/4 cup (1 NLEA serving)	25.47	6.40	1.76	23.71

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,POST,HONEY BUNCHES OF OATS,W/ REAL STRAWBERRIES	3/4 cup (1 NLEA serving)	25.82	7.44	1.67	24.15
CEREALS RTE,POST,HONEY NUT SHREDDED WHEAT	1 cup (1 NLEA serving)	49.32	12.21	6.31	43.01
CEREALS RTE,POST,HONEYCOMB CRL	1 1/2 cup (1 NLEA serving)	27.87	10.34	0.99	26.88
CEREALS RTE,POST,SHREDDED WHEAT N' BRAN,SPOON-SIZE	1 1/4 cup (1 NLEA serving)	47.55	0.47	8.67	38.88
CEREALS RTE,POST,SHREDDED WHEAT,LIGHTLY FRSTD,SPOON-SIZE	1 cup (1 NLEA serving)	43.58	11.60	4.99	38.58
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	1 biscuit oblong	19.69	0.24	3.00	16.69
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	1 serving	36.23	0.43	5.52	30.71
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	2 biscuits (1 NLEA serving)	36.23	0.43	5.52	30.71
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	2 biscuits round	29.93	0.36	4.56	25.37
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL SPOON-SIZE	1 cup (1 NLEA serving)	39.89	0.44	6.08	33.81
CEREALS RTE,POST,WAFFLE CRISP	1 cup (1 NLEA serving)	24.90	10.41	1.32	23.58
CEREALS RTE,QUAKER OATMEAL SQUARES,GOLDEN MAPLE	1 cup (1 NLEA serving)	43.70	9.42	4.65	39.05
CEREALS RTE,QUAKER WHL HEARTS OAT CRL	3/4 cup (1 NLEA serving)	22.43	6.03	2.55	19.88
CEREALS RTE,QUAKER,100% NAT GRANOLA,OATS,WHEAT & HONEY	1/2 cup (1 NLEA serving)	35.35	9.76	4.90	30.46
CEREALS RTE,QUAKER,CAP'N CRUNCH	3/4 cup (1 NLEA serving)	23.09	11.97	0.68	22.41
CEREALS RTE,QUAKER,CAP'N CRUNCH W/ CRUNCHBERRIES	3/4 cup (1 NLEA serving)	22.34	11.49	0.68	21.67
CEREALS RTE,QUAKER,CAP'N CRUNCH'S HALLOWEEN CRUNCH	3/4 cup (1 NLEA serving)	22.14	11.39	0.65	21.49
CEREALS RTE,QUAKER,CAP'N CRUNCH'S OOPS! ALL BERRIES CRL	1 cup (1 NLEA serving)	27.87	14.14	0.83	27.04
CEREALS RTE,QUAKER,CAP'N CRUNCH'S PNU T BUTTER CRUNCH	3/4 cup (1 NLEA serving)	21.24	9.01	0.73	20.51
CEREALS RTE,QUAKER,CHRISTMAS CRUNCH	3/4 cup (1 NLEA serving)	22.34	11.52	0.68	21.66
CEREALS RTE,QUAKER,HONEY GRAHAM OHIS	3/4 cup (1 NLEA serving)	22.59	11.67	0.57	22.02

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,QUAKER,KING VITAMAN	1 1/2 cup (1 NLEA serving)	25.99	6.28	1.05	24.94
CEREALS RTE,QUAKER,LOFAT 100% NAT GRANOLA W/ RAISINS	2/3 cup (1 NLEA serving)	44.31	14.11	5.28	39.03
CEREALS RTE,QUAKER,MAPLE BROWN SUGAR LIFE CRL	3/4 cup (1 NLEA serving)	25.24	7.97	2.02	23.22
CEREALS RTE,QUAKER,MOTHER'S CINN OAT CRUNCH	1 cup (1 NLEA serving)	47.87	15.22	4.86	43.01
CEREALS RTE,QUAKER,MOTHER'S COCOA BUMPERS	1 cup (1 NLEA serving)	29.67	14.23	0.89	28.78
CEREALS RTE,QUAKER,MOTHER'S GRAHAM BUMPERS	3/4 cup (1 NLEA serving)	24.89	12.41	0.73	24.16
CEREALS RTE,QUAKER,MOTHER'S PNUT BUTTER BUMPERS CRL	1 cup (1 NLEA serving)	26.29	9.67	0.83	25.47
CEREALS RTE,QUAKER,MOTHER'S TSTD OAT BRAN CRL	3/4 cup (1 NLEA serving)	24.13	4.98	2.75	21.38
CEREALS RTE,QUAKER,NAT GRANOLA APPL CRANBERRY ALMOND	1/2 cup (1 NLEA serving)	36.62	13.44	4.85	31.77
CEREALS RTE,QUAKER,OATMEAL SQUARES	1 cup (1 NLEA serving)	43.55	9.35	4.65	38.90
CEREALS RTE,QUAKER,OATMEAL SQUARES,CINN	1 cup (1 NLEA serving)	43.73	9.34	4.87	38.86
CEREALS RTE,QUAKER,QUAKER CRUNCHY BRAN	3/4 cup (1 NLEA serving)	22.59	5.58	4.13	18.46
CEREALS RTE,QUAKER,QUAKER GRANOLA W/ OATS,WHEAT& RAISINS	1/2 cup (1 NLEA serving)	38.08	12.56	4.79	33.29
CEREALS RTE,QUAKER,QUAKER HONEY GRAHAM LIFE CRL	3/4 cup (1 NLEA serving)	25.14	7.40	2.02	23.12
CEREALS RTE,QUAKER,QUAKER OAT CINN LIFE	3/4 cup (1 NLEA serving)	25.29	8.06	2.02	23.27
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	1/2 cup	16.33	4.08	1.39	14.94
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	3/4 cup (1 NLEA serving)	24.88	6.22	2.11	22.76
CEREALS RTE,QUAKER,QUAKER PUFFED RICE	3/4 cup (1 NLEA serving)	12.29	0.00	0.20	12.09
CEREALS RTE,QUAKER,QUAKER PUFFED WHEAT	1 cup (1 NLEA serving)	11.46	0.21	1.41	10.05
CEREALS RTE,QUAKER,SHREDDED WHEAT,BAGGED CRL	3 biscuits (1 NLEA serving)	51.04	0.51	7.43	43.60
CEREALS RTE,QUAKER,SWT CRUNCH/QUISP	1 cup (1 NLEA serving)	22.96	11.71	0.62	22.34
CEREALS RTE,QUAKER,TSTD MULTIGRAIN CRISPS	1 1/4 cup (1 NLEA serving)	42.69	9.31	5.81	36.88

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS RTE,RALSTON CORN BISCUITS	1 cup (NLEA serving)	25.74	2.85	0.78	24.96
CEREALS RTE,RALSTON CORN FLAKES	1 cup (1 NLEA serving)	24.64	2.20	0.76	23.89
CEREALS RTE,RALSTON CRISP RICE	1 cup	24.14	3.39	0.20	23.95
CEREALS RTE,RALSTON CRISP RICE	1 1/4 cup (1 NLEA serving)	28.45	4.00	0.23	28.22
CEREALS RTE,RALSTON CRISPY HEXAGONS	1 cup (1 NLEA serving)	25.17	4.00	0.44	24.73
CEREALS RTE,RALSTON ENR WHEAT BRAN FLAKES	1 cup	33.50	7.21	7.10	26.41
CEREALS RTE,RALSTON ENR WHEAT BRAN FLAKES	1 serving (NLEA serving size = 0.75 cup)	23.13	4.98	4.90	18.23
CEREALS RTE,RALSTON TASTEEOS	1 cup (1 NLEA serving)	21.14	1.00	3.00	18.14
CEREALS RTE,RICE,PUFFED,FORT	1/2 oz	12.75	0.00	0.24	12.51
CEREALS RTE,RICE,PUFFED,FORT	1 cup	12.57	0.00	0.24	12.33
CEREALS RTE,SUN COUNTRY,KRETSCHMER HONEY CRUNCH WHEAT GERM	2 tbsp (1 NLEA serving)	8.14	3.00	1.43	6.71
CEREALS RTE,SUN COUNTRY,KRETSCHMER TSTD WHEAT BRAN	1/4 cup (1 NLEA serving)	9.52	0.00	6.61	2.91
CEREALS RTE,SUN COUNTRY,KRETSCHMER WHEAT GERM,REG	2 tbsp (1 NLEA serving)	6.91	1.00	1.67	5.25
CEREALS RTE,UNCLE SAM CRL	3/4 cup (1 NLEA serving)	36.18	0.86	11.17	25.01
CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	1 cup	25.19	3.00	0.41	24.78
CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	1 serving (NLEA serving = 1 cup)	25.19	3.00	0.41	24.78
CEREALS RTE,USDA CMDTY RICE CRISPS (INCLUDES ALL BRANDS)	1 cup (1 NLEA serving)	24.09	2.34	0.20	23.90
CEREALS RTE,WEETABIX WHL GRAIN CRL	1 cup	46.46	3.25	6.50	39.96
CEREALS RTE,WEETABIX WHL GRAIN CRL	2 biscuits (1 NLEA serving)	28.53	2.00	3.99	24.54
CEREALS RTE,WHEAT GERM,TSTD,PLN	1 cup	56.05	8.81	17.06	38.99
CEREALS RTE,WHEAT GERM,TSTD,PLN	1 oz	14.06	2.21	4.28	9.78
CEREALS RTE,WHEAT&BRAN,PRESWEETENED W/NUTS&FRUITS	1 cup (1 NLEA serving)	41.91	12.98	5.34	36.58
CEREALS RTE,WHEAT,PUFFED,FORT	1/2 oz	11.30	0.00	0.62	10.68
CEREALS RTE,WHEAT,PUFFED,FORT	1 cup	9.55	0.00	0.53	9.02
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,W/ SALT	1 cup	37.93	0.31	2.06	35.88

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,W/ SALT	1 tablespoon	2.36	0.02	0.13	2.23
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 cup	37.93	0.31	2.06	35.88
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 tbsp	2.36	0.02	0.13	2.23
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	1 cup	123.38	0.89	7.18	116.20
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	1 tbsp	7.67	0.06	0.45	7.23
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 cup	32.29	0.21	1.63	30.66
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,DRY	1 cup	135.85	0.94	6.63	129.22
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	1 cup	124.18	1.00	2.50	121.68
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	1 tbsp	7.72	0.06	0.16	7.57
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	1 cup	32.29	0.21	1.63	30.66
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	3/4 cup	21.05	0.07	0.18	20.86
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	1 cup	28.06	0.10	0.24	27.82
CEREALS,CREAM OF WHEAT,INST,DRY	1 cup	134.39	0.71	5.87	128.52
CEREALS,CREAM OF WHEAT,INST,DRY	1 tbsp	8.68	0.05	0.38	8.30
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	3/4 cup	23.67	0.13	1.09	22.59
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	1 cup	31.52	0.17	1.45	30.08
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	1 tbsp	1.96	0.01	0.09	1.87
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	3/4 cup	20.86	0.07	0.18	20.68
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	1 cup	27.82	0.10	0.24	27.57
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	1 tbsp	1.71	0.01	0.02	1.70
CEREALS,CRM OF RICE,DRY	1/4 cup (1 NLEA serving)	37.08	0.14	0.32	36.77
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	1 cup	140.90	0.99	8.54	132.37
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	1 tbsp	9.95	0.07	0.60	9.35
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	3 tablespoon (1 serving)	23.97	0.17	1.45	22.52
CEREALS,CRM OF WHEAT,1 MINUTE,CKD W/ H2O,MICROWAVED,WO/ SALT	1 cup	25.29	7.06	3.56	21.73

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS,CRM OF WHEAT,1 MINUTE,CKD W/ H2O,STOVE-TOP,WO/ SALT	1 cup	27.34	0.17	0.98	26.36
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	1 cup	124.91	0.82	7.66	117.26
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	1 tbsp	9.91	0.06	0.61	9.30
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	3 tablespoon (1 NLEA serving)	23.69	0.16	1.45	22.24
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,W/ SALT	1 cup (1 serving)	26.76	0.08	1.26	25.50
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,WO/ SALT	1 cup (1 serving)	26.41	0.08	1.26	25.15
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,WO/ SALT	1 tbsp	1.68	0.00	0.08	1.60
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	1 cup	132.35	0.35	6.57	125.77
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	1 tbsp	8.11	0.02	0.40	7.71
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	3 tbsp (1 NLEA serving)	25.25	0.07	1.25	23.99
CEREALS,CRM OF WHT,2 1/2 MIN CK,CKD W/H2O,STOVE-TOP,WO/SALT	1 cup	28.65	0.17	1.71	26.94
CEREALS,CRM OF WHT,2 1/2 MIN COOK TIME,CKD W/H2O,MW,WO/ SALT	1 cup	23.33	0.79	1.62	21.71
CEREALS,FARINA,ENR,ASSORTED BRANDS,DRY	1 cup	128.81	0.99	7.39	121.42
CEREALS,FARINA,ENR,ASSORTED BRANDS,DRY	1 tbsp	8.05	0.06	0.46	7.59
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	3/4 cup	19.55	1.36	1.43	18.11
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	1 cup	26.21	1.82	1.92	24.29
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	1 tbsp	1.63	0.11	0.12	1.51
CEREALS,FARINA,ENR,CKD W/ H2O,W/ SALT	1 cup	25.44	1.77	1.86	23.58
CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	1 cup	26.21	1.82	1.92	24.29
CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	1 tbsp	1.64	0.11	0.12	1.52
CEREALS,FARINA,UNENR,DRY	1 cup	137.28	0.00	3.34	133.94
CEREALS,FARINA,UNENR,DRY	1 tbsp	8.50	0.00	0.21	8.29
CEREALS,KASHI GO LN HOT CRL,CREAMY TRULY VANILLA,DRY	1 packet (1 NLEA serving)	24.44	5.92	7.40	17.04
CEREALS,KASHI GO LN HOT CRL,HEARTY HONEY & CINN,DRY	1 packet (1 NLEA serving)	27.20	7.08	4.80	22.40
CEREALS,KASHI HEART TO HEART,INST OATMEAL,APPL CINN,DRY	1 packet (1 NLEA serving)	31.73	10.75	5.38	26.36



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS,KASHI HEART TO HEART,INST OATMEAL,GLDN BRWN MPLE,DRY	1 packet (1 NLEA serving)	31.64	10.23	5.46	26.18
CEREALS,KELLOGG'S SPL K NOURISH,CINN RAISIN PECAN,DRY	1 Container (1 NLEA serving)	32.19	12.37	4.78	27.40
CEREALS,KELLOGG'S SPL K NOURISH,CRANBERRY ALMOND,DRY	1 Container (1 NLEA serving)	32.91	11.64	4.84	28.07
CEREALS,KELLOGG'S SPL K NOURISH,MAPLE BROWN SUGAR CRUNCH,DRY	1 Container (1 NLEA serving)	32.29	11.44	4.84	27.45
CEREALS,MALT-O-MEAL,CHOC,DRY	3 tbsp (1 NLEA serving)	27.84	5.82	0.98	26.86
CEREALS,MALT-O-MEAL,CHOC,PREP W/ H2O,WO/ SALT	1 serving (3 T dry cereal plus 1 cup water)	24.71	5.82	1.07	23.64
CEREALS,MALT-O-MEAL,FARINA HOT WHEAT CRL,DRY	3 tbsp (1 NLEA serving)	27.02	0.25	1.02	26.01
CEREALS,MALT-O-MEAL,MAPLE & BROWN SUGAR HOT WHEAT CRL,DRY	1/4 cup (1 NLEA serving)	36.23	12.60	0.81	35.42
CEREALS,MALT-O-MEAL,ORIGINAL,PLN,DRY	3 tbsp (1 NLEA serving)	27.04	0.00	1.02	26.03
CEREALS,MALT-O-MEAL,ORIGINAL,PLN,PREP W/ H2O,WO/ SALT	1 serving (3 T dry cereal plus 1 cup water)	24.66	0.35	1.07	23.58
CEREALS,OATS,INST,FORT,MAPLE & BROWN SUGAR,DRY	1 packet	32.97	13.02	3.10	29.87
CEREALS,OATS,INST,FORT,PLN,DRY	1 packet	19.47	0.42	2.80	16.67
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 cup, cooked	27.31	1.08	3.98	23.33
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 cup, dry, yields	58.47	2.30	8.52	49.95
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 oz, dry, yields	20.66	0.81	3.01	17.65
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 packet, dry, yields	20.66	0.81	3.01	17.65
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	1 packet	34.24	11.40	3.60	30.64
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 cup	45.48	15.14	4.80	40.68
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 packet, prepared	30.51	10.16	3.22	27.29
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 tbsp	2.84	0.95	0.30	2.54
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,DRY	1 packet	33.59	16.34	2.51	31.08
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 cup	42.98	20.90	3.12	39.86
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 packet, prepared	28.30	13.76	2.05	26.24

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CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 tbsp	2.69	1.31	0.20	2.49
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	3/4 cup	21.00	0.47	2.98	18.03
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	1 cup	28.08	0.63	3.98	24.10
CEREALS,OATS,REG & QUICK,NOT FORT,DRY	1/3 cup	18.28	0.27	2.73	15.55
CEREALS,OATS,REG & QUICK,NOT FORT,DRY	1 cup	54.84	0.80	8.18	46.66
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	3/4 cup	21.00	0.47	2.98	18.03
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	1 cup	28.08	0.63	3.98	24.10
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	1 tbsp	1.75	0.04	0.25	1.50
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,DRY	1 packet (1 NLEA serving)	20.43	0.77	1.18	19.25
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	1 packet	22.74	0.44	1.22	21.52
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	1 tbsp	5.49	0.11	0.29	5.20
CEREALS,QUAKER,CORN GRITS,INST,PLN,PREP,WO/ SALT	1 cup	34.93	0.22	2.41	32.52
CEREALS,QUAKER,HOMINY GRITS,WHITE,QUICK,DRY	1/4 cup	29.45	0.11	1.78	27.68
CEREALS,QUAKER,HOMINY GRITS,WHITE,REG,DRY	1/4 cup (1 NLEA serving)	32.47	0.26	0.66	31.82
CEREALS,QUAKER,INST GRITS PRODUCT W/ AMERICAN CHS FLAVOR,DRY	1 packet (1 NLEA serving)	20.77	0.57	1.20	19.57
CEREALS,QUAKER,INST GRITS,BUTTER FLAVOR,DRY	1 packet (1 NLEA serving)	20.95	0.25	1.32	19.64
CEREALS,QUAKER,INST GRITS,COUNTRY BACON FLAVOR,DRY	1 packet (1 NLEA serving)	21.11	0.11	1.43	19.68
CEREALS,QUAKER,INST GRITS,HAM 'N' CHS FLAVOR,DRY	1 packet (1 NLEA serving)	19.90	0.75	1.18	18.73
CEREALS,QUAKER,INST GRITS,REDEYE GRVY COUNTRY HAM FLAVOR,DRY	1 packet (1 NLEA serving)	21.24	0.20	1.29	19.95
CEREALS,QUAKER,INST OATMEAL ORGANIC,REG	1 packet	27.47	0.41	4.02	23.45
CEREALS,QUAKER,INST OATMEAL,APPL & CINN,RED SUGAR	1 packet (1 NLEA serving)	22.37	5.51	3.01	19.37
CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,DRY	1 packet (1 NLEA serving)	33.00	12.41	3.57	29.43
CEREALS,QUAKER,INST OATMEAL,BANANA BREAD,DRY	1 packet (1 NLEA serving)	31.04	12.07	2.75	28.29

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS,QUAKER,INST OATMEAL,CINN SPICE,RED SUGAR	1 packet (1 NLEA serving)	23.61	4.05	2.99	20.62
CEREALS,QUAKER,INST OATMEAL,CINN SWIRL,HI FIBER	1 packet (1 NLEA serving)	34.05	6.62	10.04	24.02
CEREALS,QUAKER,INST OATMEAL,CINNAMON-SPICE,DRY	1 packet (1 NLEA serving)	32.04	9.09	3.53	28.52
CEREALS,QUAKER,INST OATMEAL,DINOSAUR EGGS,BROWN SUGAR,DRY	1 packet (1 NLEA serving)	36.84	14.46	3.20	33.64
CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM VAR,DRY	1 packet	26.40	10.94	2.10	24.30
CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM,RED SUGAR	1 packet	23.62	5.83	2.74	20.88
CEREALS,QUAKER,INST OATMEAL,MAPLE & BROWN SUGAR,DRY	1 packet	33.07	12.91	3.10	29.98
CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,DRY	1 packet (1 NLEA serving)	32.54	15.33	2.49	30.05
CEREALS,QUAKER,INST OATMEAL,RAISINS,DATES & WALNUTS,DRY	1 packet	26.79	11.41	2.55	24.24
CEREALS,QUAKER,INST OATMEAL,WEIGHT CONTROL,CINN	1 packet (1 NLEA serving)	28.89	0.57	5.85	23.04
CEREALS,QUAKER,OAT BRAN,QUAKER/MOTHER'S OAT BRAN,DRY	1/2 cup (1 NLEA serving)	25.18	0.57	5.72	19.46
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,APPL WALNUT,DRY	1 package (1 NLEA serving)	52.90	22.02	5.25	47.65
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,BLUEBERRY HAZELNUT,DRY	1 package (1 NLEA serving)	48.63	13.10	5.39	43.24
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,CHERRY PISTACHIO,DRY	1 package (1 NLEA serving)	48.71	19.23	5.18	43.53
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,PEACH ALMOND,DRY	1 package (1 NLEA serving)	51.46	18.64	5.55	45.91
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,SMR BERRY,DRY	1 package (1 NLEA serving)	50.81	14.30	5.95	44.86
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,DRY	1/2 cup (1 NLEA serving)	29.05	0.98	4.76	24.29
CEREALS,QUAKER,QUICK OATS W/ IRON,DRY	1/2 cup	27.27	0.57	3.76	23.51
CEREALS,QUAKER,QUICK OATS,DRY	1/2 cup	27.27	0.57	3.76	23.51
CEREALS,QUAKER,WEIGHT CONTROL INST OATMEAL,BANANA BREAD	1 packet (1 NLEA serving)	28.99	0.58	5.67	23.32
CEREALS,QUAKER,WHL WHEAT NAT CRL,DRY	1/2 cup	29.92	0.80	3.96	25.96
CEREALS,QUAKER,WT CONTROL INST OATMEAL,MAPLE & BROWN SUGAR	1 packet (1 NLEA serving)	28.91	0.56	5.85	23.06
CEREALS,RTE,MALT-O-MEAL,BLUEBERRY MINI SPOONERS	1 cup (1 NLEA serving)	43.67	10.14	5.67	38.01

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CEREALS,WHEATENA,CKD W/ H2O	3/4 cup	21.48	0.00	4.91	16.56
CEREALS,WHEATENA,CKD W/ H2O	1 cup	28.67	0.00	6.56	22.11
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	3/4 cup	21.37	0.46	3.64	17.73
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	1 cup	28.53	0.61	4.86	23.67
CEREALS,WHEATENA,DRY	1/4 cup	26.46	0.56	4.48	21.98
CEREALS,WHEATENA,DRY	1/3 cup (1 NLEA serving)	30.24	0.64	5.12	25.12
CEREALS,WHEATENA,DRY	1 cup	106.60	2.26	18.05	88.55
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	3/4 cup	24.93	0.15	2.91	22.02
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	1 cup	33.15	0.19	3.87	29.28
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	3/4 cup	24.93	0.15	2.91	22.02
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	1 cup	33.15	0.19	3.87	29.28
CEREALS,WHL WHEAT HOT NAT CRL,DRY	1/3 cup	23.31	0.13	2.95	20.37
CEREALS,WHL WHEAT HOT NAT CRL,DRY	1 cup	70.69	0.39	8.93	61.76
INCAPARINA,DRY MIX (CORN & SOY FLOURS),UNPREP	1 cup	77.48	0.00	12.67	64.81
INCAPARINA,DRY MIX (CORN & SOY FLOURS),UNPREP	1 tbsp	5.39	0.00	0.88	4.51
KELLOGG MINI-WHEATS FRSTD BITE SIZE TOUCH OF FRUIT RAISIN	24 Biscuits (1 NLEA serving)	45.16	9.46	5.94	39.22
MILLET,PUFFED	1 cup	16.80	0.12	0.57	16.23
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	1 serving	15.60	8.17	0.48	15.12
ARCHWAY Home Style Cookies, Coconut Macaroon	1 serving	13.47	9.94	1.12	12.35
ARCHWAY Home Style Cookies, Date Filled Oatmeal	1 serving	17.04	8.57	0.53	16.52
ARCHWAY Home Style Cookies, Dutch Cocoa	1 serving	16.67	8.48	0.62	16.04
ARCHWAY Home Style Cookies, Iced Molasses	1 serving	19.35	10.76	0.28	19.07
ARCHWAY Home Style Cookies, Iced Oatmeal	1 serving	18.69	10.42	0.56	18.13
ARCHWAY Home Style Cookies, Molasses	1 serving	18.05	9.45	0.31	17.73
ARCHWAY Home Style Cookies, Oatmeal	1 serving	17.04	8.63	0.73	16.32
ARCHWAY Home Style Cookies, Oatmeal Raisin	1 serving	18.01	10.28	0.70	17.31
ARCHWAY Home Style Cookies, Old Fashioned Molasses	1 serving	18.34	9.38	0.29	18.06
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	1 serving	14.45	6.53	0.36	14.09

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ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	1 serving	24.39	11.61	0.35	24.04
ARCHWAY Home Style Cookies, Strawberry Filled	1 serving	16.48	7.94	0.55	15.93
ARCHWAY HOME STYLE COOKIES,FROSTY LEMON	1 serving	16.84	8.67	0.18	16.66
ARCHWAY HOME STYLE COOKIES,PNUT BUTTER	1 serving	12.28	6.84	0.59	11.69
ARCHWAY HOME STYLE COOKIES,RASPBERRY FILLED	1 serving	16.48	7.94	0.55	15.93
ARCHWAY HOME STYLE COOKIES,SUGAR FREE OATMEAL	1 serving	16.13	0.30	0.46	15.67
ARTIFICIAL BLUEBERRY MUFFIN MIX,DRY	1 muffin	24.01	0.00	0.00	24.01
AUSTIN,CHEDDAR CHS ON CHS CRACKERS,SANDWICH-TYPE	1 package	23.40	5.27	0.51	22.89
AUSTIN,CHEDDAR CHS ON CHS CRACKERS,SANDWICH-TYPE,RED FAT	1 package	24.48	5.26	0.50	23.98
AUSTIN,CHEDDAR CHS ON WAFER CRACKERS,SANDWICH-TYPE	1 package	24.41	5.58	0.51	23.91
AUSTIN,CHEDDAR CHS ON WHEAT CRACKERS,SANDWICH-TYPE	1 package	23.95	5.69	0.70	23.24
AUSTIN,CHOCOLATEY PNUT BUTTER CRACKERS,SANDWICH-TYPE	1 package	25.82	6.75	0.78	25.04
AUSTIN,GRILLED CHS ON WAFER CRACKERS,SANDWICH-TYPE	1 package	24.18	4.91	0.51	23.67
AUSTIN,PB & J CRACKERS,SANDWICH-TYPE	1 package	25.62	6.51	0.78	24.84
AUSTIN,PNUT BUTTER ON CHS CRACKERS,SANDWICH-TYPE	1 package	23.01	3.51	1.25	21.76
AUSTIN,PNUT BUTTER ON CHS CRACKERS,SANDWICH-TYPE,RED FAT	1 package	23.87	3.24	0.97	22.90
AUSTIN,PNUT BUTTER ON TOASTY CRACKERS,SANDWICH-TYPE	1 package	23.48	4.52	1.25	22.23
AUSTIN,PNUT BUTTER ON TOASTY CRACKERS,SANDWICH-TYPE,RED FAT	1 package	24.19	4.25	0.97	23.22
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 bagel	51.86	8.35	1.58	50.27
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 large bagel (4-1/2")	68.62	11.04	2.10	66.52
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	55.00	8.85	1.68	53.32
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.62	2.19	0.42	13.20
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 oz	14.85	2.39	0.45	14.40

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BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.14	5.82	1.10	35.04
BAGEL,WHEAT	1 bagel	47.91	6.00	4.02	43.89
BAGELS,CINNAMON-RAISIN	1 large bagel (4-1/2" dia)	72.31	7.83	3.01	69.30
BAGELS,CINNAMON-RAISIN	1 medium bagel (3-1/2" to 4" dia)	57.96	6.28	2.42	55.55
BAGELS,CINNAMON-RAISIN	1 mini bagel (2-1/2" dia)	14.35	1.55	0.60	13.75
BAGELS,CINNAMON-RAISIN	1 oz	15.65	1.70	0.65	15.00
BAGELS,CINNAMON-RAISIN	1 small bagel (3" dia)	38.09	4.13	1.59	36.50
BAGELS,CINNAMON-RAISIN,TSTD	1 large bagel (4-1/2" dia)	72.94	7.91	3.08	69.86
BAGELS,CINNAMON-RAISIN,TSTD	1 medium bagel (4" dia)	58.71	6.37	2.48	56.23
BAGELS,CINNAMON-RAISIN,TSTD	1 mini bagel (2-1/2" dia)	14.23	1.54	0.60	13.63
BAGELS,CINNAMON-RAISIN,TSTD	1 oz	16.81	1.82	0.71	16.10
BAGELS,CINNAMON-RAISIN,TSTD	1 small bagel (3-1/2" to 4"dia)	38.55	4.18	1.63	36.92
BAGELS,EGG	1 large bagel (4-1/2" dia)	69.43	0.00	3.01	66.42
BAGELS,EGG	1 medium bagel (3-1/2" to 4" dia)	55.65	0.00	2.42	53.24
BAGELS,EGG	1 mini bagel (2-1/2" dia)	13.78	0.00	0.60	13.18
BAGELS,EGG	1 oz	15.03	0.00	0.65	14.37
BAGELS,EGG	1 small bagel (3" dia)	36.57	0.00	1.59	34.98
BAGELS,OAT BRAN	1 large bagel (4-1/2" dia)	69.82	2.14	4.72	65.11
BAGELS,OAT BRAN	1 medium bagel (3-1/2" to 4" dia)	55.97	1.71	3.78	52.19
BAGELS,OAT BRAN	1 mini bagel (2-1/2" dia)	13.86	0.42	0.94	12.92
BAGELS,OAT BRAN	1 oz	15.11	0.46	1.02	14.09
BAGELS,OAT BRAN	1 small bagel (3" dia)	36.78	1.12	2.48	34.29
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.07	0.00	2.42	53.66



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BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 large bagel (4-1/2")	70.25	7.16	3.20	67.05
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.54	5.76	2.57	53.96
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.71	1.40	0.62	13.08
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 oz	16.19	1.65	0.74	15.45
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 small bagel (3" dia)	37.12	3.78	1.69	35.43
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4")	56.07	0.00	2.42	53.66
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.07	0.00	2.42	53.66
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BARBARA DEE,WNTR MINTS COOKIES	4 cookies	20.80	11.10	0.62	20.18
BEAR NAKED,DOUBLE CHOC COOKIES	1 cookie	20.07	10.56	2.10	17.97
BEAR NAKED,FRUIT & NUT COOKIES	1 cookie	18.48	8.82	2.13	16.35
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 biscuit	19.92	3.18	0.30	19.62
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 biscuit	26.87	4.29	0.41	26.46



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 oz	13.13	2.10	0.20	12.93
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 package	184.35	29.45	2.79	181.57
BISCUITS,MXD GRAIN,REFR DOUGH	1 biscuit (2-1/2" dia)	20.86	0.00	0.00	20.86
BISCUITS,MXD GRAIN,REFR DOUGH	1 oz	13.44	0.00	0.00	13.44
BISCUITS,PLN OR BTTRMLK,DRY MIX	1/3 cup (NLEA serving size)	25.36	4.66	0.84	24.52
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, homemade	72.28	13.28	2.39	69.88
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, poured from box	81.15	14.91	2.69	78.46
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, purchased	76.08	13.98	2.52	73.56
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, spooned into cup	76.08	13.98	2.52	73.56
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 oz	17.97	3.30	0.60	17.38
BISCUITS,PLN OR BTTRMLK,DRY MIX,PREP	1 oz	13.72	0.00	0.51	13.21
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 biscuit (2-1/2" dia)	18.85	1.22	0.46	18.40
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 large	41.48	2.68	1.00	40.48
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 medium	27.47	1.77	0.66	26.81
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 oz	15.27	0.99	0.37	14.90
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 small	18.85	1.22	0.46	18.40
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 biscuit (2-1/2" dia)	26.76	1.31	0.90	25.86
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 biscuit (4" dia)	45.05	2.20	1.52	43.53
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 oz	12.64	0.62	0.43	12.22
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 small (1-1/2" dia)	6.24	0.31	0.21	6.03
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 biscuit	25.02	4.18	1.43	23.59
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 biscuit (2-1/2" dia)	13.24	2.21	0.76	12.49
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 oz	13.91	2.32	0.79	13.11
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	1 oz	12.39	2.04	0.57	11.82
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	1 serving 1 biscuit	25.35	4.16	1.16	24.19
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	1 biscuit (2-1/4" dia)	11.63	1.71	0.40	11.24
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	1 oz	15.71	2.31	0.54	15.17
BREAD CRUMBS,DRY,GRATED,PLN	1 cup	77.74	6.70	4.86	72.88

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD CRUMBS, DRY, GRATED, PLN	1 oz	20.41	1.76	1.28	19.13
BREAD CRUMBS, DRY, GRATED, SEASONED	1 cup	82.19	6.89	5.88	76.31
BREAD CRUMBS, DRY, GRATED, SEASONED	1 oz	19.42	1.63	1.39	18.03
BREAD STICKS, PLAIN	1 cup, small pieces	31.46	0.58	1.38	30.08
BREAD STICKS, PLAIN	1 stick (7-5/8" x 5/8")	6.84	0.13	0.30	6.54
BREAD STICKS, PLAIN	1 stick (9-1/4" x 3/8")	4.10	0.08	0.18	3.92
BREAD STICKS, PLAIN	1 stick, small (approx 4-1/4" long)	3.42	0.06	0.15	3.27
BREAD STUFFING, BREAD, DRY MIX	1 oz	21.60	2.34	0.91	20.70
BREAD STUFFING, BREAD, DRY MIX	1 package (6 oz)	129.54	14.06	5.44	124.10
BREAD STUFFING, BREAD, DRY MIX, PREP	1/2 cup	21.70	2.11	2.90	18.80
BREAD STUFFING, BREAD, DRY MIX, PREP	1 oz	6.15	0.60	0.82	5.33
BREAD STUFFING, CORNBREAD, DRY MIX	1 oz	21.74	1.35	4.05	17.69
BREAD STUFFING, CORNBREAD, DRY MIX	1 package (6 oz)	130.39	8.11	24.31	106.08
BREAD STUFFING, CORNBREAD, DRY MIX, PREP	1/2 cup	21.90	3.92	2.90	19.00
BREAD STUFFING, CORNBREAD, DRY MIX, PREP	1 oz	6.21	1.11	0.82	5.39
Bread, french	1 oz	14.71	1.31	0.62	14.08
Bread, french	1 slice	72.11	6.42	3.06	69.06
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 oz	17.56	1.02	0.88	16.68
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, large	54.50	3.16	2.73	51.77
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, medium	36.54	2.12	1.83	34.71
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, small	17.96	1.04	0.90	17.06
BREAD, WHEAT, TSTD	1 oz	15.81	1.82	1.33	14.48
BREAD, WHEAT, TSTD	1 slice	13.38	1.54	1.13	12.26
BREAD, WHOLE-WHEAT, COMMER PREP, TOASTED	1 oz	14.50	1.64	2.61	11.90
BREAD, WHOLE-WHEAT, COMMER PREP, TOASTED	1 slice	12.79	1.44	2.30	10.49
BREAD, BANANA, PREP FROM RECIPE, MADE W/MARGARINE	1 individual loaf (include Keebler Elfin Loaves)	31.12	0.00	0.63	30.50
BREAD, BANANA, PREP FROM RECIPE, MADE W/MARGARINE	1 oz	15.48	0.00	0.31	15.17
BREAD, BANANA, PREP FROM RECIPE, MADE W/MARGARINE	1 slice	32.76	0.00	0.66	32.10
BREAD, BOSTON BROWN, CANNED	1 oz	12.28	0.69	1.33	10.94

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,BOSTON BROWN,CANNED	1 slice	19.49	1.09	2.12	17.37
BREAD,CHAPATI OR ROTI,PLN,COMMLY PREP	1 piece	31.52	1.85	3.33	28.19
BREAD,CHAPATI OR ROTI,WHL WHEAT,FRZ	1 piece	19.84	1.26	4.17	15.66
BREAD,CHS	1 slice	21.52	1.00	1.01	20.51
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	1 oz	19.70	5.77	1.84	17.86
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	1 package (8.5 oz)	167.50	49.02	15.67	151.83
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 muffin	27.77	8.19	1.17	26.60
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 oz	15.44	4.55	0.65	14.79
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 piece	32.68	9.63	1.38	31.30
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	1 oz	19.70	0.00	1.84	17.86
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	1 package (8.5 oz)	167.50	0.00	15.67	151.83
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	12.33	0.00	0.00	12.33
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 piece	28.28	0.00	0.00	28.28
BREAD,CRACKED-WHEAT	1 cubic inch	1.58	0.00	0.18	1.41
BREAD,CRACKED-WHEAT	1 oz	14.03	0.00	1.56	12.47
BREAD,CRACKED-WHEAT	1 slice	12.38	0.00	1.38	11.00
BREAD,CRACKED-WHEAT	1 slice regular, crust not eaten	6.04	0.00	0.67	5.37
BREAD,CRACKED-WHEAT	1 slice thin, crust not eaten	4.65	0.00	0.52	4.14
BREAD,CRACKED-WHEAT	1 slice, large or thick	14.85	0.00	1.65	13.20
BREAD,CRACKED-WHEAT	1 slice, regular	12.38	0.00	1.38	11.00
BREAD,CRACKED-WHEAT	1 slice, thin	9.90	0.00	1.10	8.80
BREAD,EGG	1 oz	13.55	0.50	0.65	12.90
BREAD,EGG	1 slice (5" x 3" x 1/2")	19.12	0.71	0.92	18.20
BREAD,EGG,TOASTED	1 oz	14.91	0.55	0.71	14.20
BREAD,EGG,TOASTED	1 slice (5" x 3" x 1/2")	19.46	0.72	0.93	18.54
BREAD,IRISH SODA,PREP FROM RECIPE	1 oz	15.88	0.00	0.74	15.14
BREAD,ITALIAN	1 oz	14.18	0.24	0.77	13.41
BREAD,ITALIAN	1 slice, large (4-1/2" x 3-1/4" x 3/4")	15.00	0.25	0.81	14.19

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,ITALIAN	1 slice, medium	10.00	0.17	0.54	9.46
BREAD,ITALIAN	1 slice, small (3-1/4" x 2-1/2" x 1/2")	5.00	0.08	0.27	4.73
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 oz	12.29	1.81	2.10	10.19
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 slice large	17.77	2.62	3.03	14.74
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 slice regular	11.27	1.66	1.92	9.34
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 oz	13.36	1.97	2.30	11.06
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 slice large	17.90	2.64	3.08	14.82
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 slice regular	11.31	1.67	1.94	9.36
BREAD,NAAN (INDIAN BREAD),PLN,COMMLY PREP,REFR	1 piece	45.39	3.20	1.98	43.41
BREAD,NAAN (INDIAN BREAD),WHL WHEAT,REFR	1 piece	48.98	3.60	5.09	43.89
BREAD,OAT BRAN	1 oz	11.28	2.18	1.28	10.01
BREAD,OAT BRAN	1 slice	11.94	2.31	1.35	10.59
BREAD,OAT BRAN,TOASTED	1 oz	12.39	2.40	1.39	11.00
BREAD,OAT BRAN,TOASTED	1 slice	11.80	2.28	1.32	10.48
BREAD,OATMEAL	1 oz	13.75	2.31	1.13	12.62
BREAD,OATMEAL	1 slice	13.10	2.20	1.08	12.02
BREAD,OATMEAL,TOASTED	1 oz	14.94	2.51	1.22	13.72
BREAD,OATMEAL,TOASTED	1 slice	13.18	2.21	1.08	12.10
BREAD,PAN DULCE,SWT YEAST BREAD	1 slice (average weight of 1 slice)	35.52	7.88	1.45	34.07
BREAD,PARATHA (INDIAN BREAD),WHL WHEAT,FRZ	1 piece	35.83	3.28	7.58	28.24
BREAD,PITA,WHITE,ENRICHED	1 pita, large (6-1/2" dia)	33.42	0.78	1.32	32.10
BREAD,PITA,WHITE,ENRICHED	1 pita, small (4" dia)	15.60	0.36	0.62	14.98
BREAD,PITA,WHITE,UNENR	1 oz	15.79	0.00	0.62	15.17
BREAD,PITA,WHITE,UNENR	1 pita, large (6-1/2" dia)	33.42	0.00	1.32	32.10
BREAD,PITA,WHOLE-WHEAT	1 pita, large (6-1/2" dia)	35.20	0.52	4.74	30.46
BREAD,PITA,WHOLE-WHEAT	1 pita, small (4" dia)	15.40	0.23	2.07	13.33

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,POTATO	1 slice	15.06	3.00	2.02	13.05
BREAD,POUND CAKE TYPE,PAN DE TORTA SALVADORAN	1 cake square	319.02	112.58	10.57	308.45
BREAD,POUND CAKE TYPE,PAN DE TORTA SALVADORAN	1 serving	28.21	9.96	0.94	27.27
BREAD,PROT (INCL GLUTEN)	1 oz	12.42	0.41	0.85	11.57
BREAD,PROT (INCL GLUTEN)	1 slice	8.32	0.27	0.57	7.75
BREAD,PROT,TSTD (INCL GLUTEN)	1 oz	13.64	0.41	0.94	12.70
BREAD,PROT,TSTD (INCL GLUTEN)	1 slice	8.18	0.24	0.56	7.62
BREAD,PUMPERNICKEL	1 oz	13.47	0.15	1.84	11.62
BREAD,PUMPERNICKEL	1 slice (5" x 4" x 3/8")	15.20	0.17	2.08	13.12
BREAD,PUMPERNICKEL	1 slice, regular	12.35	0.14	1.69	10.66
BREAD,PUMPERNICKEL	1 slice, snack-size	3.33	0.04	0.46	2.87
BREAD,PUMPERNICKEL	1 slice, thin	9.50	0.11	1.30	8.20
BREAD,PUMPERNICKEL,TSTD	1 oz	14.80	0.16	2.01	12.79
BREAD,PUMPERNICKEL,TSTD	1 slice (5" x 4" x 3/8")	15.14	0.17	2.06	13.08
BREAD,RAISIN,ENRICHED	1 oz	14.83	1.61	1.22	13.61
BREAD,RAISIN,ENRICHED	1 slice	13.60	1.48	1.12	12.48
BREAD,RAISIN,ENRICHED	1 slice, large	16.74	1.82	1.38	15.36
BREAD,RAISIN,ENRICHED	1 slice, thin	12.03	1.31	0.99	11.04
BREAD,RAISIN,TSTD,ENR	1 oz	16.13	1.75	1.33	14.80
BREAD,RAISIN,TSTD,ENR	1 slice	13.66	1.48	1.13	12.53
BREAD,RAISIN,TSTD,ENR	1 slice, large	16.50	1.79	1.36	15.14
BREAD,RAISIN,TSTD,ENR	1 slice, thin	11.95	1.30	0.99	10.96
BREAD,RAISIN,UNENRICHED	1 oz	14.83	0.00	1.22	13.61
BREAD,RAISIN,UNENRICHED	1 slice	13.60	0.00	1.12	12.48
BREAD,RAISIN,UNENRICHED	1 slice, large	16.74	0.00	1.38	15.36
BREAD,RAISIN,UNENRICHED	1 slice, thin	12.03	0.00	0.99	11.04
BREAD,RED-CAL,OAT BRAN	1 oz	11.71	1.00	3.40	8.31
BREAD,RED-CAL,OAT BRAN	1 slice	9.50	0.81	2.76	6.74
BREAD,RED-CAL,OAT BRAN,TSTD	1 oz	13.95	1.19	4.05	9.89
BREAD,RED-CAL,OAT BRAN,TSTD	1 slice	9.35	0.80	2.72	6.63
BREAD,RED-CAL,OATMEAL	1 oz	12.28	0.00	0.00	12.28
BREAD,RED-CAL,OATMEAL	1 slice	9.96	0.00	0.00	9.96
BREAD,RED-CAL,WHEAT	1 oz	12.04	1.05	3.15	8.89
BREAD,RED-CAL,WHEAT	1 slice	8.92	0.78	2.33	6.59
BREAD,RED-CAL,WHITE	1 oz	12.56	1.35	2.75	9.81
BREAD,RED-CAL,WHITE	1 slice	10.19	1.09	2.23	7.96
BREAD,REDUCED-CALORIE,RYE	1 oz	11.48	0.65	3.40	8.08
BREAD,REDUCED-CALORIE,RYE	1 slice	9.32	0.53	2.76	6.56
BREAD,REDUCED-CALORIE,RYE	1 slice, thick	12.96	0.73	3.84	9.12

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,REDUCED-CALORIE,RYE	1 slice, thin	8.10	0.46	2.40	5.70
BREAD,RICE BRAN	1 oz	12.33	1.32	1.39	10.94
BREAD,RICE BRAN	1 slice	11.75	1.26	1.32	10.42
BREAD,RICE BRAN,TOASTED	1 oz	13.41	1.44	1.50	11.91
BREAD,RICE BRAN,TOASTED	1 slice	11.83	1.27	1.33	10.50
BREAD,ROLL,MEXICAN,BOLLILO	1 piece	54.65	3.48	2.16	52.50
BREAD,RYE	1 oz	13.69	1.09	1.64	12.05
BREAD,RYE	1 slice, regular	15.46	1.23	1.86	13.60
BREAD,RYE	1 slice, snack-size	3.38	0.27	0.41	2.98
BREAD,RYE	1 slice, thin	12.08	0.96	1.45	10.63
BREAD,RYE,TOASTED	1 oz	15.05	1.20	1.81	13.24
BREAD,RYE,TOASTED	1 slice, large	15.40	1.23	1.86	13.54
BREAD,RYE,TOASTED	1 slice, regular	12.74	1.02	1.54	11.21
BREAD,RYE,TOASTED	1 slice, thin	9.56	0.76	1.15	8.41
BREAD,SALVADORAN SWT CHS (QUESADILLA SALVADORENA)	1 cake square (average weight of whole item)	190.88	99.35	2.79	188.09
BREAD,SALVADORAN SWT CHS (QUESADILLA SALVADORENA)	1 serving (approximate serving size)	26.31	13.70	0.39	25.93
BREAD,WHEAT	1 oz	13.80	1.68	1.13	12.67
BREAD,WHEAT	1 slice	14.12	1.71	1.16	12.96
BREAD,WHEAT BRAN	1 oz	13.55	2.74	1.13	12.42
BREAD,WHEAT BRAN	1 slice	17.21	3.48	1.44	15.77
BREAD,WHEAT GERM	1 oz	13.69	1.06	0.60	13.10
BREAD,WHEAT GERM	1 slice	13.52	1.04	0.59	12.94
BREAD,WHEAT GERM,TOASTED	1 oz	15.39	1.17	0.65	14.74
BREAD,WHEAT GERM,TOASTED	1 slice	13.58	1.04	0.58	13.00
BREAD,WHEAT,WHITE WHEAT	1 slice	12.29	1.40	2.58	9.72
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 cup, crumbs	22.24	2.55	1.22	21.02
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 cup, cubes	17.30	1.98	0.95	16.35
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 oz	14.01	1.61	0.77	13.25
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice	12.36	1.42	0.68	11.68
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice	14.33	1.64	0.78	13.55
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice crust not eaten	5.93	0.68	0.32	5.61
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice thin, crust not eaten	4.45	0.51	0.24	4.20

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, large	14.83	1.70	0.81	14.02
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, thin	9.88	1.13	0.54	9.34
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, very thin	7.41	0.85	0.41	7.01
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 cup, crumbs	22.32	1.94	1.04	21.29
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 cup, cubes	17.36	1.51	0.81	16.56
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 oz	14.06	1.22	0.65	13.41
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice	12.40	1.08	0.58	11.83
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice, large	14.88	1.29	0.69	14.19
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice, thin	9.92	0.86	0.46	9.46
BREAD,WHITE,COMMLY PREP,TSTD	1 cup, crumbs	24.48	2.13	1.13	23.36
BREAD,WHITE,COMMLY PREP,TSTD	1 cup, cubes	22.85	1.99	1.05	21.80
BREAD,WHITE,COMMLY PREP,TSTD	1 oz	15.42	1.34	0.71	14.71
BREAD,WHITE,COMMLY PREP,TSTD	1 slice	11.97	1.04	0.55	11.42
BREAD,WHITE,COMMLY PREP,TSTD	1 slice crust not eaten	5.98	0.52	0.28	5.71
BREAD,WHITE,COMMLY PREP,TSTD	1 slice thin, crust not eaten	4.35	0.38	0.20	4.15
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, large	14.69	1.28	0.68	14.01
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, thin	9.25	0.81	0.43	8.82
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, very thin	7.07	0.62	0.33	6.75
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	1 oz	15.42	0.00	0.00	15.42
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	1 slice	12.51	0.00	0.00	12.51
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	14.06	0.00	0.57	13.49
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice	20.83	0.00	0.84	19.99
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice, thin (3-3/4" x 5" x 3/8")	16.37	0.00	0.66	15.71
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	1 oz	15.20	0.00	0.57	14.63
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	1 slice	23.58	0.00	0.88	22.70
BREAD,WHOLE-WHEAT,COMM. PREPARED	1 oz	12.11	1.23	1.70	10.41
BREAD,WHOLE-WHEAT,COMM. PREPARED	1 slice	13.67	1.39	1.92	11.75
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 oz	14.57	1.09	1.70	12.87
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 slice, regular (4" x 5" x 3/4")	23.64	1.77	2.76	20.88



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 slice, thin (3-3/4" x 5" x 3/8")	16.96	1.27	1.98	14.98
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 oz	15.99	1.20	1.90	14.09
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 slice	23.69	1.77	2.81	20.87
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 slice, thin (3-3/4" x 5" x 3/8")	16.92	1.27	2.01	14.91
BREAKFAST TART,LOFAT	1 tart	39.94	2.53	0.78	39.16
CAKE MIX,ANGELFOOD,DRY	1 oz	24.42	17.39	0.14	24.28
CAKE MIX,ANGELFOOD,DRY	1 package (14.5 oz)	353.99	252.07	2.06	351.94
CAKE MIX,ANGELFOOD,DRY	1 serving	32.73	23.31	0.19	32.54
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 oz	23.03	11.94	0.60	22.44
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 package (18.25 oz)	420.06	217.81	10.86	409.21
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 serving	34.94	18.12	0.90	34.03
CAKE,ANGELFOOD,COMMLY PREP	1 cake (9" dia x 4")	196.52	0.00	5.10	191.42
CAKE,ANGELFOOD,COMMLY PREP	1 piece (1/12 of 12 oz cake)	16.18	0.00	0.42	15.76
CAKE,ANGELFOOD,DRY MIX,PREP	1 piece (1/12 of 10" dia)	29.35	15.26	0.10	29.25
CAKE,ANGELFOOD,DRY MIX,PREP	1 tube cake (10" dia, 4-3/8" high)	349.85	181.84	1.19	348.66
CAKE,BOSTON CRM PIE,COMMLY PREP	1 oz	12.16	10.24	0.40	11.77
CAKE,BOSTON CRM PIE,COMMLY PREP	1 piece (1/6 of pie)	39.47	33.22	1.29	38.18
CAKE,CARROT,DRY MIX,PUDDING-TYPE	1 oz	22.45	0.00	0.00	22.45
CAKE,CARROT,DRY MIX,PUDDING-TYPE	1 package (18 oz)	403.92	0.00	0.00	403.92
CAKE,CHERRY FUDGE W/CHOC FRSTNG	1 oz	10.77	9.34	0.34	10.43
CAKE,CHERRY FUDGE W/CHOC FRSTNG	1 piece (1/8 cake)	26.98	23.39	0.85	26.13
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 cake	877.14	663.34	36.52	840.62
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 oz	14.98	11.33	0.62	14.36
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/12 of a cake)	72.92	55.14	3.04	69.88
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/8 of 18 oz cake)	33.82	25.57	1.41	32.41
CAKE,CHOC,DRY MIX,PUDDING-TYPE	1 oz	22.73	11.21	0.65	22.07
CAKE,CHOC,DRY MIX,PUDDING-TYPE	1 package (18.25 oz)	414.43	204.37	11.89	402.54
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" or 9" dia)	607.16	0.00	18.19	588.97
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 9" dia)	50.73	0.00	1.52	49.21
CAKE,FRUITCAKE,COMMLY PREP	1 oz	17.46	7.77	1.05	16.41

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CAKE,FRUITCAKE,COMMLY PREP	1 piece	26.49	11.79	1.59	24.90
CAKE,GINGERBREAD,DRY MIX	1 oz	21.15	13.22	0.48	20.67
CAKE,GINGERBREAD,DRY MIX	1 package (14.5 oz)	306.61	191.61	6.99	299.62
CAKE,GINGERBREAD,PREP FROM RECIPE	1 oz	13.95	0.00	0.00	13.95
CAKE,GINGERBREAD,PREP FROM RECIPE	1 piece (1/9 of 8" square)	36.41	0.00	0.00	36.41
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	1 oz	22.54	10.12	0.82	21.72
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	1 package (18.25 oz)	411.02	184.62	14.99	396.02
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	1 oz	14.32	0.00	0.23	14.09
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	1 piece (1/9 of 8" square)	58.08	0.00	0.92	57.16
CAKE,POUND,BIMBO BAKERIES USA,PANQUE CASERO,HOME BKD STYLE	1 loaf	152.20	89.47	3.11	149.09
CAKE,POUND,BIMBO BAKERIES USA,PANQUE CASERO,HOME BKD STYLE	1 slice	19.09	11.22	0.39	18.70
CAKE,POUND,COMMLY PREP,BUTTER (INCLUDES FRSH & FROZEN)	1/6 loaf 1/6 of the loaf	32.72	20.35	0.37	32.35
CAKE,POUND,COMMLY PREP,BUTTER (INCLUDES FRSH & FROZEN)	1 piece individually wrapped cake	26.28	16.35	0.29	25.99
CAKE,POUND,COMMLY PREP,FAT-FREE	1 cake	207.40	116.76	3.74	203.66
CAKE,POUND,COMMLY PREP,FAT-FREE	1 oz	17.29	9.74	0.31	16.98
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 piece (1/10 of 10.6 oz cake)	15.75	0.00	0.30	15.45
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 piece (1/12 of 12 oz cake)	14.70	0.00	0.28	14.42
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 snack cake (2.5 oz)	37.28	0.00	0.71	36.57
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 piece (1/10 of 10.6 oz cake)	15.75	0.00	0.30	15.45
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 piece (1/12 of 12 oz cake)	14.70	0.00	0.28	14.42
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 snack cake (2.5 oz)	37.28	0.00	0.71	36.57
CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIPE	1 oz	13.75	0.00	0.00	13.75
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG	1 cupcake	30.16	18.88	1.60	28.56
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG	1 oz	17.10	10.70	0.91	16.19
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG,LOW-FAT	1 cake 1 serving	18.73	9.02	4.02	14.71
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	1 cake	26.89	15.67	0.42	26.47

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	1 oz	18.15	10.57	0.28	17.87
CAKE,SNACK CAKES,NOT CHOC,W/ ICING OR FILLING,LOW-FAT	1 cake 1 serving	19.57	8.02	4.02	15.55
CAKE,SPONGE,COMMLY PREP	1 oz	17.29	10.39	0.14	17.15
CAKE,SPONGE,COMMLY PREP	1 piece (1/12 of 16 oz cake)	23.18	13.93	0.19	22.99
CAKE,SPONGE,PREP FROM RECIPE	1 oz	16.36	0.00	0.00	16.36
CAKE,SPONGE,PREP FROM RECIPE	1 piece (1/12 of 10 inch cake)	36.35	0.00	0.00	36.35
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	1 oz	22.94	13.88	0.20	22.74
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	1 package (18.50 oz)	423.92	256.50	3.67	420.25
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	1 oz	22.96	0.00	0.20	22.77
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	1 package (18.50 oz)	424.44	0.00	3.67	420.77
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	1 oz	22.57	0.00	0.00	22.57
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	1 package (8 oz)	180.69	0.00	0.00	180.69
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	1 oz	17.92	16.27	0.28	17.63
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	1 piece (1/12 of 9" dia)	70.78	64.28	1.12	69.66
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" or 9" dia)	507.36	314.80	7.10	500.27
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 9" dia)	42.33	26.26	0.59	41.74
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 cake	957.17	678.11	25.94	931.24
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 oz	15.69	11.12	0.43	15.27
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/12 of a cake)	79.72	56.48	2.16	77.56
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/8 of 18 oz cake)	35.43	25.10	0.96	34.47
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	1 oz	15.93	11.85	0.09	15.85
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	1 serving	37.65	28.00	0.20	37.45
CAKE,YEL,DRY MIX,PUDDING-TYPE	1 oz	22.68	12.53	0.20	22.48
CAKE,YEL,DRY MIX,PUDDING-TYPE	1 package (18.50 oz)	419.20	231.66	3.67	415.53
CAKE,YEL,DRY MIX,REG,ENR	1 oz	23.22	12.27	0.34	22.88
CAKE,YEL,DRY MIX,REG,ENR	1 package (18.50 oz)	429.26	226.84	6.29	422.97
CAKE,YEL,DRY MIX,REG,ENR	1 serving	35.23	18.61	0.52	34.71
CAKE,YEL,DRY MIX,REG,UNENR	1 oz	22.14	0.00	0.31	21.83
CAKE,YEL,DRY MIX,REG,UNENR	1 package (18.50 oz)	409.24	0.00	5.76	403.48

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" dia)	433.01	0.00	5.72	427.29
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 8" dia)	36.04	0.00	0.48	35.56
CAKE,YELLOW,DRY MIX,LIGHT	1 oz	23.84	0.00	0.37	23.47
CAKE,YELLOW,DRY MIX,LIGHT	1 package (18.50 oz)	440.68	0.00	6.81	433.87
CHEESECAKE COMMLY PREP	1 oz	7.23	6.18	0.11	7.12
CHEESECAKE COMMLY PREP	1 piece (1 NLEA serving)	31.88	27.25	0.50	31.38
CHEESECAKE COMMLY PREP	1 piece (1/6 of 17 oz cake)	20.40	17.44	0.32	20.08
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	1 oz	10.06	0.00	0.54	9.53
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	1 piece (1/12 of 9" dia)	35.15	0.00	1.88	33.26
CINNAMON BUNS,FRSTD (INCLUDES HONEY BUNS)	1 bun	31.59	16.71	0.78	30.81
COFFEECAKE,CHEESE	1 oz	12.56	0.00	0.28	12.28
COFFEECAKE,CHEESE	1 piece (1/6 of 16 oz cake)	33.67	0.00	0.76	32.91
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 individual cake	26.62	0.00	1.14	25.48
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 oz	13.24	0.00	0.57	12.67
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 piece (1/9 of 20 oz cake)	29.42	0.00	1.26	28.16
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 individual cake	26.62	0.00	1.14	25.48
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 oz	13.24	0.00	0.57	12.67
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 piece (1/9 of 20 oz cake)	29.42	0.00	1.26	28.16
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	1 oz	22.03	12.05	0.51	21.52
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	1 package (10.5 oz)	231.55	126.71	5.36	226.18
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	1 oz	14.97	8.37	0.34	14.63
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	1 piece (1/8 of 8" x 5-3/4" cake)	29.57	16.54	0.67	28.90
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	1 oz	15.25	0.00	0.57	14.69
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	1 piece (1/6 of 19 oz cake)	48.42	0.00	1.80	46.62
COFFEECAKE,FRUIT	1 oz	14.60	0.00	0.71	13.89

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COFFEECAKE,FRUIT	1 piece (1/8 cake)	25.75	0.00	1.25	24.50
COOKIE,BUTTER OR SUGAR,W/ CHOC ICING OR FILLING	3 cookies	21.34	10.48	0.59	20.75
COOKIE,CHOC,W/ ICING OR COATING	4 cookies	21.72	10.24	0.74	20.98
COOKIE,VANILLA W/ CARAMEL,COCNT,& CHOC COATING	2 cookies	18.59	10.38	1.28	17.31
COOKIE,W/ P Nut BUTTER FILLING,CHOCOLATE-COATED	2 cookies	13.05	7.73	0.88	12.18
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 Arrowroot biscuit (include Arrowroot cookie)	3.63	1.14	0.05	3.58
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 cracker	1.85	0.58	0.03	1.83
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 individual box (2 oz)	42.24	13.28	0.63	41.61
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 oz	21.01	6.61	0.31	20.70
COOKIES,ANIMAL,W/ FRSTNG OR ICING	1 package 40 g package	28.04	16.44	0.36	27.68
COOKIES,ANIMAL,W/ FRSTNG OR ICING	8 cookies 1 serving	21.73	12.74	0.28	21.45
COOKIES,BROWNIES,COMMLY PREP	1 oz	18.12	10.38	0.60	17.52
COOKIES,BROWNIES,COMMLY PREP	1 package, Little Debbie (twin wrapped)	38.98	22.33	1.28	37.70
COOKIES,BROWNIES,COMMLY PREP	1 square, large (2-3/4" sq x 7/8")	35.78	20.50	1.18	34.61
COOKIES,BROWNIES,COMMLY PREP,RED FAT	1 brownie 1 serving	22.17	13.94	4.00	18.17
COOKIES,BROWNIES,DRY MIX,REG	1 oz	21.72	0.00	0.00	21.72
COOKIES,BROWNIES,DRY MIX,REG	1 package (21.5 oz)	467.26	0.00	0.00	467.26
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	1 oz	22.79	0.00	1.19	21.60
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	1 package (8.5 oz)	193.76	0.00	10.12	183.64
COOKIES,BROWNIES,PREP FROM RECIPE	1 brownie (2" square)	12.05	0.00	0.00	12.05
COOKIES,BROWNIES,PREP FROM RECIPE	1 oz	14.23	0.00	0.00	14.23
COOKIES,BUTTER,COMMLY PREP,ENR	1 cookie	3.45	1.01	0.04	3.41
COOKIES,BUTTER,COMMLY PREP,ENR	1 oz	19.53	5.74	0.23	19.31
COOKIES,BUTTER,COMMLY PREP,UNENR	1 cookie	3.45	0.00	0.04	3.41
COOKIES,BUTTER,COMMLY PREP,UNENR	1 oz	19.53	0.00	0.23	19.31
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie	8.43	4.24	0.26	8.17

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie (average weight of 1 cookie, variety of brands)	7.97	4.01	0.24	7.73
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie Pepperidge Farm Chocolate Chunk Pecan	15.69	7.90	0.48	15.21
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, big (3-1/2" - 4" dia) (include Grandma brand)	26.14	13.16	0.80	25.34
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, bite size (include Mini Chips Ahoy!)	1.44	0.72	0.04	1.39
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, large (include Keebler Rich 'n Chips, Pecan Chips Delux)	9.15	4.61	0.28	8.87
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, medium (2-1/4" dia)	6.54	3.29	0.20	6.34
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 oz	18.53	9.33	0.57	17.96
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 cookie, bite size (include Mini Chips Ahoy!)	1.47	0.00	0.06	1.41
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 cookie, medium (2-1/4" dia)	6.68	0.00	0.25	6.43
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 oz	18.94	0.00	0.71	18.23
COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	1 oz	19.13	9.31	0.85	18.28
COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	1 serving 3 cookies	22.95	11.17	1.02	21.93
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie	9.34	5.27	0.26	9.08
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie	9.86	5.57	0.27	9.59
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie (average weight of 1 cookie)	8.02	4.53	0.22	7.80
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 oz	18.64	10.52	0.51	18.13
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	1 cookie, medium (1-5/8" dia)	5.14	2.79	0.11	5.03



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	1 oz	20.81	11.29	0.45	20.36
COOKIES,CHOC CHIP,DRY MIX	1 oz	18.74	0.00	0.00	18.74
COOKIES,CHOC CHIP,DRY MIX	1 package (17.5 oz)	327.86	0.00	0.00	327.86
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	1 cookie, medium (2-1/4" dia)	9.31	0.00	0.00	9.31
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	1 oz	16.50	0.00	0.00	16.50
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 bar (2" square)	18.69	0.00	0.90	17.79
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 cookie, medium (2-1/4" dia)	9.34	0.00	0.45	8.90
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 oz	16.56	0.00	0.79	15.76
COOKIES,CHOC CHIP,REFR DOUGH	1 oz	17.30	10.78	0.43	16.87
COOKIES,CHOC CHIP,REFR DOUGH	1 portion, dough spoon from roll	17.70	11.03	0.44	17.26
COOKIES,CHOC CHIP,REFR DOUGH	1 serving	20.14	12.55	0.50	19.64
COOKIES,CHOC CHIP,REFR DOUGH,BKD	1 cookie, medium (2-1/4" dia)	8.18	0.00	0.20	7.98
COOKIES,CHOC CHIP,REFR DOUGH,BKD	1 oz	19.33	0.00	0.48	18.85
COOKIES,CHOC SNDWCH,W/ CREME FILLING,RED FAT	1 serving	25.90	14.00	0.99	24.91
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	1 oz	20.13	11.53	0.82	19.31
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	3 cookie	25.56	14.64	1.04	24.52
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	1 cookie	11.29	8.43	0.88	10.40
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	1 oz	18.82	14.06	1.47	17.35
COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	1 cookie	6.80	1.97	0.41	6.39
COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	1 oz	19.28	5.59	1.16	18.12
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	1 cookie	8.87	5.98	0.35	8.52
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	1 oz	19.33	13.04	0.77	18.57
COOKIES,CHOCOLATE WAFERS	1 cup, crumbs	81.42	41.92	3.81	77.62
COOKIES,CHOCOLATE WAFERS	1 oz	20.61	10.61	0.96	19.65
COOKIES,CHOCOLATE WAFERS	1 wafer	4.36	2.25	0.20	4.16
COOKIES,COCNT MACAROON	2 cookie 1 serving	22.04	16.26	1.84	20.20
COOKIES,FIG BARS	1 cookie	11.34	7.42	0.74	10.61



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,FIG BARS	1 Figaroo (2 square halves)	30.49	19.93	1.98	28.51
COOKIES,FIG BARS	1 individual package (2 oz package containing 2 3" bars)	40.41	26.43	2.62	37.79
COOKIES,FIG BARS	1 oz	20.10	13.14	1.30	18.80
COOKIES,FORTUNE	1 cookie	6.72	3.63	0.13	6.59
COOKIES,FORTUNE	1 oz	23.81	12.88	0.45	23.36
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	1 cookie	16.44	0.00	0.59	15.86
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	1 oz	22.20	0.00	0.79	21.40
COOKIES,GINGERSNAPS	1 cookie	5.38	1.39	0.15	5.23
COOKIES,GINGERSNAPS	1 large (approx 3-1/2" to 4" dia)	24.61	6.37	0.70	23.90
COOKIES,GINGERSNAPS	1 oz	21.80	5.65	0.62	21.18
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	1 oz	18.93	10.57	0.62	18.31
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	3 pieces	18.03	10.07	0.59	17.44
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 cracker	11.65	3.73	0.51	11.14
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 cup, crushed	65.23	20.87	2.86	62.38
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 large rectangular piece or 2 squares or 4 small rectangular pieces	10.87	3.48	0.48	10.40
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 oz	22.02	7.04	0.96	21.05
COOKIES,GRAHAM CRACKERS,PLN OR HONEY,LOWFAT	1 serving	27.29	8.00	2.00	25.29
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 anisette sponge (4" x 1-1/8" x 7/8")	7.76	3.30	0.13	7.63
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 breakfast treat (approx 4" x 2" x 7/8")	14.33	6.09	0.24	14.09
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 ladyfinger	6.57	2.79	0.11	6.46
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 oz	16.92	7.20	0.28	16.64

# USDA Breads, Cereals and Sweets Carb Data

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 anisette sponge (4" x 1-1/8" x 7/8")	7.76	0.00	0.13	7.63
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 breakfast treat (approx 4" x 2" x 7/8")	14.33	0.00	0.24	14.09
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 ladyfinger	6.57	0.00	0.11	6.46
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 oz	16.92	0.00	0.28	16.64
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 cookie, small (1-3/4" dia x 3/4")	8.80	5.82	0.26	8.54
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 Fudge Marshmallow	18.96	12.54	0.56	18.40
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 oz	19.19	12.70	0.57	18.63
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 pie, marshmallow (3" dia x 3/4")	26.40	17.47	0.78	25.62
COOKIES,MOLASSES	1 cookie, Little Debbie	14.76	3.52	0.20	14.56
COOKIES,MOLASSES	1 large (3-1/2" to 4" dia) (include Archway brand)	23.62	5.63	0.32	23.30
COOKIES,MOLASSES	1 medium	11.07	2.64	0.15	10.92
COOKIES,MOLASSES	1 oz	20.92	4.99	0.28	20.64
COOKIES,OATMEAL SNDWCH,W/ CREME FILLING	1 cookie 1 serving	21.14	11.92	0.99	20.15
COOKIES,OATMEAL,COMMLY PREP,REG	1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)	17.18	6.17	0.70	16.48
COOKIES,OATMEAL,COMMLY PREP,REG	1 large	12.37	4.44	0.50	11.86
COOKIES,OATMEAL,COMMLY PREP,REG	1 oz	19.48	6.99	0.79	18.68
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	1 cookie	9.86	0.00	0.41	9.45
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	1 oz	18.63	0.00	0.77	17.86
COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	1 cookie, medium (1-5/8" dia)	4.89	2.22	0.20	4.69
COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	1 oz	19.82	8.97	0.82	18.99
COOKIES,OATMEAL,DRY MIX	1 oz	19.08	0.00	0.00	19.08
COOKIES,OATMEAL,DRY MIX	1 package (17.5 oz)	333.81	0.00	0.00	333.81
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	1 cookie (2-5/8" dia)	10.26	0.00	0.00	10.26

# USDA Breads, Cereals and Sweets Carb Data

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	1 oz	19.39	0.00	0.00	19.39
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	1 cookie (2-5/8" dia)	9.96	0.00	0.00	9.96
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	1 oz	18.82	0.00	0.00	18.82
COOKIES,OATMEAL,REFR DOUGH	1 oz	16.75	0.00	0.71	16.05
COOKIES,OATMEAL,REFR DOUGH	1 portion, dough for 1 cookie	9.46	0.00	0.40	9.06
COOKIES,OATMEAL,REFR DOUGH,BKD	1 cookie	7.88	0.00	0.34	7.55
COOKIES,OATMEAL,REFR DOUGH,BKD	1 oz	18.63	0.00	0.79	17.83
COOKIES,PNUT BUTTER SNDWCH,REG	1 cookie	9.18	4.96	0.27	8.92
COOKIES,PNUT BUTTER SNDWCH,REG	1 oz	18.60	10.05	0.54	18.06
COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	1 cookie	5.08	0.00	0.00	5.08
COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	1 oz	14.40	0.00	0.00	14.40
COOKIES,PNUT BUTTER,COMMLY PREP,REG	1 cookie	18.03	8.86	0.65	17.38
COOKIES,PNUT BUTTER,COMMLY PREP,REG	1 oz	16.49	8.10	0.60	15.89
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	1 cookie	8.66	0.00	0.26	8.40
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	1 oz	16.36	0.00	0.48	15.88
COOKIES,PNUT BUTTER,COMMLY PREP,SUGAR FREE	1 serving 3 cookies	14.65	0.00	0.99	13.66
COOKIES,PNUT BUTTER,PREP FROM RECIPE	1 cookie (3" dia)	11.78	0.00	0.00	11.78
COOKIES,PNUT BUTTER,PREP FROM RECIPE	1 oz	16.70	0.00	0.00	16.70
COOKIES,PNUT BUTTER,REFR DOUGH	1 oz	14.77	0.00	0.31	14.46
COOKIES,PNUT BUTTER,REFR DOUGH	1 portion, dough for 1 cookie	8.34	0.00	0.18	8.16
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	1 cookie	6.88	0.00	0.14	6.73
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	1 oz	16.24	0.00	0.34	15.90
COOKIES,RAISIN,SOFT-TYPE	1 cookie	10.20	7.13	0.18	10.02
COOKIES,RAISIN,SOFT-TYPE	1 oz	19.28	13.48	0.34	18.94
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	1 cookie (2" dia)	8.16	0.00	0.25	7.91
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	1 oz	16.53	0.00	0.51	16.02
COOKIES,SHORTBREAD,COMMLY PREP,PLN	1 cookie	7.53	2.55	0.15	7.37
COOKIES,SHORTBREAD,COMMLY PREP,PLN	1 oz	18.08	6.14	0.37	17.71
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	1 cookie	7.13	4.34	0.16	6.97
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	1 oz	20.03	12.18	0.45	19.57
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	3 cookies	25.43	15.46	0.58	24.85

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	1 oz	18.71	0.00	0.00	18.71
COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	1 wafer	2.64	0.00	0.00	2.64
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	1 cookie	11.45	4.64	0.22	11.23
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	1 oz	19.09	7.74	0.37	18.72
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	1 cookie (3" dia)	8.40	3.48	0.17	8.23
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	1 oz	17.01	7.05	0.34	16.67
COOKIES,SUGAR,REFR DOUGH	1 cookie 1 pre-sliced cookie dough	15.92	9.49	0.23	15.68
COOKIES,SUGAR,REFR DOUGH	1 cookie dough for 1rolled cookie	10.41	6.21	0.15	10.25
COOKIES,SUGAR,REFR DOUGH	1 oz	17.36	10.35	0.26	17.10
COOKIES,SUGAR,REFR DOUGH	1 serving	20.20	12.05	0.30	19.91
COOKIES,SUGAR,REFR DOUGH,BKD	1 cookie 1 pre-sliced cookie dough	15.09	5.51	0.18	14.90
COOKIES,SUGAR,REFR DOUGH,BKD	1 cookie 1 rolled cookie dough	9.84	3.59	0.12	9.72
COOKIES,SUGAR,REFR DOUGH,BKD	1 oz	18.60	6.79	0.23	18.37
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 cookie, oval (3-1/8" x 1-1/4" x 3/8")	10.82	5.90	0.23	10.59
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 cookie, round (1-3/4" dia)	7.21	3.93	0.15	7.06
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 oz	20.44	11.14	0.43	20.02
COOKIES,VANILLA WAFERS,HIGHER FAT	1 oz	20.16	0.00	0.57	19.59
COOKIES,VANILLA WAFERS,HIGHER FAT	1 wafer	4.27	0.00	0.12	4.15
COOKIES,VANILLA WAFERS,LOWER FAT	1 cup, crumbs	58.88	30.00	1.52	57.36
COOKIES,VANILLA WAFERS,LOWER FAT	1 large	4.42	2.25	0.11	4.30
COOKIES,VANILLA WAFERS,LOWER FAT	1 medium	2.94	1.50	0.08	2.87
COOKIES,VANILLA WAFERS,LOWER FAT	1 oz	20.87	10.63	0.54	20.33
COOKIES,VANILLA WAFERS,LOWER FAT	1 small	2.21	1.13	0.06	2.15
CRACKER MEAL	1 cup	93.04	0.38	2.99	90.05
CRACKER MEAL	1 oz	22.94	0.09	0.74	22.20
CRACKERS,CHEESE,REGULAR	1/2 oz	8.44	0.64	0.33	8.11
CRACKERS,CHEESE,REGULAR	1 bag, single serving	16.64	1.27	0.64	15.99

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRACKERS,CHEESE,REGULAR	1 cracker (1" square)	0.59	0.05	0.02	0.57
CRACKERS,CHEESE,REGULAR	1 cup, bite size	36.84	2.81	1.43	35.41
CRACKERS,CHEESE,REGULAR	1 cup, crushed	42.78	3.26	1.66	41.13
CRACKERS,CHEESE,REGULAR	1 gold fish	0.36	0.03	0.01	0.34
CRACKERS,CHEESE,REGULAR	1 snack stick	1.19	0.09	0.05	1.14
CRACKERS,CHS,LO NA	1/2 oz	8.26	0.04	0.34	7.92
CRACKERS,CHS,LO NA	1 cracker (1" square)	0.58	0.00	0.02	0.56
CRACKERS,CHS,LO NA	1 cup Cheez-its	36.08	0.17	1.49	34.60
CRACKERS,CHS,LO NA	1 cup, crushed	41.90	0.20	1.73	40.18
CRACKERS,CHS,LO NA	1 gold fish	0.35	0.00	0.01	0.33
CRACKERS,CHS,RED FAT	1 serving	20.46	0.00	0.99	19.47
CRACKERS,CHS,SANDWICH-TYPE W/ CHS FILLING	1 sandwich	3.82	0.80	0.12	3.70
CRACKERS,CHS,SANDWICH-TYPE W/ CHS FILLING	6 cracker 1 cracker = 6.5g	22.92	4.81	0.74	22.18
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1/2 oz	8.06	0.99	0.48	7.57
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1 cup, crushed	47.09	5.79	2.82	44.27
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1 sandwich	3.69	0.45	0.22	3.47
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	6 cracker	22.13	2.72	1.33	20.80
CRACKERS,CHS,WHL GRAIN	1 serving 55 pieces	17.76	0.00	1.98	15.78
CRACKERS,CRISPBREAD,RYE	1/2 oz	11.67	0.15	2.34	9.33
CRACKERS,CRISPBREAD,RYE	1 cracker, Norwegian flatbread (4-3/4" x 2-3/4" x 1/16")	4.77	0.06	0.96	3.81
CRACKERS,CRISPBREAD,RYE	1 crispbread	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 crispbread, Wasa rye	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 cup, crushed	45.21	0.59	9.08	36.14
CRACKERS,CRISPBREAD,RYE	1 wafer	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 wafer, Rye Krisp (triple cracker)	20.55	0.27	4.13	16.43
CRACKERS,CRISPBREAD,RYE	1 wafer, thin	1.64	0.02	0.33	1.31
CRACKERS,CRM,GAMESA SABROSAS	1 cracker	2.00	0.29	0.07	1.93
CRACKERS,CRM,GAMESA SABROSAS	11 crackers (1 NLEA serving)	20.01	2.90	0.74	19.27

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRACKERS,CRM,LA MODERNA RIKIS CRM CRACKERS	1 cracker	2.01	0.32	0.07	1.94
CRACKERS,CRM,LA MODERNA RIKIS CRM CRACKERS	10 crackers (1 NLEA serving)	20.76	3.33	0.77	19.99
CRACKERS,MATZO,EGG	1/2 oz	11.16	0.00	0.40	10.76
CRACKERS,MATZO,EGG	1 matzo	22.01	0.00	0.78	21.22
CRACKERS,MATZO,EGG&ONION	1/2 oz	10.95	0.00	0.71	10.24
CRACKERS,MATZO,EGG&ONION	1 matzo	21.59	0.00	1.40	20.19
CRACKERS,MATZO,PLAIN	1/2 oz	11.89	0.04	0.43	11.46
CRACKERS,MATZO,PLAIN	1 matzo	23.44	0.08	0.84	22.60
CRACKERS,MATZO,WHOLE-WHEAT	1/2 oz	11.20	0.00	1.68	9.53
CRACKERS,MATZO,WHOLE-WHEAT	1 matzo	22.09	0.00	3.30	18.79
CRACKERS,MELBA TOAST,PLN	1/2 oz	10.88	0.13	0.89	9.98
CRACKERS,MELBA TOAST,PLN	1 cup pieces	22.98	0.28	1.89	21.09
CRACKERS,MELBA TOAST,PLN	1 cup, rounds	25.28	0.31	2.08	23.20
CRACKERS,MELBA TOAST,PLN	1 melba round	2.30	0.03	0.19	2.11
CRACKERS,MELBA TOAST,PLN	1 piece (3-3/4" x 1-3/4" x 1/8")	3.83	0.05	0.32	3.52
CRACKERS,MELBA TOAST,PLN,WO/SALT	1/2 oz	10.88	0.00	0.89	9.98
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup pieces	22.98	0.00	1.89	21.09
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup, crushed	53.62	0.00	4.41	49.21
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup, rounds	25.28	0.00	2.08	23.20
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 melba round	2.30	0.00	0.19	2.11
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 piece (3-3/4" x 1-3/4" x 1/8")	3.83	0.00	0.32	3.52
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 toast	3.83	0.00	0.32	3.52
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	1/2 oz	10.98	0.00	1.14	9.84
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	1 toast	3.87	0.00	0.40	3.47
CRACKERS,MELBA TOAST,WHEAT	1/2 oz	10.85	0.00	1.05	9.80
CRACKERS,MELBA TOAST,WHEAT	1 toast	3.82	0.00	0.37	3.45
CRACKERS,MILK	1/2 oz	9.90	2.33	0.27	9.63
CRACKERS,MILK	1 cracker	7.67	1.81	0.21	7.46
CRACKERS,MULTIGRAIN	4 crackers	9.46	1.68	0.49	8.97
CRACKERS,RUSK TOAST	1/2 oz	10.27	0.00	0.00	10.27
CRACKERS,RUSK TOAST	1 rusk	7.23	0.00	0.00	7.23
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	1/2 oz	8.63	0.00	0.51	8.12
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	1 cracker, sandwich	4.26	0.00	0.25	4.00
CRACKERS,RYE,WAFERS,PLAIN	1/2 oz	11.42	0.14	3.25	8.17

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRACKERS, RYE, WAFERS, PLAIN	1 cracker (4-1/2" x 2-1/2" x 1/8")	8.84	0.11	2.52	6.33
CRACKERS, RYE, WAFERS, PLAIN	1 cracker, triple	20.10	0.25	5.73	14.38
CRACKERS, RYE, WAFERS, PLAIN	1 cup, crushed	49.04	0.62	13.97	35.08
CRACKERS, RYE, WAFERS, SEASONED	1/2 oz	10.48	0.00	2.97	7.51
CRACKERS, RYE, WAFERS, SEASONED	1 cracker, triple	16.24	0.00	4.60	11.64
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1/2 oz	10.52	0.18	0.40	10.12
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker square	2.22	0.04	0.08	2.14
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, oyster	0.74	0.01	0.03	0.71
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, rectangle	4.44	0.08	0.17	4.28
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, round large	7.41	0.13	0.28	7.13
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cup oyster crackers	33.32	0.58	1.26	32.06
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cup, crushed	51.84	0.90	1.96	49.88
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	5 crackers	11.03	0.19	0.42	10.62
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	5 crackers square (1 serving)	11.11	0.19	0.42	10.69
CRACKERS, SALTINES, FAT-FREE, LOW-SODIUM	3 saltines	12.35	0.06	0.41	11.94
CRACKERS, SALTINES, FAT-FREE, LOW-SODIUM	6 saltines	24.69	0.11	0.81	23.88
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1/2 oz	10.56	0.32	0.41	10.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker	2.23	0.07	0.09	2.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, oyster	0.74	0.02	0.03	0.71
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, rectangle	4.46	0.13	0.17	4.29
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, round large	7.43	0.22	0.29	7.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cup oyster crackers	33.45	1.00	1.31	32.15
CRACKERS, SALTINES, UNSALTED TOPS (INCL OYSTER, SODA, SOUP)	1/2 oz	10.15	0.00	0.43	9.73
CRACKERS, SALTINES, UNSALTED TOPS (INCL OYSTER, SODA, SOUP)	1 cracker	2.15	0.00	0.09	2.06



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRACKERS,SALTINES,WHL WHEAT (INCLUDES MULTI-GRAIN)	1 serving	9.56	0.00	0.00	9.56
CRACKERS,SNACK,GOYA CRACKERS	1 cracker	8.17	0.30	0.48	7.69
CRACKERS,SNACK,GOYA CRACKERS	1 serving (1 NLEA serving - about 4 crackers)	19.31	0.71	1.14	18.17
CRACKERS,STD SNACK-TYPE,REG	1 cracker, rectangular	2.45	0.33	0.09	2.36
CRACKERS,STD SNACK-TYPE,REG	1 cracker, round	1.96	0.26	0.07	1.89
CRACKERS,STD SNACK-TYPE,REG	1 cup crushed	31.88	4.25	1.20	30.68
CRACKERS,STD SNACK-TYPE,REG	5 crackers	9.81	1.31	0.37	9.44
CRACKERS,STD SNACK-TYPE,REG	5 crackers, regular size, round (1 serving)	9.81	1.31	0.37	9.44
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1/2 oz	8.66	0.25	0.23	8.43
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, oval	1.83	0.05	0.05	1.78
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, rectangular	2.44	0.07	0.06	2.38
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, round	1.83	0.05	0.05	1.78
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cup, bite size	37.82	1.11	0.99	36.83
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cup, crushed	43.92	1.29	1.15	42.77
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	1/2 oz	8.76	0.45	0.27	8.49
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	1 cracker, sandwich	4.32	0.22	0.13	4.19
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	1/2 oz	8.29	1.49	0.33	7.96
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	1 cracker, sandwich	4.09	0.74	0.16	3.93
CRACKERS,STD SNACK-TYPE,W/ WHL WHEAT	5 crackers 1 serving	10.26	1.56	0.74	9.52
CRACKERS,WHEAT,LOW SALT	1/2 oz	9.22	1.85	0.64	8.58
CRACKERS,WHEAT,LOW SALT	1 cracker	1.30	0.26	0.09	1.21
CRACKERS,WHEAT,LOW SALT	1 cracker, thin square	1.30	0.26	0.09	1.21
CRACKERS,WHEAT,LOW SALT	1 cup, crushed	53.87	10.82	3.74	50.13
CRACKERS,WHEAT,RED FAT	1 cracker	1.29	0.27	0.06	1.23
CRACKERS,WHEAT,RED FAT	1 serving	20.74	4.35	0.99	19.75
CRACKERS,WHEAT,RED FAT	16 crackers, Wheat Thins	20.74	4.35	0.99	19.75
CRACKERS,WHEAT,REGULAR	2 crackers 1 serving	10.26	2.24	1.00	9.26
CRACKERS,WHEAT,REGULAR	16 crackers 1 serving	24.05	5.26	2.35	21.70
CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	1/2 oz	8.26	0.00	0.44	7.82
CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	1 cracker, sandwich	4.07	0.00	0.22	3.86

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRACKERS,WHEAT,SNDWCH,W/PNUT BUTTER FILLING	1/2 oz	7.64	0.00	0.62	7.01
CRACKERS,WHEAT,SNDWCH,W/PNUT BUTTER FILLING	1 cracker, sandwich	3.77	0.00	0.31	3.46
CRACKERS,WHOLE-WHEAT	1/2 oz	9.88	0.17	1.46	8.41
CRACKERS,WHOLE-WHEAT	1 cracker	3.20	0.05	0.47	2.73
CRACKERS,WHOLE-WHEAT	1 cup, crushed	65.38	1.12	9.68	55.70
CRACKERS,WHOLE-WHEAT	1 serving	19.47	0.33	2.88	16.59
CRACKERS,WHOLE-WHEAT	6 crackers, Triscuits, regular size	19.47	0.33	2.88	16.59
CRACKERS,WHOLE-WHEAT	10 Triscuit Bits	6.96	0.12	1.03	5.93
CRACKERS,WHOLE-WHEAT,LO SALT	1/2 oz	9.74	0.05	1.49	8.25
CRACKERS,WHOLE-WHEAT,LO SALT	1 cracker	2.74	0.01	0.42	2.32
CRACKERS,WHOLE-WHEAT,LO SALT	1 cracker, square	2.74	0.01	0.42	2.32
CRACKERS,WHOLE-WHEAT,LO SALT	1 cup, crushed	64.48	0.35	9.87	54.61
CRACKERS,WHOLE-WHEAT,LO SALT	10 Triscuit Bits	6.86	0.04	1.05	5.81
CRACKERS,WHOLE-WHEAT,RED FAT	1 cracker	3.17	0.05	0.46	2.71
CRACKERS,WHOLE-WHEAT,RED FAT	1 serving	21.90	0.35	3.16	18.74
CRACKERS,WHOLE-WHEAT,RED FAT	6 Triscuits, regular size	21.90	0.35	3.16	18.74
CREAM PUFF SHELL,PREP FROM RECIPE	1 cream puff shell	15.05	0.28	0.53	14.52
CREAM PUFF SHELL,PREP FROM RECIPE	1 eclair (5" x 2" x 1-3/4")	10.94	0.21	0.38	10.56
CREAM PUFF SHELL,PREP FROM RECIPE	1 oz	6.46	0.12	0.23	6.24
CREAM PUFF,ECLAIR,CUSTARD OR CRM FILLED,ICED	4 oz	42.30	24.92	1.02	41.28
CROISSANTS,APPLE	1 croissant, medium	21.15	0.00	1.43	19.72
CROISSANTS,APPLE	1 oz	10.52	0.00	0.71	9.81
CROISSANTS,BUTTER	1 croissant, large	30.69	7.54	1.74	28.94
CROISSANTS,BUTTER	1 croissant, medium	26.11	6.42	1.48	24.62
CROISSANTS,BUTTER	1 croissant, mini	12.82	3.15	0.73	12.10
CROISSANTS,BUTTER	1 croissant, small	19.24	4.73	1.09	18.14
CROISSANTS,BUTTER	1 oz	12.98	3.19	0.74	12.25
CROISSANTS,CHEESE	1 croissant, large	31.49	7.60	1.74	29.75
CROISSANTS,CHEESE	1 croissant, medium	26.79	6.47	1.48	25.31
CROISSANTS,CHEESE	1 croissant, small	19.74	4.77	1.09	18.65
CROISSANTS,CHEESE	1 oz	13.32	3.22	0.74	12.59
CROUTONS,PLAIN	1/2 oz	10.44	0.00	0.72	9.71
CROUTONS,PLAIN	1 cup	22.05	0.00	1.53	20.52
CROUTONS,SEASONED	1/2 oz	9.02	0.63	0.71	8.31

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CROUTONS,SEASONED	1 cup	25.40	1.76	2.00	23.40
CROUTONS,SEASONED	1 package, fast food	6.35	0.44	0.50	5.85
CROUTONS,SEASONED	4 cubes	0.64	0.04	0.05	0.59
DANISH PASTRY,CHEESE	1 oz	10.55	1.97	0.28	10.26
DANISH PASTRY,CHEESE	1 pastry	26.41	4.93	0.71	25.70
DANISH PASTRY,CINN,ENR	1 large (approx 7" dia)	63.33	28.09	1.85	61.49
DANISH PASTRY,CINN,ENR	1 oz	12.64	5.61	0.37	12.28
DANISH PASTRY,CINN,ENR	1 pastry (4-1/4" dia)	28.99	12.86	0.85	28.15
DANISH PASTRY,CINN,ENR	1 piece (1/8 of 15 oz ring)	23.64	10.48	0.69	22.95
DANISH PASTRY,CINN,ENR	1 small or frozen (approx 3" dia)	15.61	6.92	0.46	15.16
DANISH PASTRY,CINN,ENR	1 Toaster Strudel	23.64	10.48	0.69	22.95
DANISH PASTRY,CINN,UNENR	1 large (approx 7" dia)	63.33	0.00	1.70	61.63
DANISH PASTRY,CINN,UNENR	1 oz	12.64	0.00	0.34	12.30
DANISH PASTRY,CINN,UNENR	1 pastry (4-1/4" dia)	28.99	0.00	0.78	28.21
DANISH PASTRY,CINN,UNENR	1 piece (1/8 of 15 oz ring)	23.64	0.00	0.64	23.00
DANISH PASTRY,CINN,UNENR	1 small or frozen (approx 3" dia)	15.61	0.00	0.42	15.19
DANISH PASTRY,CINN,UNENR	1 Toaster Strudel	23.64	0.00	0.64	23.00
DANISH PASTRY,FRUIT,ENR	1 large (approx 7" dia)	67.88	39.09	2.70	65.18
DANISH PASTRY,FRUIT,ENR	1 oz	13.55	7.80	0.54	13.01
DANISH PASTRY,FRUIT,ENR	1 pastry (4-1/4" dia)	33.94	19.55	1.35	32.59
DANISH PASTRY,FRUIT,ENR	1 piece (1/8 of 15 oz ring)	25.33	14.59	1.01	24.33
DANISH PASTRY,FRUIT,ENR	1 small or frozen (approx 3" dia)	16.73	9.64	0.67	16.07
DANISH PASTRY,FRUIT,ENR	1 Toaster Strudel	25.33	14.59	1.01	24.33
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 container (3 oz)	67.88	0.00	2.70	65.18
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 oz	13.55	0.00	0.54	13.01
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 pastry (4-1/4" dia)	33.94	0.00	1.35	32.59
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 piece (1/8 of 15 oz ring)	25.33	0.00	1.01	24.33
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 small or frozen (approx 3" dia)	16.73	0.00	0.67	16.07

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 Toaster Strudel	25.33	0.00	1.01	24.33
DANISH PASTRY,LEMON,UNENR	1 oz	13.55	0.00	0.54	13.01
DANISH PASTRY,LEMON,UNENR	1 pastry	33.94	0.00	1.35	32.59
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 oz	12.96	7.33	0.57	12.39
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 pastry (4-1/4" dia)	29.71	16.82	1.30	28.41
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 piece (1/8 of 15 oz ring)	24.22	13.71	1.06	23.16
DANISH PASTRY,RASPBERRY,UNENR	1 oz	13.55	0.00	0.54	13.01
DANISH PASTRY,RASPBERRY,UNENR	1 pastry (4-1/4" dia)	33.94	0.00	1.35	32.59
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut	30.20	14.33	1.32	28.87
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut (3-3/4" dia)	28.76	13.65	1.26	27.50
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut (approx 1-1/2 oz)	20.13	9.56	0.88	19.25
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut hole	6.23	2.96	0.27	5.96
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut medium (approx 3-3/4" dia)	30.68	14.56	1.34	29.33
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut stick	26.84	12.74	1.18	25.66
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, large (approx 4-1/4" dia)	35.95	17.06	1.58	34.37
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, long type (twist) approx 5-1/4" x 2-1/2" x 1-1/2" high)	43.14	20.48	1.89	41.25
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, medium (approx 3-3/4" dia)	28.76	13.65	1.26	27.50
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, small (approx 3" dia)	14.86	7.05	0.65	14.21
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 extra large (approx 5" dia)	58.47	27.76	2.56	55.91
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (4" x 3")	31.15	14.79	1.37	29.79
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (4-1/2" x 3-1/2")	37.39	17.75	1.64	35.75

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DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (5" x 3-1/2")	40.74	19.34	1.79	38.96
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 jumbo (approx 6" dia)	75.25	35.72	3.30	71.95
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 oz	13.59	6.45	0.60	12.99
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 doughnut (3-3/4" dia)	34.44	19.15	1.32	33.12
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 doughnut, medium (approx 3" dia)	24.11	13.41	0.92	23.18
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 oz	16.27	9.05	0.62	15.65
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 donut	18.82	7.26	0.68	18.14
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut medium (3-1/4" dia)	25.41	9.80	0.92	24.49
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut stick	24.47	9.44	0.88	23.59
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, large (4" dia)	33.41	12.89	1.21	32.21
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, long type (twist) (4-1/2" long)	24.47	9.44	0.88	23.59
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, mini (1-1/2" dia) or doughnut hole	6.59	2.54	0.24	6.35
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 oz	13.34	5.15	0.48	12.86
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 donettes (2" dia)	9.24	4.80	0.34	8.90
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 doughnut large (approx 3-1/2" dia)	34.39	17.86	1.27	33.12
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 doughnut, medium (approx 3" dia)	22.07	11.46	0.82	21.25
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 oz	14.55	7.56	0.54	14.01
DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	1 doughnut, medium (approx 3" dia)	22.86	0.00	0.68	22.19

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DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	1 oz	14.40	0.00	0.43	13.98
DOUGHNUTS,FRENCH CRULLERS,GLAZED	1 cruller (3" dia)	24.40	14.40	0.49	23.90
DOUGHNUTS,FRENCH CRULLERS,GLAZED	1 oz	16.87	9.95	0.34	16.53
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	1 doughnut, medium (3-1/4" dia)	26.58	0.00	0.72	25.86
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	1 oz	12.56	0.00	0.34	12.22
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	1 doughnut oval (3-1/2" x 2-1/2")	25.50	12.37	0.68	24.82
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	1 oz	8.51	4.12	0.23	8.28
DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	1 doughnut oval (3-1/2" x 2-1/2")	33.15	17.94	0.77	32.39
DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	1 oz	11.06	5.98	0.26	10.80
ENGLISH MUFFIN, PLN,ENCHED.W/CA PROP (INCL SOURDOUGH)	1 muffin	25.18	2.01	2.00	23.18
ENGLISH MUFFIN, PLN,ENCHED.W/CA PROP (INCL SOURDOUGH)	1 oz	12.52	1.00	0.99	11.53
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	1 muffin	30.56	0.53	1.85	28.71
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	1 oz	13.13	0.23	0.79	12.33
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	1 muffin	30.68	0.54	1.83	28.85
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	1 oz	14.26	0.25	0.85	13.41
ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68
ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68
ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	1 muffin	27.42	8.41	1.48	25.94



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	1 oz	13.64	4.18	0.74	12.90
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	1 muffin	28.62	6.94	1.56	27.06
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	1 oz	15.60	3.78	0.85	14.75
ENGLISH MUFFINS,WHEAT	1 muffin	25.54	0.89	2.62	22.91
ENGLISH MUFFINS,WHEAT	1 oz	12.70	0.44	1.30	11.40
ENGLISH MUFFINS,WHEAT,TSTD	1 muffin	25.32	0.88	2.60	22.72
ENGLISH MUFFINS,WHEAT,TSTD	1 oz	13.81	0.48	1.42	12.39
ENGLISH MUFFINS,WHOLE-WHEAT	1 muffin	26.66	5.34	4.42	22.24
ENGLISH MUFFINS,WHOLE-WHEAT	1 oz	11.45	2.29	1.90	9.55
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	1 muffin	26.90	5.36	4.45	22.45
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	1 oz	12.50	2.49	2.07	10.43
ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	1 muffin	27.38	1.80	1.46	25.92
ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	1 oz	14.93	0.98	0.79	14.13
FAMOUS AMOS,CHOC CHIP COOKIES	4 cookies	19.63	9.40	0.81	18.82
FAMOUS AMOS,CHOC CHIP PECAN COOKIES	4 cookies	18.50	9.22	0.96	17.55
FAMOUS AMOS,CHOC SNDWCH CREME COOKIES	3 cookies	24.58	13.74	0.75	23.83
FAMOUS AMOS,VANILLA SNDWCH CREME COOKIES	3 cookies	25.09	12.65	0.44	24.65
FOCACCIA,ITALIAN FLATBREAD,PLN	1 piece	20.42	1.00	1.03	19.39
FRENCH TOAST,FRZ,RTH	1 oz	9.10	0.00	0.31	8.79
FRENCH TOAST,FRZ,RTH	1 piece	18.94	0.00	0.65	18.29
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	7.09	0.00	0.00	7.09
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice	16.25	0.00	0.00	16.25
GARLIC BREAD,FRZ	1 slice	24.61	2.18	1.48	23.14
GARLIC BREAD,FRZ	1 slice presliced	17.94	1.59	1.08	16.86
GENERAL MILLS,BETTY CROCKER SUPERMOIST YEL CAKE MIX,DRY	1 serving	34.96	18.88	0.00	34.96
GEORGE WESTON BAKER,BROWNBERRY SAGE & ONION STUFFING MIX,DRY	1 serving	48.71	0.00	3.62	45.09
GEORGE WESTON BAKERIES,THOMAS ENG MUFFINS	1 serving	26.22	0.00	0.00	26.22
GIRL SCOUTS,CARAMEL DULCE DE LECHE COOKIES	4 cookies	19.44	8.88	0.39	19.05
GIRL SCOUTS,CHALET COOKIES	3 cookies	26.03	12.74	0.54	25.49
GIRL SCOUTS,DO-SI-DOS COOKIES	2 cookies	15.84	7.46	0.89	14.95



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GIRL SCOUTS,SAMOAS COOKIES	2 cookies	18.59	10.38	1.28	17.31
GIRL SCOUTS,TAGALONGS COOKIES	2 cookies	13.05	7.73	0.88	12.18
GIRL SCOUTS,THANK U BERRY MUNCH COOKIES	2 cookies	17.50	7.23	0.45	17.05
GIRL SCOUTS,THIN MINTS COOKIES	4 cookies	21.54	10.24	0.74	20.80
GIRL SCOUTS,TREFOILS COOKIES	5 cookies	22.44	6.83	0.53	21.91
HEINZ,WEIGHT WATCHER,CHOC ECLAIR,FRZ	1 eclair, frozen	23.78	9.91	1.24	22.54
HUSH PUPPIES,PREP FROM RECIPE	1 cup	69.92	3.09	4.26	65.66
HUSH PUPPIES,PREP FROM RECIPE	1 hush puppy	10.12	0.45	0.62	9.50
HUSH PUPPIES,PREP FROM RECIPE	1 oz	13.04	0.58	0.79	12.25
ICE CRM CONES,CAKE OR WAFER-TYPE	1 cone	3.16	0.24	0.12	3.04
ICE CRM CONES,CAKE OR WAFER-TYPE	1 large waffle cone	22.91	1.74	0.87	22.04
ICE CRM CONES,CAKE OR WAFER-TYPE	1 oz	22.40	1.70	0.85	21.55
ICE CRM CONES,SUGAR,ROLLED-TYPE	1 cone	8.41	2.57	0.17	8.24
ICE CRM CONES,SUGAR,ROLLED-TYPE	1 oz	23.84	7.27	0.48	23.36
INTERSTATE BRANDS CORP,WONDER HAMBURGER ROLLS	1 serving	21.86	4.76	1.12	20.74
JACKSON'S,OLD FASHIONED LEMON JUMBLE COOKIES	3 cookies	22.94	10.11	0.45	22.50
JACKSON'S,OLD FASHIONED VANILLA WAFERS	8 cookies	22.20	10.17	0.33	21.87
KASHI,BLUEBERRY WAFFLE	2 pieces	24.91	3.31	6.48	18.43
KASHI,H2H WOVEN WHEAT CRACKER,ORIGINAL	7 cracker	22.02	0.12	3.66	18.36
KASHI,H2H WOVEN WHEAT CRACKER,RSTD GARLIC	7 cracker	21.96	0.18	3.66	18.30
KASHI,ORIGINAL WAFFLE	2 pieces	25.49	3.02	6.70	18.79
KASHI,TLC,COUNTRY CHEDDAR CRACKERS	18 cracker	20.40	1.11	0.75	19.65
KASHI,TLC,FIRE RSTD VEG CRACKERS	15 crackers	19.38	2.19	2.61	16.77
KASHI,TLC,HAPPY TRAIL MIX COOKIES	1 cookie	20.82	7.98	4.11	16.71
KASHI,TLC,HONEY SESAME CRACKERS	15 cracker	21.66	4.83	1.74	19.92
KASHI,TLC,OATMEAL DK CHOC COOKIES	1 cookie	20.10	8.16	3.66	16.44
KASHI,TLC,OATMEAL RAISIN FLAX COOKIES	1 cookie	20.10	7.44	3.84	16.26
KASHI,TLC,ORIGINAL 7-GRAIN CRACKERS	15 crackers	18.96	4.05	2.70	16.26
KASHI,TLC,PITA CRISPS,SEA SALT	11 crisps	22.44	1.67	4.56	17.89
KASHI,TLC,PITA CRISPS,ZESTY SALSA	11 crisps	22.20	0.90	4.74	17.45
KASHI,TLC,TSTD ASIAGO CRACKERS	15 crackers	20.58	2.20	2.98	17.61
KEEBLER,100 CAL RIGHT BITES,CHIPS DELUXE,CHOC CHIP COOKIES	1 pouch	16.32	8.46	0.65	15.67
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,COOKIES 'N CREME	1 pouch	14.44	7.94	0.48	13.96
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,DK CHOC FUDGE STRIP	1 pouch	14.95	8.25	0.67	14.28
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,FUDGE COVERED PRETZ	1 package	14.97	6.91	0.82	14.15

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI BROWNIES	1 package	13.67	6.62	0.59	13.08
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI FUDGE GRAHAMS	1 pouch	14.64	6.96	0.46	14.18
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI FUDGE STRIPES	1 pouch	15.60	8.23	0.40	15.20
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI MINTS GRASSHOP	1 pouch	15.75	7.25	0.61	15.14
KEEBLER,100 CAL RIGHT BITES,SANDIES SHORTBREAD COOKIES	1 pouch	15.52	5.42	0.29	15.23
KEEBLER,100 CAL RIGHT BITES,SANDIES SHORTBREAD COOKIES,FUDGE	1 package	15.20	5.67	2.77	12.43
KEEBLER,100 CAL RIGHT BITES,WHITE FUDGE DIPPED PRETZELS	1 pouch	14.45	6.66	0.48	13.97
KEEBLER,ALMOND CRESCENTS COOKIES,HOLIDAY	4 cookies	19.63	7.28	0.45	19.18
KEEBLER,ANIMALS,COOKIES	1 package 1 serving	30.12	10.16	0.56	29.56
KEEBLER,ANIMALS,CRACKERS	8 crackers 1 serving	21.84	7.37	0.41	21.43
KEEBLER,ANIMALS,FRSTD COOKIES	1 package 40 g package	28.00	16.44	0.36	27.64
KEEBLER,ANIMALS,FRSTD COOKIES	8 cookies 1 serving	21.70	12.74	0.28	21.42
KEEBLER,ANIMALS,ICED COOKIES	1 package 1 40 g package	29.68	10.68	0.64	29.04
KEEBLER,ANIMALS,ICED COOKIES	6 cookies 1 serving	22.26	8.01	0.48	21.78
KEEBLER,BAKER'S TREASURES,CHOC CHIP COOKIE,SOFT	2 cookies	22.37	11.58	0.77	21.60
KEEBLER,BAKER'S TREASURES,OATMEAL RAISIN COOKIE,SOFT	2 cookies	22.11	10.34	1.15	20.96
KEEBLER,CHIPS DELUXE,CHOC LOVERS COOKIES	2 cookies	20.16	10.88	0.99	19.17
KEEBLER,CHIPS DELUXE,CHOC MALT CHUNK COOKIES	2 cookies	19.16	9.80	0.53	18.63
KEEBLER,CHIPS DELUXE,COCNT COOKIES	2 cookies	18.45	8.52	1.11	17.34
KEEBLER,CHIPS DELUXE,DK CHOC CHUNK COOKIES	2 cookies	20.48	9.98	0.83	19.65
KEEBLER,CHIPS DELUXE,MINI CHOC CHIP COOKIES	1 pouch	23.12	10.54	0.82	22.30
KEEBLER,CHIPS DELUXE,OATMEAL CHOC CHIP COOKIES	2 cookies	20.24	10.01	1.36	18.88
KEEBLER,CHIPS DELUXE,ORIGINAL CHOC CHIP COOKIES	2 cookies	18.81	9.03	0.87	17.94
KEEBLER,CHIPS DELUXE,PNUT BUTTER CUPS COOKIES	2 cookies	19.46	9.66	0.74	18.72

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES	2 cookies	20.15	10.39	0.74	19.41
KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE SIZE	1 package 1 40 g package	27.42	14.12	0.68	26.74
KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE SIZE	5 cookies 1 serving	19.19	9.88	0.48	18.72
KEEBLER,CHIPS DELUXE,SOFT 'N CHEWY CHOC CHIP COOKIES	2 cookies	20.89	9.27	0.78	20.12
KEEBLER,CHS & CHEDDAR SNDWCH CRACKERS	1 package	23.21	5.23	0.51	22.70
KEEBLER,CHS & P Nut BUTTER SNDWCH CRACKERS	1 package	23.01	3.51	1.25	21.76
KEEBLER,CHS ON WHEAT SNDWCH CRACKERS	1 package	23.32	5.54	0.70	22.62
KEEBLER,CINN TOAST GRAHAMS	1 package	27.34	9.62	1.78	25.57
KEEBLER,CLUB & CHEDDAR SNDWCH CRACKERS	1 package	23.91	5.50	0.51	23.40
KEEBLER,CLUB CRACKERS,SNACK STKS,HONEY WHEAT	12 crackers	19.14	4.06	0.90	18.24
KEEBLER,CLUB CRACKERS,SNACK STKS,ORIGINAL	12 crackers	18.85	2.76	0.70	18.15
KEEBLER,CLUB,BUTTERY GARLIC CRACKERS	4 crackers	9.20	1.20	0.25	8.95
KEEBLER,CLUB,DASH OF SALT CRACKERS	4 crackers	9.28	1.02	0.29	8.99
KEEBLER,CLUB,MINIS MULTIGRAIN CRACKERS	17 crackers	10.11	1.61	0.56	9.56
KEEBLER,CLUB,MINIS ORIGINAL CRACKERS	17 crackers	9.96	1.20	0.33	9.63
KEEBLER,CLUB,MULTIGRAIN CRACKERS	4 crackers	9.23	1.68	0.49	8.74
KEEBLER,CLUB,ORIGINAL CRACKERS	4 crackers	9.27	1.25	0.27	9.00
KEEBLER,CLUB,RED FAT CRACKERS	5 crackers	11.70	1.62	0.32	11.38
KEEBLER,COUNTRY STYLE OATMEAL COOKIES W/ RAISINS	2 cookies	18.76	8.37	1.01	17.75
KEEBLER,DANISH WEDDING COOKIES	4 cookies	17.76	9.85	0.68	17.08
KEEBLER,E.L. FUDGE,BUTTER FLAV COOKIES	2 cookies	25.20	12.20	1.22	23.98
KEEBLER,E.L. FUDGE,DOUBLE STUFFED COOKIES	2 cookies	23.66	13.48	1.44	22.23
KEEBLER,FUDGE SHOPPE,CARAMEL FILLED COOKIES	2 cookies	20.01	12.60	0.48	19.53
KEEBLER,FUDGE SHOPPE,CHEESECAKE MIDDLES,DK CHOC	3 cookies	16.82	8.76	1.07	15.76
KEEBLER,FUDGE SHOPPE,CHEESECAKE MIDDLES,ORIGINAL GRAHAM COOK	3 cookies	17.03	8.63	0.83	16.20
KEEBLER,FUDGE SHOPPE,COCNT DREAMS COOKIES	2 cookies	17.19	9.66	0.92	16.27
KEEBLER,FUDGE SHOPPE,DELUXE GRAHAMS COOKIES	3 pieces	17.98	10.07	0.59	17.39
KEEBLER,FUDGE SHOPPE,FUDGE GRAHAMS,1/2 DIPPED,RED FAT	4 cookies	19.90	9.21	0.86	19.04
KEEBLER,FUDGE SHOPPE,FUDGE STKS	3 cookies	19.95	15.37	0.38	19.58

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KEEBLER,FUDGE SHOPPE,FUDGE STKS,PNUT BUTTER	3 cookies	17.40	12.01	0.78	16.62
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,DK CHOC	3 cookies	21.73	12.37	0.96	20.77
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,HOLIDAY/SPIDERMAN	3 cookies	21.33	10.48	0.59	20.74
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,MINI	1 package	27.48	12.72	0.72	26.76
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,MINI	14 cookie	20.61	9.54	0.54	20.07
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,OATMEAL	3 cookies	20.58	10.26	2.20	18.38
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,ORIGINAL	3 cookies	21.27	10.48	0.59	20.68
KEEBLER,FUDGE SHOPPE,FUDGE-DIPPED ICE CRM CUPS	1 cup	5.85	2.06	0.18	5.67
KEEBLER,FUDGE SHOPPE,GRASSHOPPER COOKIES,FUDGE MINT	4 cookies	19.81	11.51	0.70	19.11
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,MINT	1 cookie	20.96	15.53	0.56	20.40
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,PNUT BUTTER	1 cookie	18.79	12.65	0.99	17.79
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,VANILLA	1 cookie	21.27	15.87	0.53	20.74
KEEBLER,FUDGE SHOPPE,MAGIC MIDDLES FUDGE FILLED COOKIES,ORIG	2 cookies	18.75	9.90	0.57	18.18
KEEBLER,FUDGE SHOPPE,MAGIC MIDDLES FUDGE FILLED COOKIES,PNUT	2 cookies	17.76	10.35	0.81	16.95
KEEBLER,FUDGE SHOPPE,MERRY MINT PATTIES,HOLIDAY	2 cookies	17.34	11.52	0.36	16.98
KEEBLER,FUDGE SHOPPE,MINT CREME MIDDLES,CHOC GRAHAM COOKIES	3 cookies	17.00	10.11	0.83	16.17
KEEBLER,FUDGE SHOPPE,PNUT CREME FILLED COOKIES	2 cookies	17.28	9.09	0.99	16.29
KEEBLER,FUDGE SHOPPE,TRIPLE FUDGE FILLED COOKIES	2 cookies	19.90	13.24	0.93	18.97
KEEBLER,GINGERBREAD MEN COOKIES,HOLIDAY	5 cookies	25.71	10.86	0.69	25.01
KEEBLER,GRAHAMS,CINN CRISP	8 crackers	22.89	8.07	0.99	21.90
KEEBLER,GRIPZ,CHIPS DELUXE,CHOC CHIP COOKIES,BITE-SIZE	1 pouch	17.83	7.85	0.63	17.20
KEEBLER,GRIPZ,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE-SI	1 pouch	18.58	8.38	0.45	18.13
KEEBLER,GRIPZ,CHOC CHIP GRAHAMS,BITE-SIZE	1 pouch	18.90	5.70	2.75	16.15

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KEEBLER,GRIPZ,CINN GRAHAMS,BITE-SIZE	1 pouch	18.90	5.13	2.60	16.30
KEEBLER,HOLIDAY JINGLES COOKIES	6 cookies	21.43	8.18	0.44	21.00
KEEBLER,ICED OATMEAL COOKIES	2 cookies	20.16	10.32	1.19	18.97
KEEBLER,KEEBLER CHOC GRAHAM SELECTS	1 serving	22.26	8.22	0.00	22.26
KEEBLER,OATMEAL COOKIES	2 cookies	19.63	8.96	1.31	18.33
KEEBLER,READY CRUST,CHOC PIE CRUST	1/8 crust 1 serving (from 9" shell)	14.22	6.03	0.38	13.84
KEEBLER,READY CRUST,CHOC PIE CRUST	1 shell 1 serving (from 3" mini shell)	15.57	6.60	0.41	15.16
KEEBLER,READY CRUST,GRAHAM PIE CRUST (10"),RED FAT	1/8 crust	15.44	6.24	0.53	14.91
KEEBLER,READY CRUST,SHORTBREAD PIE CRUST	1/8 crust 9" crust	14.51	5.59	0.27	14.24
KEEBLER,SANDIES,CASHEW SHORTBREAD COOKIES	2 cookies	17.79	6.96	0.45	17.34
KEEBLER,SANDIES,CHOC CHIP & PECAN SHORTBREAD COOKIES	2 cookies	18.35	8.22	0.74	17.61
KEEBLER,SANDIES,DK CHOC ALMOND SHORTBREAD COOKIES	2 cookies	17.97	7.95	0.78	17.19
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES	2 cookies	18.29	6.98	0.59	17.70
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,BITE SIZE	1 package 34 g package	19.96	7.65	0.54	19.41
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,BITE SIZE	5 cookies 28 g package	16.44	6.30	0.45	15.99
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,RED FAT	2 cookies	20.80	7.41	0.65	20.15
KEEBLER,SANDIES,SIMPLY SHORTBREAD COOKIES	2 cookies	19.28	7.01	0.43	18.85
KEEBLER,SOFT BATCH,CHOC CHIP COOKIES	2 cookies	21.18	11.81	0.54	20.64
KEEBLER,SUGAR CONES	1 cone	10.14	3.43	0.27	9.87
KEEBLER,SWT CREMES COOKIES	2 cookies	26.98	12.16	0.49	26.49
KEEBLER,TOAST & Pnut BUTTER SNDWCH CRACKERS	1 package	23.48	4.52	1.25	22.23
KEEBLER,TOASTEDS,BUTTERCRISPS CRACKERS	5 crackers	10.40	1.34	0.29	10.11
KEEBLER,TOASTEDS,ONION CRACKERS	5 crackers	10.83	1.55	0.35	10.48
KEEBLER,TOASTEDS,PARTY PK CRACKER ASSORTMENT	5 crackers	10.30	1.15	0.46	9.84
KEEBLER,TOASTEDS,SESAME CRACKERS	5 crackers	10.02	0.66	0.45	9.57
KEEBLER,TOASTEDS,WHEAT CRACKERS	5 crackers	10.58	1.44	0.64	9.94
KEEBLER,TOWN HOUSE,BISTRO MULTIGRAIN CRACKERS	2 crackers	10.72	1.38	0.54	10.18

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KEEBLER,TOWN HOUSE,FLATBREAD CRISPS,SEA SALT & OLIVE OIL CRA	8 crackers	10.92	0.78	0.54	10.38
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,CHS	5 crackers	9.20	0.81	0.32	8.88
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,GARLIC HERB	5 crackers	9.45	0.99	0.33	9.12
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,ORIGINAL	5 crackers	9.65	1.02	0.32	9.33
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,RED FAT	5 crackers	9.86	1.05	0.32	9.53
KEEBLER,TOWN HOUSE,ORIGINAL CRACKERS	5 crackers	9.57	1.04	0.27	9.30
KEEBLER,TOWN HOUSE,RED FAT CRACKERS	6 crackers	11.57	1.26	0.33	11.24
KEEBLER,TOWN HOUSE,TOPPERS,GARLIC HERB CRACKERS	3 crackers	10.02	1.12	0.39	9.63
KEEBLER,TOWN HOUSE,TOPPERS,MULTIGRAIN CRACKERS	3 crackers	9.58	1.92	0.48	9.10
KEEBLER,TOWN HOUSE,TOPPERS,ORIGINAL CRACKERS	3 crackers	9.35	1.12	0.36	8.99
KEEBLER,TOWN HOUSE,WHEAT CRACKERS	5 crackers	10.11	0.50	0.45	9.66
KEEBLER,TRADITIONS,ICED LEMONADE COOKIES	4 cookies	19.23	8.67	0.29	18.94
KEEBLER,TRADITIONS,ICED OATMEAL COOKIES	4 cookies	22.72	11.62	0.86	21.86
KEEBLER,TSTD COCNT COOKIES	2 cookies	26.56	15.66	0.87	25.69
KEEBLER,VANILLA WAFERS	8 cookies	21.93	9.48	0.42	21.51
KEEBLER,VANILLA WAFERS MINIS,RAINBOW	18 cookies	21.69	9.33	0.39	21.30
KEEBLER,VIENNA FINGERS W/ CREME FILLING	2 cookies	22.69	10.42	0.47	22.23
KEEBLER,VIENNA FINGERS W/ CREME FILLING,RED FAT	2 cookies	24.21	11.53	0.47	23.75
KEEBLER,WAFFLE BOWLS	1 waffle	10.52	3.79	0.22	10.31
KEEBLER,WAFFLE CONES	1 cone	10.52	3.79	0.22	10.31
KEEBLER,WHEATABLES,HONEY WHEAT CRACKERS	17 crackers	20.10	4.50	0.99	19.11
KEEBLER,WHEATABLES,NUT CRISP CRACKERS,RSTD ALMOND	16 crackers	19.95	3.51	1.17	18.78
KEEBLER,WHEATABLES,NUT CRISP CRACKERS,TSTD PECAN	16 crackers	19.71	3.48	1.14	18.57
KEEBLER,ZESTA,EXPORT SODAS CRACKERS	3 crackers	10.36	0.32	0.46	9.90
KEEBLER,ZESTA,SALTINES W/ WHL WHEAT	5 crackers	11.27	0.32	0.48	10.79
KEEBLER,ZESTA,SALTINES,ORIGINAL	5 crackers	11.42	0.24	0.38	11.04
KEIKITOS (MUFFINS),LATINO BAKERY ITEM	1 piece	22.33	10.84	0.50	21.82
KELLOGG,KELLOGG'S EGGO,BTTRMLK PANCAKE	3 pancakes (NLEA serving)	44.78	11.60	1.16	43.62



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,MXD BERRY	1 bar (NLEA serving)	84.45	38.98	2.20	82.24
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	1 serving	29.90	6.22	2.45	27.45
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	1 waffle, round (4" dia) (include frozen)	14.95	3.11	1.23	13.72
KELLOGG'S,ALL-BRAN,GARLIC & HERB CRACKERS	18 crackers	19.05	3.00	4.89	14.16
KELLOGG'S,ALL-BRAN,MULTIGRAIN CRACKERS	18 crackers	19.71	3.87	4.92	14.79
KELLOGG'S,BEANATURAL,ORIGINAL 3-BEAN CHIPS	12 chips	13.02	1.48	3.98	9.04
KELLOGG'S,CINNABON,PANCAKES,CARAMEL	3 pancakes	45.57	16.38	1.05	44.52
KELLOGG'S,CINNABON,PANCAKES,ORIGINAL	3 pancakes	45.26	15.65	1.16	44.10
KELLOGG'S,CORN FLAKES CRUMBS	6 tbsp	27.85	3.07	0.40	27.46
KELLOGG'S,EGGO MINIS,PANCAKES,BTTRMLK	11 pancakes	43.56	11.33	1.10	42.46
KELLOGG'S,EGGO PROT,WAFFLES,HOMESTYLE	2 waffles	25.90	1.89	0.84	25.06
KELLOGG'S,EGGO SEASONS,WAFFLES,PUMPKIN SPICE	2 waffles	28.98	6.44	1.05	27.93
KELLOGG'S,EGGO,BISCUIT SCRAMBLERS,BACON,EGG & CHS	1 bscuit	40.22	4.94	2.21	38.01
KELLOGG'S,EGGO,BISCUIT SCRAMBLERS,EGG & CHS	1 bscuit	40.22	4.94	2.42	37.80
KELLOGG'S,EGGO,FIBERPLUS WAFFLES,BTTRMLK	2 waffles	29.26	3.29	9.24	20.02
KELLOGG'S,EGGO,FIBERPLUS WAFFLES,CHOC CHIP	2 waffles	31.08	7.63	9.03	22.05
KELLOGG'S,EGGO,FRENCH TOASTER STKS,CINN	2 pieces	38.34	14.58	0.90	37.44
KELLOGG'S,EGGO,FRENCH TOASTER STKS,ORIGINAL	2 pieces	35.46	9.81	0.81	34.65
KELLOGG'S,EGGO,MINI MUFFIN TOPS,BLUEBERRY	1 set	21.07	8.33	0.46	20.61
KELLOGG'S,EGGO,MINI MUFFIN TOPS,CHOC CHIP	1 set	20.70	8.51	0.55	20.15
KELLOGG'S,EGGO,NUTRI-GRAIN FRZ FRUIT PIZZA,MXD BERRY GRANOLA	1 pizza	62.10	17.25	4.50	57.60
KELLOGG'S,EGGO,NUTRI-GRAIN FRZ FRUIT PIZZA,STRAWBERRY GRANOLA	1 pizza	65.55	17.85	4.05	61.50
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,BLUEBERRY	2 waffles	30.52	7.00	2.73	27.79
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,HONEY OAT	2 waffles	30.87	7.35	2.66	28.21



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,LOFAT	1 waffle, round (4" dia) (include frozen)	13.65	1.37	1.40	12.25
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,LOFAT	2 waffles 1 serving	27.30	2.73	2.80	24.50
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,ORIGINAL	2 waffles	26.32	2.52	2.73	23.59
KELLOGG'S,EGGO,PANCAKES,BLUEBERRY	3 pancakes	41.90	10.61	1.05	40.85
KELLOGG'S,EGGO,PANCAKES,CHOC CHIP	3 pancakes	41.90	11.76	1.37	40.53
KELLOGG'S,EGGO,THICK & FLUFFY,WAFFLES,BROWN SUGAR	1 waffle	24.48	8.69	0.61	23.87
KELLOGG'S,EGGO,THICK & FLUFFY,WAFFLES,ORIGINAL	1 waffle	20.57	2.59	0.61	19.97
KELLOGG'S,EGGO,WAFFLERS,BROWN SUGAR CINN ROLL	2 waffles	39.67	15.96	0.99	38.68
KELLOGG'S,EGGO,WAFFLERS,STRAWBERRY STRUDEL	2 waffles	38.00	12.77	0.91	37.09
KELLOGG'S,EGGO,WAFFLES,BLUEBERRY	2 waffles	29.19	6.37	0.77	28.42
KELLOGG'S,EGGO,WAFFLES,BTTRMLK	2 waffles	27.30	2.03	0.84	26.46
KELLOGG'S,EGGO,WAFFLES,CHOC CHIP	2 waffles	31.36	9.17	1.05	30.31
KELLOGG'S,EGGO,WAFFLES,CINN TOAST	3 sets	45.54	16.74	1.29	44.25
KELLOGG'S,EGGO,WAFFLES,FRENCH TOAST	1 waffle	19.53	5.18	0.54	18.99
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE	2 waffles	27.86	1.89	0.84	27.02
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE	3 sets waffle minis	37.01	2.51	1.12	35.90
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE,LOFAT	1 round waffle (4" dia) (include frozen)	15.72	1.58	0.46	15.26
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE,LOFAT	2 waffles 1 serving	31.43	3.15	0.91	30.52
KELLOGG'S,EGGO,WAFFLES,STRAWBERRY	2 waffles	29.12	6.51	0.77	28.35
KELLOGG'S,POP-TARTS MINI CRISPS,CINN BROWN SUGAR BKD BITES	1 pouch	18.17	7.68	0.39	17.78
KELLOGG'S,POP-TARTS MINI CRISPS,FRSTD CHOC BKD BITES	1 pouch	18.15	8.23	0.51	17.64
KELLOGG'S,POP-TARTS MINI CRISPS,FRSTD STRAWBERRY BKD BITES	1 pouch	7.91	3.53	0.15	7.76
KELLOGG'S,POP-TARTS,CHOC CHIP COOKIE DOUGH TOASTER PASTRIES	1 pastry	34.70	17.75	0.75	33.95
KELLOGG'S,POP-TARTS,FRSTD APPL STRUDEL TOASTER PASTRIES	1 pastry	35.25	14.00	0.75	34.50
KELLOGG'S,POP-TARTS,FRSTD BLUEBERRY MUFFIN TOASTER PASTRIES	1 pastry	35.45	13.80	0.55	34.90
KELLOGG'S,POP-TARTS,FRSTD CINN ROLL TOASTER PASTRIES	1 pastry	33.90	13.10	0.70	33.20

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KELLOGG'S,POP-TARTS,FRSTD CONFETTI CAKE TOASTER PASTRIES	1 pastry	36.50	14.65	0.65	35.85
KELLOGG'S,POP-TARTS,FRSTD COOKIES & CREME TOASTER PASTRIES	1 pastry	34.65	19.15	1.30	33.35
KELLOGG'S,POP-TARTS,FRSTD ORANGE CRM TOASTER PASTRIES	1 pastry	35.30	15.90	0.55	34.75
KELLOGG'S,POP-TARTS,FRSTD PUMPKIN PIE TOASTER PASTRIES	1 pastry	35.30	14.30	0.75	34.55
KELLOGG'S,POP-TARTS,FRSTD SPRING BERRY TOASTER PASTRIES	1 pastry	37.60	16.28	0.68	36.92
KELLOGG'S,POP-TARTS,FRSTD SUGAR COOKIE TOASTER PASTRIES	1 package 2 pack	70.20	27.50	1.30	68.90
KELLOGG'S,POP-TARTS,FRSTD SUGAR COOKIE TOASTER PASTRIES	1 pastry	35.10	13.75	0.65	34.45
KELLOGG'S,POP-TARTS,FRSTD WAFFLE CONE TOASTER PASTRIES	1 pastry	37.15	16.20	0.60	36.55
KELLOGG'S,POP-TARTS,FRSTD WILD FRUIT FUSION TOASTER PASTRIES	1 pastry	36.15	15.40	0.65	35.50
KELLOGG'S,POP-TARTS,FRSTD WILD GRAPE TOASTER PASTRIES	1 pastry	35.90	15.25	0.65	35.25
KELLOGG'S,POP-TARTS,FRSTD WILD STRAWBERRY TOASTER PASTRIES	1 pastry	36.05	15.30	0.65	35.40
KELLOGG'S,POP-TARTS,GINGERBREAD TOASTER PASTRIES	1 package 2-count package	70.80	28.60	1.40	69.40
KELLOGG'S,POP-TARTS,GINGERBREAD TOASTER PASTRIES	1 pastry	35.40	14.30	0.70	34.70
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD HOT FUDGE SUNDAE TO	1 pastry	33.50	11.86	1.58	31.92
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD ICE CREME SNDWCH TO	1 pastry	33.31	11.28	1.68	31.63
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD RAINBOW CHIP TOASTE	1 pastry	35.40	15.15	0.55	34.85
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD STRAWBERRY MILKSHAK	1 pastry	33.60	11.47	1.30	32.30
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD VANILLA MILKSHAKE T	1 pastry	33.65	11.47	1.30	32.35
KELLOGG'S,POP-TARTS,YUM-AZING VANILLA MILKSHAKE TOASTER PAST	1 pastry	35.10	11.70	1.35	33.75
KELLOGG'S,SIMPLY EGGO,ORIGINAL	2 waffles	30.31	4.13	0.91	29.40
KELLOGG'S,SPL K,CRACKER CHIPS,CHEDDAR	27 chips	22.11	1.29	2.76	19.35
KELLOGG'S,SPL K,CRACKER CHIPS,SEA SALT	30 chips	22.62	0.18	3.24	19.38
KELLOGG'S,SPL K,CRACKER CHIPS,SOUR CRM & ONION	27 chips	22.29	1.05	2.94	19.35

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KELLOGG'S,SPL K,CRACKER CHIPS,SOUTHWEST RANCH	27 chips	22.44	1.29	2.79	19.65
KELLOGG'S,SPL K,MULTIGRAIN CRACKERS	24 crackers	22.62	6.24	2.58	20.04
KELLOGG'S,SPL K,SAVORY HERB CRACKERS	24 crackers	22.14	3.18	2.94	19.20
KRAFT FOODS,SHAKE 'N' BAKE ORIG RECIPE,COATING FOR PORK,DRY	1 serving	22.34	0.00	0.00	22.34
KRAFT,STOVE TOP STUFFING MIX CHICKEN FLAVOR	1 NLEA serving (makes 1/2 cup prepared)	20.47	2.83	0.70	19.77
KRUSTEAZ ALMOND POPPYSEED MUFFIN MIX,ARTIFICIALLY FLAV,DRY	1 serving	30.24	16.00	0.68	29.56
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	1/2 tsp	0.64	0.00	0.00	0.63
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	1 tsp	1.27	0.00	0.01	1.27
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	1/2 tsp	0.55	0.00	0.00	0.55
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	1 tsp	1.11	0.00	0.01	1.10
LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	1/2 tsp	1.17	0.00	0.06	1.12
LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	1 tsp	2.35	0.00	0.11	2.24
LEAVENING AGENTS,BAKING SODA	1/2 tsp	0.00	0.00	0.00	0.00
LEAVENING AGENTS,BAKING SODA	1 tsp	0.00	0.00	0.00	0.00
LEAVENING AGENTS,CRM OF TARTAR	1/2 tsp	0.92	0.00	0.00	0.92
LEAVENING AGENTS,CRM OF TARTAR	1 tsp	1.85	0.00	0.01	1.84
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 packet	2.97	0.00	1.94	1.03
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 tbsp	4.95	0.00	3.23	1.72
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 tsp	1.65	0.00	1.08	0.57
LEAVENING AGENTS,YEAST,BAKER'S,COMPRESSED	1 cake (0.6 oz)	3.08	0.00	1.38	1.70
MARTHA WHITE FOODS,MARTHA WHITE'S BTTRMLK BISCUIT MIX,DRY	1 serving	24.36	1.83	0.62	23.74
MARTHA WHITE FOODS,MARTHA WHITE'S CHEWY FUDGE BROWNIE MX,DRY	1 serving	23.40	15.33	0.81	22.59
MCKEE BAKING,LITTL DEBBI NUT BAR,WAFER W/PNUT BUTE,CHOC COVE	1 serving	31.46	19.38	0.00	31.46
MISSION FOODS,MISSION FLR TORTILLAS,SOFT TACO,8 INCH	1 serving	25.30	0.00	0.00	25.30

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MOTHER'S,4TH OF JULY CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.82	0.23	19.58
MOTHER'S,CHOC CHIP COOKIES	4 cookies	20.28	9.87	0.51	19.77
MOTHER'S,CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.62	0.23	19.58
MOTHER'S,COCNT COCADAS COOKIES	5 cookies	20.83	8.90	0.96	19.87
MOTHER'S,DOUBLE FUDGE CREME SNDWCH COOKIES	2 cookies	26.60	12.58	1.25	25.35
MOTHER'S,ENG TEA SNDWCH COOKIES	2 cookies	26.98	12.16	0.49	26.49
MOTHER'S,HALLOWEEN CIRCUS ANIMALS COOKIES	6 cookies	19.75	12.73	0.23	19.52
MOTHER'S,HOLIDAY CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.85	0.23	19.58
MOTHER'S,ICED LEMONADE COOKIES	4 cookies	19.23	8.67	0.29	18.94
MOTHER'S,ICED OATMEAL COOKIES	4 cookies	22.72	11.62	0.86	21.86
MOTHER'S,JUNGLE ANIMAL COOKIES	6 cookies	19.81	12.82	0.23	19.58
MOTHER'S,MACAROON COOKIES	2 cookies	17.27	7.87	1.27	16.00
MOTHER'S,OLD FASHIONED CHOC CHIP COOKIES	2 cookies	21.12	10.88	0.70	20.42
MOTHER'S,OLD FASHIONED ICED OATMEAL COOKIES	2 cookies	22.57	11.10	0.84	21.73
MOTHER'S,OLD FASHIONED OATMEAL COOKIES	2 cookies	19.22	8.45	0.81	18.41
MOTHER'S,PNUT BUTTER GAUCHOS COOKIES	2 cookies	24.97	12.27	1.03	23.94
MOTHER'S,TAFFY SNDWCH COOKIES	2 cookies	26.56	15.66	0.87	25.69
MOTHER'S,VANILLA SNDWCH COOKIES	2 cookies	26.18	11.44	0.49	25.69
MUFFIN,BLUEBERRY,COMMLY PREP,LOW-FAT	1 muffin small	35.54	19.21	2.98	32.55
MUFFIN,BLUEBERRY,COMMLY PREP,LOW-FAT	1 oz	14.19	7.67	1.19	13.00
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 extra large	89.04	52.87	1.85	87.19
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 large (3-1/4" dia x 2-3/4")	73.67	43.74	1.53	72.14
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 medium	59.89	35.56	1.24	58.65
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 mini (1-1/4" dia)	9.01	5.35	0.19	8.82
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 muffin	16.43	9.76	0.34	16.09
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 oz	15.03	8.92	0.31	14.71
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 small (2-3/4" dia x 2")	34.98	20.77	0.73	34.25
MUFFINS,BLUEBERRY,DRY MIX	1 oz	17.29	9.28	0.40	16.90
MUFFINS,BLUEBERRY,DRY MIX	1 package, mix + drained berries	217.16	116.52	4.98	212.18
MUFFINS,BLUEBERRY,DRY MIX	1 serving	26.23	14.07	0.60	25.63

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin	23.20	0.00	0.00	23.20
MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	11.54	0.00	0.00	11.54
MUFFINS,BLUEBERRY,TOASTER-TYPE	1 muffin, toaster	17.59	1.60	0.59	17.00
MUFFINS,BLUEBERRY,TOASTER-TYPE	1 oz	15.11	1.37	0.51	14.60
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	1 muffin, toaster	17.58	4.01	0.59	16.99
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	1 oz	16.07	3.67	0.54	15.54
MUFFINS,CORN,COMMLY PREP	1 extra large	85.68	29.87	5.71	79.97
MUFFINS,CORN,COMMLY PREP	1 large	70.89	24.71	4.73	66.16
MUFFINS,CORN,COMMLY PREP	1 medium	57.63	20.09	3.84	53.79
MUFFINS,CORN,COMMLY PREP	1 mini	8.67	3.02	0.58	8.09
MUFFINS,CORN,COMMLY PREP	1 oz	14.46	5.04	0.96	13.49
MUFFINS,CORN,COMMLY PREP	1 small	33.66	11.73	2.24	31.42
MUFFINS,CORN,DRY MIX,PREP	1 oz	13.92	0.00	0.68	13.24
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin (2-3/4" dia x 2")	25.19	0.00	0.00	25.19
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	12.53	0.00	0.00	12.53
MUFFINS,CORN,TOASTER-TYPE	1 muffin, toaster	19.11	0.00	0.53	18.58
MUFFINS,CORN,TOASTER-TYPE	1 oz	16.41	0.00	0.45	15.96
MUFFINS,OAT BRAN	1 extra large	81.14	13.81	7.73	73.42
MUFFINS,OAT BRAN	1 large	67.14	11.43	6.39	60.74
MUFFINS,OAT BRAN	1 medium	54.58	9.29	5.20	49.38
MUFFINS,OAT BRAN	1 mini	8.21	1.40	0.78	7.43
MUFFINS,OAT BRAN	1 oz	13.69	2.33	1.30	12.39
MUFFINS,OAT BRAN	1 small	31.88	5.43	3.04	28.84
MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin	23.60	0.00	1.54	22.06
MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	11.74	0.00	0.77	10.97
MUFFINS,WHEAT BRAN,DRY MIX	1 oz	20.70	0.00	0.00	20.70
MUFFINS,WHEAT BRAN,DRY MIX	1 package (7 oz)	144.54	0.00	0.00	144.54
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	1 muffin, toaster	18.87	7.84	2.79	16.08
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	1 oz	15.73	6.54	2.32	13.41
MURRAY,CHOC CREME SNDWCH COOKIES	3 cookies	20.68	11.14	0.64	20.04
MURRAY,CHOCOLATEY CHIP THINS COOKIES	8 cookies	22.08	6.96	0.60	21.48
MURRAY,COOKIE JAR CLASSICS,BUTTER COOKIES	8 cookies	22.29	6.69	0.57	21.72
MURRAY,COOKIE JAR CLASSICS,COCNT BARS COOKIES	6 cookies	23.65	7.23	0.64	23.01

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MURRAY,DUPLEX CREME SNDWCH COOKIES	3 cookies	21.05	10.90	0.52	20.53
MURRAY,HONEY GRAHAM	8 crackers	23.47	6.82	0.84	22.63
MURRAY,JACKS VANILLA WAFERS	9 cookies	24.99	12.03	0.35	24.64
MURRAY,LEMON CREME SNDWCH COOKIES	3 cookies	21.37	10.96	0.35	21.03
MURRAY,OLD FASHIONED GINGERSNAPS COOKIES	5 cookies	22.17	9.42	0.39	21.78
MURRAY,OLD FASHIONED ICED OATMEAL COOKIES	5 cookies	23.43	10.73	0.56	22.87
MURRAY,SOUTHERN KITCHEN,CHOC CHIP COOKIES	2 cookies	18.62	8.54	0.70	17.92
MURRAY,SOUTHERN KITCHEN,COCNT COOKIES	2 cookies	19.00	8.82	0.87	18.13
MURRAY,SOUTHERN KITCHEN,ICED OATMEAL COOKIES	2 cookies	20.16	10.32	1.19	18.97
MURRAY,SOUTHERN KITCHEN,OATMEAL COOKIES	2 cookies	19.63	8.96	1.31	18.33
MURRAY,SUGAR FREE,CHOC BITES COOKIES	1 pouch	15.73	0.13	4.12	11.61
MURRAY,SUGAR FREE,CHOC CHIP & PECAN COOKIES	3 cookies	18.75	0.48	1.63	17.12
MURRAY,SUGAR FREE,CHOC CHIP COOKIES	3 cookies	20.35	0.38	1.54	18.82
MURRAY,SUGAR FREE,CHOC CREME SNDWCH COOKIES	3 cookies	18.45	0.31	1.26	17.19
MURRAY,SUGAR FREE,FUDGE DIPPED GRAHAMS	4 cookies	18.99	0.12	1.14	17.85
MURRAY,SUGAR FREE,FUDGE DIPPED MINT COOKIES	4 cookies	16.51	0.16	1.20	15.31
MURRAY,SUGAR FREE,FUDGE DIPPED WAFERS	4 cookies	18.97	0.12	4.12	14.85
MURRAY,SUGAR FREE,LEMON CREME SNDWCH COOKIES	3 cookies	19.12	0.34	0.92	18.20
MURRAY,SUGAR FREE,OATMEAL COOKIES	3 cookies	21.31	0.38	2.72	18.59
MURRAY,SUGAR FREE,PECAN SHORTBREAD COOKIES	3 cookies	18.34	0.35	1.47	16.86
MURRAY,SUGAR FREE,PNUT BUTTER COOKIES	3 cookies	16.18	0.49	1.65	14.53
MURRAY,SUGAR FREE,SHORTBREAD BITES	1 pouch	15.81	0.25	3.13	12.68
MURRAY,SUGAR FREE,SHORTBREAD COOKIES	8 cookies	21.48	0.39	1.71	19.77
MURRAY,SUGAR FREE,VANILLA CREME SNDWCH COOKIES	3 cookies	19.60	0.34	0.95	18.65
MURRAY,SUGAR FREE,VANILLA SUGAR WAFER	4 cookies	19.18	0.22	4.82	14.36
MURRAY,SUGAR FREE,VANILLA WAFER	9 cookies	23.68	0.45	1.79	21.89
MURRAY,VANILLA CREME SNDWCH COOKIES	3 cookies	21.43	10.70	0.38	21.05
MURRAY,VANILLA SUGAR WAFER	5 cookies	19.60	11.48	0.28	19.32
MURRAY,VANILLA WAFER	8 cookies	21.87	9.45	0.42	21.45
NABISCO,NABISCO GRAHAMS CRACKERS	1 serving	21.34	6.44	0.95	20.38



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
NABISCO,NABISCO OREO CRUNCHIES,COOKIE CRUMB TOPPING	1 serving	7.73	3.96	0.35	7.37
NABISCO,NABISCO RITZ CRACKERS	1 cracker	2.10	0.27	0.08	2.02
NABISCO,NABISCO RITZ CRACKERS	5 cracker (1 NLEA serving)	10.16	1.30	0.37	9.79
NABISCO,NABISCO SNACKWELL'S FAT FREE DEVIL'S FD COOKIE CAKES	1 serving	11.88	6.94	0.26	11.62
PAN DULCE,LA RICURA,SALPORA DE ARROZ,COOKIE-LIKE	1 piece (1 serving)	27.84	9.18	0.50	27.33
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 mini pancake	3.81	0.84	0.10	3.71
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 oz	10.70	2.36	0.28	10.42
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake	15.10	3.33	0.40	14.70
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake	15.48	3.41	0.41	15.07
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake (6" dia)	27.56	6.07	0.73	26.83
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 oz	8.22	0.00	0.00	8.22
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 pancake (4" dia)	11.02	0.00	0.00	11.02
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 pancake (6" dia)	22.33	0.00	0.00	22.33
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 oz	8.14	0.00	0.00	8.14
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 pancake (4" dia)	10.91	0.00	0.00	10.91
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 pancake (6" dia)	22.10	0.00	0.00	22.10
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	1 cup, poured from box	86.99	8.80	10.37	76.62
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	1 oz	20.21	2.04	2.41	17.80
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1/3 cup	38.30	8.34	1.51	36.79
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1 cup, poured from box	95.75	20.84	3.77	91.98
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1 oz	20.88	4.54	0.82	20.06
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 oz	10.40	0.00	0.37	10.04
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 pancake (4" dia)	13.95	0.00	0.49	13.45
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 pancake (6" dia)	28.26	0.00	1.00	27.26
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	1 cup, poured from box	82.43	2.48	6.05	76.38
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	1 oz	20.87	0.63	1.53	19.33
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 oz	8.19	0.00	0.54	7.65
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 pancake (4" dia)	10.98	0.00	0.72	10.26



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PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 pancake (6" dia)	22.25	0.00	1.46	20.79
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 oz	12.28	2.00	0.71	11.58
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 pancake	16.47	2.68	0.95	15.52
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 serving (3 pancakes)	62.40	10.17	3.60	58.80
PANCAKES,PLN,PREP FROM RECIPE	1 oz	8.02	0.00	0.00	8.02
PANCAKES,PLN,PREP FROM RECIPE	1 pancake (4" dia)	10.75	0.00	0.00	10.75
PANCAKES,PLN,PREP FROM RECIPE	1 pancake (6" dia)	21.79	0.00	0.00	21.79
PANCAKES,PLN,RED FAT	1 serving 3 pancakes	60.19	9.00	1.05	59.14
PANCAKES,SPL DIETARY,DRY MIX	1 oz	20.95	0.00	0.00	20.95
PANCAKES,SPL DIETARY,DRY MIX	1 package (8 oz)	167.75	0.00	0.00	167.75
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	1 cup, poured from box	99.40	0.00	0.00	99.40
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	1 oz	20.13	0.00	0.00	20.13
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 oz	8.33	0.00	0.79	7.54
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 pancake (4" dia)	12.94	0.00	1.23	11.70
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 pancake (6" dia)	37.93	0.00	3.61	34.31
PASTRY,PASTELITOS DE GUAVA (GUAVA PASTRIES)	1 piece	41.07	14.62	1.89	39.18
PHYLLO DOUGH	1 oz	14.91	0.05	0.54	14.37
PHYLLO DOUGH	1 sheet dough	9.99	0.03	0.36	9.63
PIE CRUST,COOKIE-TYPE,CHOC,READY CRUST	1 crust	117.35	47.88	4.91	112.44
PIE CRUST,COOKIE-TYPE,GRAHAM CRACKER,READY CRUST	1 crust	117.67	33.18	3.48	114.19
PIE CRUST,COOKIE-TYPE,GRAHAM CRACKER,READY CRUST	1 oz	18.23	5.14	0.54	17.69
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	1 crust, single 9"	155.92	91.67	3.66	152.26
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	1 piece (1/8 of 9" crust)	19.17	11.27	0.45	18.72
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 crust, single 9"	88.35	12.90	0.18	88.18
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 cup	64.76	9.46	0.13	64.63
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 piece (1/8 of 9" crust)	11.04	1.61	0.02	11.02

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PIE CRUST,DEEP DISH,FRZ,BKD,MADE W/ ENR FLR	1 pie crust (average weight)	105.99	0.00	4.65	101.34
PIE CRUST,DEEP DISH,FRZ,UNBAKED,MADE W/ ENR FLR	1 pie crust (average weight)	105.28	0.00	3.15	102.13
PIE CRUST,REFR,REG,BKD	1 pie crust	115.87	0.00	2.77	113.10
PIE CRUST,REFR,REG,UNBAKED	1 pie crust (average weight)	117.04	0.00	4.12	112.92
PIE CRUST,STANDARD-TYPE,DRY MIX	1 oz	14.77	0.00	0.00	14.77
PIE CRUST,STANDARD-TYPE,DRY MIX	1 package (10 oz)	147.96	0.00	0.00	147.96
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	1 crust, single 9"	80.64	0.00	2.88	77.76
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	1 piece (1/8 of 9" crust)	10.08	0.00	0.36	9.72
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	1 pie crust (average weight of 1 frozen crust)	84.11	8.13	4.33	79.79
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	1 piece (1/8 of 9" crust)	8.75	0.85	0.45	8.30
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR,BKD	1 pie crust (average weight of 1 baked crust)	86.61	6.51	5.08	81.53
PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	1 crust, single 9"	62.62	0.00	1.28	61.34
PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	1 piece (1/8 of 9" crust)	7.06	0.00	0.14	6.91
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	1 crust, single 9"	85.50	0.31	3.06	82.44
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	1 piece (1/8 of 9" crust)	10.93	0.04	0.39	10.53
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	1 crust, single 9"	82.06	0.29	6.60	75.47
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	1 piece (1/8 of 9" crust)	10.15	0.04	0.82	9.34
PIE,APPL,COMMLY PREP,ENR FLR	1 oz	9.64	4.44	0.45	9.19
PIE,APPL,COMMLY PREP,ENR FLR	1 piece (1/6 of 8" pie)	39.78	18.31	1.87	37.91
PIE,APPL,COMMLY PREP,ENR FLR	1 piece (1/8 of 9" dia)	42.50	19.56	2.00	40.50
PIE,APPL,COMMLY PREP,UNENR FLR	1 oz	9.64	0.00	0.45	9.19
PIE,APPL,COMMLY PREP,UNENR FLR	1 piece (1/6 of 8" pie)	39.78	0.00	1.87	37.91
PIE,APPL,COMMLY PREP,UNENR FLR	1 piece (1/8 of 9" dia)	42.50	0.00	2.00	40.50
PIE,APPL,PREP FROM RECIPE	1 oz	10.52	0.00	0.00	10.52

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PIE,APPL,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	57.51	0.00	0.00	57.51
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.96	0.00	0.17	8.79
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/6 of 8" pie)	38.87	0.00	0.74	38.13
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	29.07	0.00	0.55	28.52
PIE,BANANA CRM,PREP FROM RECIPE	1 oz	9.33	3.42	0.20	9.13
PIE,BANANA CRM,PREP FROM RECIPE	1 pie (9" dia)	390.19	143.03	8.30	381.89
PIE,BANANA CRM,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	47.38	17.37	1.01	46.37
PIE,BLUEBERRY,COMMLY PREP	1 oz	9.89	2.80	0.28	9.61
PIE,BLUEBERRY,COMMLY PREP	1 piece (1/6 of 8" pie)	40.83	11.57	1.17	39.66
PIE,BLUEBERRY,COMMLY PREP	1 piece (1/8 of 9" dia)	43.63	12.36	1.25	42.38
PIE,BLUEBERRY,PREP FROM RECIPE	1 oz	9.50	0.00	0.00	9.50
PIE,BLUEBERRY,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	49.25	0.00	0.00	49.25
PIE,CHERRY,COMMLY PREP	1 oz	11.28	4.05	0.23	11.06
PIE,CHERRY,COMMLY PREP	1 piece (1/6 of 8" pie)	46.57	16.72	0.94	45.63
PIE,CHERRY,COMMLY PREP	1 piece (1/8 of 9" dia)	49.75	17.86	1.00	48.75
PIE,CHERRY,PREP FROM RECIPE	1 oz	10.91	0.00	0.00	10.91
PIE,CHERRY,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	69.30	0.00	0.00	69.30
PIE,CHOC CREME,COMMLY PREP	1 oz	10.90	7.77	0.23	10.67
PIE,CHOC CREME,COMMLY PREP	1 piece (1/4 of 6" pie)	38.06	27.12	0.79	37.26
PIE,CHOC CREME,COMMLY PREP	1 piece (1/6 of 8" pie)	43.44	30.95	0.90	42.53
PIE,CHOC CREME,COMMLY PREP	1 serving .167 pie	46.13	32.87	0.96	45.17
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.39	0.00	0.00	8.39
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	28.12	0.00	0.00	28.12
PIE,COCNT CREME,COMMLY PREP	1 oz	10.57	5.25	0.37	10.21
PIE,COCNT CREME,COMMLY PREP	1 piece (1/6 of 7" pie)	23.87	11.85	0.83	23.04
PIE,COCNT CREME,COMMLY PREP	1 piece (1/8 of 7" pie)	17.90	8.89	0.62	17.28

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PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.08	0.00	0.14	7.94
PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	26.79	0.00	0.47	26.32
PIE,COCNT CUSTARD,COMMLY PREP	1 oz	8.56	0.00	0.51	8.05
PIE,COCNT CUSTARD,COMMLY PREP	1 piece (1/6 of 8" pie)	31.41	0.00	1.87	29.54
PIE,DUTCH APPL,COMMLY PREP	1/8 pie 1 pie (1/8 of 9" pie)	58.35	28.85	2.10	56.25
PIE,DUTCH APPL,COMMLY PREP	1 oz	12.63	6.24	0.45	12.17
PIE,DUTCH APPL,COMMLY PREP	1 pie	506.42	250.37	18.19	488.23
PIE,DUTCH APPL,COMMLY PREP	1 slice	61.02	30.17	2.19	58.83
PIE,EGG CUSTARD,COMMLY PREP	1 oz	5.90	3.28	0.45	5.44
PIE,EGG CUSTARD,COMMLY PREP	1 piece (1/6 of 8" pie)	21.84	12.16	1.68	20.16
PIE,FRIED PIES,CHERRY	1 oz	12.08	0.00	0.74	11.34
PIE,FRIED PIES,CHERRY	1 pie (5" x 3-3/4")	54.53	0.00	3.33	51.20
PIE,FRIED PIES,FRUIT	1 oz	12.08	6.07	0.74	11.34
PIE,FRIED PIES,FRUIT	1 pie (5" x 3-3/4")	54.53	27.39	3.33	51.20
PIE,FRIED PIES,LEMON	1 oz	12.08	0.00	0.74	11.34
PIE,FRIED PIES,LEMON	1 pie (5" x 3-3/4")	54.53	0.00	3.33	51.20
PIE,LEMON MERINGUE,COMMLY PREP	1 oz	13.38	6.76	0.34	13.04
PIE,LEMON MERINGUE,COMMLY PREP	1 piece (1/6 of 8" pie)	53.34	26.96	1.36	51.98
PIE,LEMON MERINGUE,PREP FROM RECIPE	1 oz	11.08	0.00	0.00	11.08
PIE,LEMON MERINGUE,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	49.66	0.00	0.00	49.66
PIE,MINCE,PREP FROM RECIPE	1 oz	13.61	8.03	0.74	12.87
PIE,MINCE,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	79.20	46.71	4.29	74.91
PIE,PEACH	1 oz	9.33	4.60	0.23	9.10
PIE,PEACH	1 piece (1/6 of 8" pie)	38.49	18.99	0.94	37.56
PIE,PECAN,COMMLY PREP	1 oz	16.90	7.14	0.60	16.30
PIE,PECAN,COMMLY PREP	1 pie	496.55	209.75	17.49	479.06
PIE,PECAN,COMMLY PREP	1 slice	79.28	33.49	2.79	76.49
PIE,PECAN,PREP FROM RECIPE	1 oz	14.80	0.00	0.00	14.80
PIE,PECAN,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	63.68	0.00	0.00	63.68
PIE,PUMPKIN,COMMLY PREP	1 oz	9.87	5.35	0.51	9.36
PIE,PUMPKIN,COMMLY PREP	1 pie	346.56	187.86	17.91	328.65
PIE,PUMPKIN,COMMLY PREP	1 slice	46.32	25.11	2.39	43.93
PIE,PUMPKIN,PREP FROM RECIPE	1 oz	7.48	0.00	0.00	7.48

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PIE,PUMPKIN,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	40.92	0.00	0.00	40.92
PIE,VANILLA CRM,PREP FROM RECIPE	1 oz	9.24	3.59	0.17	9.07
PIE,VANILLA CRM,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	41.08	15.98	0.76	40.32
PILLSBURY GOLDEN LAYER BTTRMLK BISCUITS,ART FLAVOR,REFR	1 serving	14.00	2.00	0.41	13.59
PILLSBURY GRANDS,BTTRMLK BISCUITS,REFR DOUGH	1 biscuit	14.42	1.56	0.51	13.91
PILLSBURY,BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	1 biscuit	30.12	2.85	1.02	29.10
PILLSBURY,BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	1 serving	30.12	2.85	1.02	29.10
PILLSBURY,CHOC CHIP COOKIES,REFR DOUGH	1 serving 2 cookies	23.09	14.31	0.65	22.44
PILLSBURY,CINN ROLLS W/ ICING,REFR DOUGH	1 serving 1 roll with icing	23.50	9.39	0.62	22.89
PILLSBURY,CRUSTY FRENCH LOAF,REFR DOUGH	1 serving	24.10	2.63	1.35	22.75
PILLSBURY,TRADITIONAL FUDGE BROWNIE MIX,DRY	1 serving	23.49	14.88	0.00	23.49
POPOVERS,DRY MIX,ENRICHED	1 oz	20.13	0.00	0.00	20.13
POPOVERS,DRY MIX,ENRICHED	1 package (6 oz)	120.70	0.00	0.00	120.70
POPOVERS,DRY MIX,UNENR	1 oz	20.13	0.00	0.00	20.13
POPOVERS,DRY MIX,UNENR	1 package (6 oz)	120.70	0.00	0.00	120.70
PUFF PASTRY,FRZ,RTB	1 oz	12.79	0.21	0.43	12.36
PUFF PASTRY,FRZ,RTB	1 shell	21.20	0.35	0.71	20.49
PUFF PASTRY,FRZ,RTB,BKD	1 oz	12.96	0.21	0.43	12.53
PUFF PASTRY,FRZ,RTB,BKD	1 sheet	111.97	1.84	3.68	108.29
PUFF PASTRY,FRZ,RTB,BKD	1 shell	18.28	0.30	0.60	17.68
ROLLS, DINNER, PLN,COMM PREPARED (INC BROWN -N- SERVE)	1 each (pan, dinner, or small roll) (2" square, 2" high)	13.01	1.39	0.50	12.51
ROLLS, DINNER, PLN,COMM PREPARED (INC BROWN -N- SERVE)	1 roll (1 oz)	14.57	1.55	0.56	14.01
ROLLS, DINNER, PLN,COMM PREPARED (INC BROWN -N- SERVE)	1 roll (foot long frankfurter roll)	44.75	4.77	1.72	43.03
ROLLS, DINNER, PLN,COMM PREPARED (INC BROWN -N- SERVE)	1 roll (hamburger, frankfurter, onion roll, bun, large roll)	22.38	2.39	0.86	21.52
ROLLS,DINNER,EGG	1 oz	14.74	1.22	1.05	13.69
ROLLS,DINNER,EGG	1 roll (2-1/2" dia)	18.20	1.51	1.30	16.91
ROLLS,DINNER,OAT BRAN	1 oz	11.40	1.89	1.16	10.23
ROLLS,DINNER,OAT BRAN	1 roll	13.27	2.20	1.35	11.91

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ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 large roll or bun (3-1/2" dia)	22.96	0.00	0.82	22.15
ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	15.14	0.00	0.54	14.60
ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 roll (2-1/2" dia)	18.69	0.00	0.67	18.03
ROLLS,DINNER,RYE	1 large (approx 3-1/2" to 4" dia)	22.83	0.50	2.11	20.73
ROLLS,DINNER,RYE	1 medium	19.12	0.42	1.76	17.35
ROLLS,DINNER,RYE	1 small (2-3/8" dia)	14.87	0.33	1.37	13.50
ROLLS,DINNER,WHEAT	1 roll (1 oz)	12.88	0.46	1.06	11.82
ROLLS,DINNER,WHOLE-WHEAT	1 medium (2-1/2" dia)	18.40	3.05	2.70	15.70
ROLLS,DINNER,WHOLE-WHEAT	1 roll (1 oz)	14.31	2.37	2.10	12.21
ROLLS,DINNER,WHOLE-WHEAT	1 roll (hamburger, frankfurter roll)	21.97	3.64	3.23	18.75
ROLLS,DINNER,WHOLE-WHEAT	1 roll (small submarine, hoagie roll)	33.22	5.50	4.88	28.34
ROLLS,DINNER,WHOLE-WHEAT	1 roll medium submarine, hoagie	48.03	7.95	7.05	40.98
ROLLS,DINNER,WHOLE-WHEAT	1 roll, large submarine, hoagie	68.99	11.42	10.13	58.86
ROLLS,FRENCH	1 oz	14.23	0.09	0.91	13.32
ROLLS,FRENCH	1 roll	19.08	0.12	1.22	17.86
ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	1 oz	12.64	1.77	1.08	11.57
ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	1 roll	19.18	2.69	1.63	17.54
ROLLS,HAMBURGER OR HOTDOG,PLN	1 oz	14.22	1.81	0.60	13.62
ROLLS,HAMBURGER OR HOTDOG,PLN	1 package	164.49	20.89	6.89	157.60
ROLLS,HAMBURGER OR HOTDOG,PLN	1 roll	21.06	2.68	0.88	20.18
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	1 oz	11.94	1.35	1.76	10.18
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	1 roll	18.10	2.05	2.67	15.44
ROLLS,HARD (INCL KAISER)	1 oz	14.94	0.50	0.65	14.29
ROLLS,HARD (INCL KAISER)	1 roll (3-1/2" dia)	30.04	1.01	1.31	28.73
ROLLS,PUMPERNICKEL	1 medium (2-1/2" dia)	19.01	0.14	1.94	17.06
ROLLS,PUMPERNICKEL	1 roll (pan, dinner, or small roll) (2" square, 2" high)	14.78	0.11	1.51	13.27
STRUDEL,APPLE	1 oz	11.65	7.30	0.62	11.03
STRUDEL,APPLE	1 piece	29.18	18.28	1.56	27.62



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SUNSHINE,CHEEZ-IT,100 CAL RIGHT BITES,EX CHEESY PARTY MIX	1 pouch	13.71	0.57	0.65	13.06
SUNSHINE,CHEEZ-IT,100 CAL RIGHT BITES,RED FAT	1 package	14.07	0.17	0.46	13.61
SUNSHINE,CHEEZ-IT,ASIAGO CRACKERS	25 crackers	18.78	0.39	0.63	18.15
SUNSHINE,CHEEZ-IT,BABY SWISS CRACKERS	1 pouch	13.25	0.29	0.46	12.79
SUNSHINE,CHEEZ-IT,BABY SWISS CRACKERS	25 crackers	18.93	0.42	0.66	18.27
SUNSHINE,CHEEZ-IT,BIG CRACKERS	13 crackers	17.22	0.15	0.72	16.50
SUNSHINE,CHEEZ-IT,CHEDDAR JACK CRACKERS	1 pouch	12.10	0.25	0.50	11.59
SUNSHINE,CHEEZ-IT,CHEDDAR JACK CRACKERS	25 crackers	17.28	0.36	0.72	16.56
SUNSHINE,CHEEZ-IT,COLBY CRACKERS	1 pouch	12.44	0.25	0.46	11.98
SUNSHINE,CHEEZ-IT,COLBY CRACKERS	25 crackers	17.78	0.36	0.66	17.12
SUNSHINE,CHEEZ-IT,CRACKERS (MADE W/ WHL GRAIN)	27 crackers	17.46	0.15	1.29	16.17
SUNSHINE,CHEEZ-IT,DUOZ SHARP CHEDDAR PARMESAN CRACKERS	25 crackers	18.15	0.45	0.69	17.46
SUNSHINE,CHEEZ-IT,DUOZ SMOKED CHEDDAR MONTEREY JACK CRACKERS	25 crackers	18.24	0.27	0.66	17.58
SUNSHINE,CHEEZ-IT,HOT & SPICY CRACKERS	25 crackers	18.36	0.30	0.87	17.49
SUNSHINE,CHEEZ-IT,ITALIAN FOUR CHS CRACKERS	25 crackers	18.72	0.21	0.66	18.06
SUNSHINE,CHEEZ-IT,MOZZARELLA CRACKERS	25 crackers	19.23	0.42	0.66	18.57
SUNSHINE,CHEEZ-IT,ORIGINAL CRACKERS	1 package	20.09	0.18	0.84	19.25
SUNSHINE,CHEEZ-IT,ORIGINAL CRACKERS	27 crackers	17.22	0.15	0.72	16.50
SUNSHINE,CHEEZ-IT,PARMESAN GARLIC CRACKERS	25 crackers	18.60	0.48	0.63	17.97
SUNSHINE,CHEEZ-IT,PEPPER JACK CRACKERS	25 crackers	18.57	0.24	0.78	17.79
SUNSHINE,CHEEZ-IT,RED FAT CRACKERS	1 package	23.45	0.28	0.77	22.68
SUNSHINE,CHEEZ-IT,RED FAT CRACKERS	29 crackers	20.10	0.24	0.66	19.44
SUNSHINE,CHEEZ-IT,SCRABBLE JR. CRACKERS	26 crackers	20.37	0.18	0.78	19.59
SUNSHINE,CHEEZ-IT,SNACK MIX	1/2 cup	20.01	0.66	1.11	18.90
SUNSHINE,CHEEZ-IT,SNACK MIX,WHITE CHEDDAR	1/2 cup 25 crackers	19.71	0.65	0.96	18.75
SUNSHINE,CHEEZ-IT,WHITE CHEDDAR,RED FAT CRACKERS	25 crackers	21.60	0.36	0.75	20.85
SUNSHINE,GRIPZ,CHEEZ-IT CRACKERS	1 package	15.25	0.13	0.63	14.63
SUNSHINE,GRIPZ,CHEEZ-IT MIXX & CHEESY PIZZA CRACKERS	1 pouch	15.93	0.25	0.63	15.30
SUNSHINE,KRISPY,SOUP & OYSTER CRACKERS (LARGE)	16 crackers	11.42	0.36	0.39	11.03
SWEET ROLLS,CHEESE	1 oz	12.39	0.00	0.34	12.05
SWEET ROLLS,CHEESE	1 roll	28.84	0.00	0.79	28.05
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 large	42.25	26.34	1.99	40.26

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 oz	14.43	9.00	0.68	13.75
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 roll (2-3/4" square)	30.54	19.04	1.44	29.10
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	1 oz	14.63	0.00	0.00	14.63
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	1 roll	15.48	0.00	0.00	15.48
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	1 oz	15.90	0.00	0.00	15.90
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	1 roll	16.83	0.00	0.00	16.83
TACO SHELLS, BAKED	1 large (6-1/2" dia)	13.33	0.32	1.41	11.93
TACO SHELLS, BAKED	1 medium (approx 5" dia)	8.44	0.20	0.89	7.55
TACO SHELLS, BAKED	1 miniature (3" dia)	3.17	0.08	0.34	2.84
TACO SHELLS, BAKED	1 oz	18.00	0.43	1.90	16.10
TACO SHELLS, BAKED	1 shell	8.19	0.19	0.86	7.33
TACO SHELLS, BAKED	1 taco	8.06	0.19	0.85	7.21
TACO SHELLS,BKD,WO/ SALT	1 medium (approx 5" dia)	8.11	0.00	0.98	7.14
TACO SHELLS,BKD,WO/ SALT	1 miniature (3" dia)	3.12	0.00	0.38	2.75
TACO SHELLS,BKD,WO/ SALT	1 oz	17.69	0.00	2.13	15.56
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	1 oz	20.59	7.72	0.65	19.94
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	1 pastry	37.05	13.89	1.17	35.87
TOASTER PASTRIES,FRUIT	1 oz	19.94	7.41	0.28	19.65
TOASTER PASTRIES,FRUIT	1 pastry	37.97	14.11	0.54	37.43
TOASTER PASTRIES,FRUIT,FRSTD	1 oz	20.36	8.79	0.51	19.85
TOASTER PASTRIES,FRUIT,FRSTD	1 piece	38.07	16.43	0.95	37.12
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BLUEBERRY	1 pastry	35.57	16.07	0.57	35.00
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BRWN SUGAR CINN	1 pastry	32.20	12.70	0.75	31.45
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD BLUEBERRY	1 pastry	37.32	16.22	0.57	36.75
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHERRY	1 pastry	37.44	18.72	0.52	36.92
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHOC FUDG	1 pastry	36.61	18.20	1.09	35.52
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD RASPBERRY	1 pastry	37.24	18.41	0.52	36.72
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD WLD BERRY	1 pastry	37.65	16.48	0.68	36.97

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,S'MORES	1 pastry	36.19	18.98	0.73	35.46
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,STRAWBERRY	1 pastry	36.97	17.16	0.57	36.40
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TRTS,FRSTD BR SGR CIN	1 pastry	34.50	16.15	0.70	33.80
TOASTER PASTRIES,KELLOGG,KELLOG'S POP TARTS,FRSTD STRAWBERRY	1 pastry	37.28	15.76	0.68	36.61
TORTILLAS,RTB OR -FRY,CORN	1 enchilada	8.48	0.17	1.20	7.28
TORTILLAS,RTB OR -FRY,CORN	1 oz	12.66	0.25	1.79	10.87
TORTILLAS,RTB OR -FRY,CORN	1 tortilla	10.71	0.21	1.51	9.20
TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	1 oz	13.21	0.00	1.47	11.74
TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	1 tortilla, medium (approx 6" dia)	12.12	0.00	1.35	10.76
TORTILLAS,RTB OR -FRY,FLR,REFR	1 oz	14.51	0.95	0.71	13.80
TORTILLAS,RTB OR -FRY,FLR,REFR	1 package	208.30	13.59	10.18	198.13
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla	24.05	1.57	1.18	22.88
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 10" dia)	36.85	2.40	1.80	35.05
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 12" dia)	59.88	3.91	2.93	56.96
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 7-8" dia)	25.08	1.64	1.23	23.85
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla medium (approx 6" dia)	15.35	1.00	0.75	14.60
TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	1 package	238.47	12.87	11.62	226.85
TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	1 tortilla	24.14	1.30	1.18	22.97
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 oz	15.76	0.00	0.94	14.83
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 10" dia)	40.03	0.00	2.38	37.66
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 12" dia)	65.05	0.00	3.86	61.19
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 7-8" dia)	27.24	0.00	1.62	25.63
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla, medium (approx 6" dia)	17.79	0.00	1.06	16.74
TORTILLAS,RTB OR -FRY,WHL WHEAT	1 tortilla 1 serving	18.81	1.00	4.02	14.80
TOSTADA SHELLS,CORN	1 piece	7.92	0.00	0.71	7.21
TOSTADA SHELLS,CORN	3 pieces (mean serving weight, aggregated over brands)	23.84	0.00	2.15	21.69

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TSTR PSTRS,FRT,TSTD (INCL APPL,BLUEBERRY,CHERRY,STRAWBERRY)	1 pastry	37.08	14.78	0.51	36.57
TSTR PSTRS,KELLOGG,KELLOGG'S LF POP TARTS,FRSTD STRAWBERRY	1 pastry	37.20	14.70	2.80	34.40
TSTR PSTRS,KELLOGG,KELLOGG'S LF POP TRTS,FRSTD BRWN SGR CINN	1 pastry	36.85	15.25	2.75	34.10
WAFFLE,BTTRMLK,FRZ,RTH,MICROWAVED	1 waffle	15.46	1.58	0.84	14.62
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 oz	13.55	1.23	0.73	12.82
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 waffle round (4" dia)	15.97	1.46	0.86	15.11
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 waffle square (4" square)	15.97	1.46	0.86	15.11
WAFFLE,PLN,FRZ,RTH,MICROWAVE	1 waffle, round (4" dia)	14.53	1.61	0.77	13.76
WAFFLES,BTTRMLK,FRZ,RTH	1 waffle, round	15.60	1.63	0.84	14.76
WAFFLES,BTTRMLK,FRZ,RTH	1 waffle, square	16.01	1.68	0.86	15.15
WAFFLES,CHOC CHIP,FRZ,RTH	2 waffles	31.98	9.17	1.05	30.93
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 oz	13.97	1.42	0.68	13.29
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 waffle, round (4" dia)	16.27	1.66	0.79	15.47
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 waffle, square (4" square)	16.27	1.66	0.79	15.47
WAFFLES,PLN,FRZ,RTH	1 oz	12.18	1.39	0.62	11.56
WAFFLES,PLN,FRZ,RTH	1 waffle, square (4" square) (include frozen)	15.04	1.72	0.77	14.27
WAFFLES,PLN,PREP FROM RECIPE	1 oz	9.33	0.00	0.00	9.33
WAFFLES,PLN,PREP FROM RECIPE	1 waffle, round (7" dia)	24.68	0.00	0.00	24.68
WAFFLES,WHL WHEAT,LOWFAT,FRZ,RTH	1 serving 2 waffles	34.41	3.00	3.01	31.40
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 oz	16.41	0.00	0.51	15.90
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 wrapper, eggroll (7" square)	18.53	0.00	0.58	17.95
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 wrapper, wonton (3-1/2" square)	4.63	0.00	0.14	4.49
BAK CHOC,MARS SNACKFOOD US,M&M'S SEMISWT CHOC MINI BAK BITS	1 package (net weight, 12 oz)	224.26	180.44	22.78	201.48
BAK CHOC,MARS SNACKFOOD US,M&M'S SEMISWT CHOC MINI BAK BITS	1 serving 0.5 oz, about 1 tbsp	9.23	7.43	0.94	8.30
BAKING CHOC,MARS SNACKFOOD US,M&M'S MILK CHOC MINI BAK BITS	1 serving 0.5 oz, about 1 tbsp	9.58	8.76	0.38	9.20
BAKING CHOC,MEXICAN,SQUARES	1 tablet	15.48	13.88	0.80	14.68

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BAKING CHOC,UNSWTND,LIQ	1 oz	10.26	0.00	5.13	5.13
Baking chocolate, unsweetened, squares	1/2 oz Hersheys	4.04	0.13	2.36	1.68
Baking chocolate, unsweetened, squares	1 cup, grated	37.51	1.20	21.91	15.60
Baking chocolate, unsweetened, squares	1 oz square Bakers	8.24	0.26	4.81	3.43
CANDIES, CAMELS, CHOCOLATE-FLAVOR ROLL	1 bar 2.25 oz	56.15	36.04	0.06	56.08
CANDIES, CAMELS, CHOCOLATE-FLAVOR ROLL	1 piece	5.79	3.72	0.01	5.78
CANDIES, CAMELS, CHOCOLATE-FLAVOR ROLL	1 serving 6 pieces	35.09	22.53	0.04	35.05
Candies, NESTLE, BUTTERFINGER Crisp	1 piece	41.07	29.00	1.02	40.05
CANDIES,5TH AVENUE CANDY BAR	1 bar 2 oz	35.10	26.43	1.74	33.36
CANDIES,5TH AVENUE CANDY BAR	1 bar snack size	10.03	7.55	0.50	9.53
CANDIES,ALMOND JOY CANDY BAR	1 bar snack size	11.31	9.18	0.95	10.36
CANDIES,ALMOND JOY CANDY BAR	1 package 1.76 oz	29.16	23.69	2.45	26.71
CANDIES,BUTTERSCOTCH	1 oz	25.63	22.81	0.00	25.63
CANDIES,BUTTERSCOTCH	3 pieces	14.46	12.87	0.00	14.46
CANDIES,CARAMELLO CANDY BAR	1 bar 1.25 oz	22.33	19.92	0.42	21.91
CANDIES,CARAMELLO CANDY BAR	1 bar 1.6 oz	28.71	25.61	0.54	28.17
CANDIES,CARAMELLO CANDY BAR	6 blocks	27.44	24.48	0.52	26.92
CANDIES,CAMELS	1 package (2.5 oz)	54.67	46.51	0.00	54.67
CANDIES,CAMELS	1 piece	7.78	6.62	0.00	7.78
CANDIES,CAROB,UNSWTND	1 bar (3 oz)	48.97	29.68	3.31	45.67
CANDIES,CAROB,UNSWTND	1 oz	15.96	9.67	1.08	14.88
CANDIES,CHOC COVERED,CARAMEL W/NUTS	1 piece	8.49	5.79	0.60	7.89
CANDIES,CHOC,DK,NFS (45-59% CACAO SOL 90%; 60-69% CACAO SOL	1 bar	76.16	58.60	9.14	67.02
CANDIES,CHOC,DK,NFS (45-59% CACAO SOL 90%; 60-69% CACAO SOL	1 oz	17.00	13.08	2.04	14.96
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	1 cup chips	114.07	114.07	0.00	114.07
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	1 oz	19.02	19.02	0.00	19.02
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	1 cup chips	78.76	64.34	8.40	70.36
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	1 oz	13.29	10.86	1.42	11.87
CANDIES,CONFECTIONER'S COATING,YOGURT	1 cup chips	108.70	106.01	0.00	108.70
CANDIES,CRISPY BAR W/ PNUT BUTTER FILLING	1 serving 1.5 oz	23.32	16.94	1.39	21.94
CANDIES,DIVINITY,PREPARED-FROM-RECIPE	1 piece	9.80	8.69	0.00	9.80
CANDIES,DK CHOC COATD COFFEE BNS	1 serving 28 pieces	23.98	17.00	3.00	20.98
CANDIES,FONDANT,PREPARED-FROM-RECIPE	1 oz	26.42	25.20	0.00	26.42
CANDIES,FRUIT SNACKS,W/ HI VIT C	1 serving	38.71	30.00	0.00	38.71

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,FUDGE,CHOC MARSHMLLW,PREPARED-FROM-RECIPE	1 piece	14.27	12.81	0.34	13.93
CANDIES,FUDGE,CHOC MARSHMLLW,PREPARED-FROM-RECIPE	1 recipe yield (60 pieces)	876.77	787.30	20.89	855.88
CANDIES,FUDGE,CHOC MARSHMLLW,W/ NUTS,PREPARED-BY-RECIPE	1 oz	19.19	0.00	0.60	18.59
CANDIES,FUDGE,CHOC,PREPARED-FROM-RECIPE	1 piece	12.99	12.43	0.29	12.71
CANDIES,FUDGE,CHOC,W/ NUTS,PREPARED-FROM-RECIPE	1 oz	19.26	17.97	0.71	18.55
CANDIES,FUDGE,PNUT BUTTER,PREPARED-FROM-RECIPE	1 piece	12.44	11.74	0.11	12.33
CANDIES,FUDGE,VANILLA W/ NUTS	1 oz	21.15	20.13	0.26	20.90
CANDIES,FUDGE,VANILLA,PREPARED-FROM-RECIPE	1 oz	23.29	22.61	0.00	23.29
CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	1 cup	160.16	127.40	32.76	127.40
CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	1 piece	4.40	3.50	0.90	3.50
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 cup gumdrops	180.00	107.33	0.18	179.82
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, large (1" dia)	11.47	6.84	0.01	11.46
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, medium (3/4" dia)	4.15	2.48	0.00	4.15
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, small (1/2" dia)	3.16	1.89	0.00	3.16
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 jelly ring (1-1/4" dia)	9.89	5.90	0.01	9.88
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 spice drop	23.74	14.15	0.02	23.71
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 spice stick	9.40	5.60	0.01	9.39
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gumdrops	35.60	21.23	0.04	35.57
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy bears	21.76	12.97	0.02	21.74
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy dinosaurs	62.31	37.15	0.06	62.24
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy fish	49.45	29.49	0.05	49.40
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy worms	73.19	43.64	0.07	73.11
CANDIES,HALAVAH,PLAIN	1 oz	17.15	0.00	1.28	15.87
CANDIES,HARD	1 oz	27.78	17.83	0.00	27.78
CANDIES,HARD	1 piece	5.88	3.77	0.00	5.88
CANDIES,HARD	1 piece, small	2.94	1.89	0.00	2.94
CANDIES,HARD,DIETETIC OR LO CAL (SORBITOL)	1 piece	2.96	0.00	0.00	2.96
CANDIES,HEATH BITES	15 pieces	24.72	23.41	0.78	23.94



# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,HERSHEY,KIT KAT BIG KAT BAR	1 bar 1.94 oz	35.00	29.68	1.05	33.96
CANDIES,HERSHEY,KIT KAT BIG KAT BAR	1 bar king size 2.8 oz	50.28	42.63	1.50	48.77
CANDIES,HERSHEY,REESESTICKS CRISPY WAFERS,PNUT BUT,MILK CHOC	1 serving 1.5 oz	23.26	16.94	1.39	21.87
CANDIES,HERSHEY'S GOLDEN ALMOND SOLITAIRES	13 pieces	19.23	15.22	1.80	17.43
CANDIES,HERSHEY'S MILK CHOC W/ ALMOND BITES	17 pieces	20.17	17.39	1.40	18.77
CANDIES,HERSHEY'S POT OF GOLD ALMOND BAR	1 bar 2.8 oz	36.00	30.00	2.96	33.03
CANDIES,HERSHEY'S,ALMOND JOY BITES	18 pieces	23.02	20.68	1.72	21.30
CANDIES,JELLYBEANS	10 large (1 oz)	26.19	19.60	0.06	26.14
CANDIES,JELLYBEANS	10 small	10.29	7.70	0.02	10.27
CANDIES,KIT KAT WAFER BAR	1 bar (1.5 oz)	27.13	20.45	0.42	26.71
CANDIES,KIT KAT WAFER BAR	1 bar (1.625 oz)	29.71	22.39	0.46	29.25
CANDIES,KIT KAT WAFER BAR	1 bar (2.8 oz)	50.38	37.97	0.78	49.60
CANDIES,KIT KAT WAFER BAR	1 bar (3.375 oz)	62.01	46.73	0.96	61.05
CANDIES,KIT KAT WAFER BAR	1 bar, miniature (.35 oz)	6.46	4.87	0.10	6.36
CANDIES,KRACKEL CHOC BAR	1 bar 1.45 oz	26.22	21.54	0.90	25.32
CANDIES,KRACKEL CHOC BAR	1 bar 2 oz	35.82	29.42	1.23	34.59
CANDIES,KRACKEL CHOC BAR	3 blocks	23.67	19.44	0.81	22.85
CANDIES,M&M MARS 3 MUSKETEERS TRUFFLE CRISP	1 serving	19.58	17.88	0.00	19.58
CANDIES,M&M MARS PRETZEL CHOC CANDIES	1/4 cup	29.18	20.00	1.00	28.18
CANDIES,MARS SNACK US,COCOAVIA BLUEBERRY & ALMOND CHOC BAR	1 serving 0.78 oz bar	13.28	8.58	2.00	11.28
CANDIES,MARS SNACK US,POP'ABLES 3 MUSKETEERS BITE SIZE	1 serving 15 pieces	31.14	27.47	0.53	30.60
CANDIES,MARS SNACK US,STARBURST FRUIT CHEWS,FRT&CREM	1 serving fun size (8 chews)	32.97	23.19	0.00	32.97
CANDIES,MARS SNACKFOOD US,3 MUSKETEERS BAR	1 serving 2 fun size bars	21.78	18.73	0.42	21.36
CANDIES,MARS SNACKFOOD US,3 MUSKETEERS BAR	1 serving 2.13 oz bar	46.66	40.13	0.90	45.76
CANDIES,MARS SNACKFOOD US,COCOAVIA CHOC BAR	1 serving 0.78 oz bar	13.86	8.62	1.91	11.94
CANDIES,MARS SNACKFOOD US,COCOAVIA CHOC COVERED ALMONDS	1 serving 1oz pack	14.06	7.54	2.91	11.15
CANDIES,MARS SNACKFOOD US,COCOAVIA CRISPY CHOC BAR	1 serving 0.7 oz bar	12.41	6.99	1.56	10.85

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,MARS SNACKFOOD US,DOVE DK CHOC	1 serving 1.3 oz bar	21.98	17.12	2.81	19.17
CANDIES,MARS SNACKFOOD US,DOVE DK CHOC	1 serving 7 pieces	24.95	19.43	3.19	21.76
CANDIES,MARS SNACKFOOD US,DOVE MILK CHOC	1 serving 1.30 oz bar	22.12	20.52	0.89	21.23
CANDIES,MARS SNACKFOOD US,DOVE MILK CHOC	1 serving 5 pieces	23.91	22.18	0.96	22.95
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 cup	117.98	95.98	10.92	107.06
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 piece	2.06	1.67	0.19	1.87
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 serving 1.31 oz bag	22.39	18.21	2.07	20.31
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 serving about 1/4 cup	25.41	20.67	2.35	23.06
CANDIES,MARS SNACKFOOD US,M&M'S CRISPY CHOC CANDIES	1 serving 1.6 oz bag	34.03	27.70	0.94	33.09
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 box (1.48 oz)	29.90	26.75	1.18	28.72
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 cup	148.08	132.45	5.82	142.25
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 package (1.69 oz)	34.17	30.57	1.34	32.83
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 serving	14.95	13.37	0.59	14.36
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	10 pieces	4.98	4.46	0.20	4.79
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 0.50 oz box	10.26	9.38	0.41	9.86
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 1 1.94 oz tube	37.62	34.40	1.49	36.14
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 1.0 oz tube	20.52	18.76	0.81	19.71
CANDIES,MARS SNACKFOOD US,M&M'S PNTUT BUTTER CHOC CANDIES	1 cup	115.49	95.71	8.12	107.37
CANDIES,MARS SNACKFOOD US,M&M'S PNTUT BUTTER CHOC CANDIES	1 piece	1.25	1.04	0.09	1.16
CANDIES,MARS SNACKFOOD US,M&M'S PNTUT BUTTER CHOC CANDIES	1 serving 1.63 oz singles bag	26.17	21.69	1.84	24.33
CANDIES,MARS SNACKFOOD US,M&M'S PNTUT CHOC CANDIES	1 cup	102.82	86.28	6.29	96.53

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	1 package fun size	10.89	9.14	0.67	10.22
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	1 serving 1 singles bag	32.66	27.41	2.00	30.66
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	10 pieces	12.10	10.15	0.74	11.36
CANDIES,MARS SNACKFOOD US,MARS ALMOND BAR	1 bar (1.76 oz)	31.35	26.05	1.00	30.35
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 bar fun size	12.10	10.15	0.17	11.93
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 bar king size	73.31	61.48	1.03	72.28
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 piece miniature 5 pieces = serving	5.84	4.89	0.08	5.75
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 serving 2.05 oz bar	41.28	34.62	0.58	40.70
CANDIES,MARS SNACKFOOD US,MILKY WAY CARML. DKCHOCOV	1 serving 5 pieces	29.73	23.80	1.23	28.49
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 bar fun size	13.53	10.98	0.55	12.98
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 serving 1.76 oz bar	35.61	28.91	1.45	34.16
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 serving 5 miniatures	29.20	23.70	1.19	28.01
CANDIES,MARS SNACKFOOD US,MILKYWAYCARAML,MILKCHOCOV	1 serving 5 pieces	30.14	25.81	0.31	29.83
CANDIES,MARS SNACKFOOD US,POP MILKY WAY BITE SIZE	1 serving 13 pieces	28.02	23.82	0.39	27.63
CANDIES,MARS SNACKFOOD US,POP SNICKERS BITE SIZE CANDIES	1 serving 13 pieces	23.82	20.16	0.90	22.92
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 cup	186.10	155.47	0.00	186.10
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 package fun size	18.16	15.17	0.00	18.16
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 serving 2.17 oz pack	56.28	47.02	0.00	56.28
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	10 pieces	9.71	8.11	0.00	9.71
CANDIES,MARS SNACKFOOD US,SKITTLES SOURS ORIGINAL	1 serving 1.80 oz bag	46.42	37.31	0.00	46.42
CANDIES,MARS SNACKFOOD US,SKITTLES TROPICAL BITE SIZE CAND	1 serving 2.1 oz bag	56.28	46.97	0.00	56.28

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,MARS SNACKFOOD US,SKITTLES TROPICAL BITE SIZE CAND	1 serving fun size bag	18.15	15.15	0.00	18.15
CANDIES,MARS SNACKFOOD US,SKITTLES WILD BERRY BITE SIZE	1 serving 2.1 oz bag	56.27	47.07	0.00	56.27
CANDIES,MARS SNACKFOOD US,SKITTLES WILD BERRY BITE SIZE	1 serving fun size bag	18.15	15.18	0.00	18.15
CANDIES,MARS SNACKFOOD US,SNICKERS ALMOND BAR	1 serving 1.76 oz bar	32.34	26.97	1.30	31.04
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar (2 oz)	35.06	28.77	1.31	33.75
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar, fun size	9.23	7.57	0.35	8.88
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar, king size (4 oz)	69.51	57.03	2.60	66.91
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 bar fun size	9.43	6.98	0.29	9.14
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 serving 1.56 oz bar	27.65	20.48	0.84	26.82
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 serving 1.66 oz bar	29.54	21.87	0.89	28.65
CANDIES,MARS SNACKFOOD US,SNICKERS MUNCH BAR	1 serving 1.42 oz bar	17.46	12.35	1.88	15.58
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 piece	4.13	2.91	0.00	4.13
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 serving 2.07 oz pack	48.72	34.29	0.00	48.72
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 serving fun size (8 chews)	33.03	23.25	0.00	33.03
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 piece	4.14	2.91	0.00	4.14
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 serving 2.07 oz pack	48.83	34.33	0.00	48.83
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 serving fun size (8 chews)	33.10	23.27	0.00	33.10
CANDIES,MARS SNACKFOOD US,STARBURST SOUR FRUIT CHEWS	1 serving 2.07 oz pack	47.04	33.10	0.00	47.04
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (11 oz)	202.18	150.54	3.43	198.74
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (2 oz)	36.94	27.50	0.63	36.31
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (2.06 oz, 2 bars)	37.58	27.99	0.64	36.95
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package, king size (3.35 oz, 4 bars)	61.56	45.84	1.05	60.52

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,MARS SNACKFOOD US,TWIX CHOC FUDGE COOKIE BARS	2 cookie 2011 label	28.56	27.03	1.53	27.03
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (1.77 oz)	27.08	18.07	1.55	25.53
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (1.89 oz, 2 bars)	29.24	19.51	1.67	27.57
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (2.06 oz, 2 bars)	31.41	20.96	1.80	29.61
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (9.43 oz)	144.58	96.47	8.28	136.30
CANDIES,MARSHMALLOWS	1 cup of miniature	40.65	28.78	0.05	40.60
CANDIES,MARSHMALLOWS	1 regular	5.85	4.14	0.01	5.85
CANDIES,MARSHMALLOWS	10 miniatures	5.69	4.03	0.01	5.68
CANDIES,MILK CHOC	1 bar (1.55 oz)	26.14	22.66	1.50	24.64
CANDIES,MILK CHOC	1 bar, miniature	4.16	3.61	0.24	3.92
CANDIES,MILK CHOC	1 cup chips	99.79	86.52	5.71	94.08
CANDIES,MILK CHOC COATD COFFEE BNS	1 oz	15.66	14.39	1.62	14.05
CANDIES,MILK CHOC COATD PNUTS	1 cup	74.05	56.01	7.00	67.05
CANDIES,MILK CHOC COATD PNUTS	10 pieces	19.88	15.04	1.88	18.00
CANDIES,MILK CHOC COATD RAISINS	1 cup	123.12	112.00	5.58	117.54
CANDIES,MILK CHOC COATD RAISINS	10 pieces	6.84	6.22	0.31	6.53
CANDIES,MILK CHOC,W/ALMONDS	1 bar (1.45 oz)	21.89	18.00	2.54	19.35
CANDIES,MILK CHOC,W/ALMONDS	1 bar (1.55 oz)	23.50	19.32	2.73	20.77
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.4 oz)	23.87	20.42	1.32	22.55
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.45 oz)	26.85	22.98	1.49	25.37
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.55 oz)	26.25	22.47	1.45	24.80
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.65 oz)	28.04	24.00	1.55	26.49
CANDIES,MILK CHOC,W/RICE CRL	1 bar, miniature	5.97	5.11	0.33	5.64
CANDIES,MOUNDS CANDY BAR	1 bar snack size	11.13	8.78	0.70	10.43
CANDIES,MOUNDS CANDY BAR	1 package 1.9 oz	31.05	24.48	1.96	29.09
CANDIES,MR. GOODBAR CHOC BAR	1 bar (1.75 oz)	26.63	23.14	1.86	24.76
CANDIES,MR. GOODBAR CHOC BAR	1 bar (2.6 oz)	39.67	34.47	2.77	36.89
CANDIES,NESTLE,100 GRAND BAR	1 bar (1.5 oz)	30.52	22.32	0.43	30.09
CANDIES,NESTLE,100 GRAND BAR	1 bar, miniature	14.90	10.90	0.21	14.69
CANDIES,NESTLE,100 GRAND BAR	1 serving 1.5 oz bar	30.52	22.32	0.43	30.09
CANDIES,NESTLE,AFTER EIGHT MINTS	1 piece	6.68	5.59	0.20	6.48
CANDIES,NESTLE,AFTER EIGHT MINTS	1 serving 5 mints	33.40	27.97	1.01	32.39
CANDIES,NESTLE,BABY RUTH BAR	1 serving 2.1 oz bar	38.88	32.40	1.20	37.68
CANDIES,NESTLE,BABY RUTH BAR	1 serving fun size bar 0.65 oz	11.66	9.72	0.36	11.30
CANDIES,NESTLE,BIT-O'-HONEY CANDY CHEWS	1 serving 6 pieces	32.36	19.20	0.08	32.28
CANDIES,NESTLE,BUTTERFINGER BAR	1 bar bite size	5.10	3.21	0.14	4.96
CANDIES,NESTLE,BUTTERFINGER BAR	1 bar king size	78.73	49.57	2.16	76.57

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,NESTLE,BUTTERFINGER BAR	1 cup BB's	126.85	79.87	3.48	123.37
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 0.75 oz bar	15.31	9.64	0.42	14.89
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 1 fun size bar 0.65 oz	13.12	8.26	0.36	12.76
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 2.1 oz bar	43.74	27.54	1.20	42.54
CANDIES,NESTLE,BUTTERFINGER BAR	2 tbsp	18.23	11.48	0.50	17.73
CANDIES,NESTLE,BUTTERFINGER BAR	10 Butterfinger BB's	18.95	11.93	0.52	18.43
CANDIES,NESTLE,CHUNKY BAR	1 serving 1.4 oz bar	24.00	21.00	1.00	23.00
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 bar 0.5 oz	9.51	7.81	0.27	9.24
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 bar 1.55 oz	29.48	24.20	0.84	28.64
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 serving 4 fun size bars	27.47	22.55	0.78	26.69
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	2 tbsp	16.08	13.20	0.46	15.62
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 package 1.375 oz	20.67	16.77	3.78	16.89
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 serving 0.25 cup	21.73	17.63	3.98	17.75
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 serving fun size	25.44	20.64	4.66	20.78
CANDIES,NESTLE,OH HENRY! BAR	1 bar 2 oz	37.34	26.33	1.08	36.25
CANDIES,NESTLE,OH HENRY! BAR	1 serving fun size bar	17.03	12.01	0.49	16.54
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving 0.25 cup	31.95	26.55	0.99	30.96
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving 1.58 oz bag	31.95	26.55	0.99	30.96
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving fun size	34.08	28.32	1.06	33.02
CANDIES,NOUGAT,W/ ALMONDS	1 piece	12.93	6.30	0.46	12.47
CANDIES,PEANUT BAR	1 bar (1.4 oz)	18.96	16.89	1.64	17.32
CANDIES,PEANUT BAR	1 bar (1.6 oz)	21.33	19.00	1.85	19.49
CANDIES,PEANUT BAR	1 bar (1.75 fl oz)	23.70	21.11	2.05	21.65
CANDIES,PEANUT BAR	1 oz	13.44	11.97	1.16	12.28
CANDIES,PNUT BRITTLE,PREPARED-FROM-RECIPE	1 oz	20.20	14.55	0.71	19.49
CANDIES,PRALINE,PREPARED-FROM-RECIPE	1 piece	23.24	21.76	1.37	21.88
CANDIES,PRALINE,PREPARED-FROM-RECIPE	1 recipe yield	540.48	506.02	31.75	508.74
CANDIES,REESE'S BITES	16 pieces	21.52	18.73	1.21	20.31
CANDIES,REESE'S FAST BREAK,CANDY BAR	1 serving 1 bar	35.78	30.00	2.02	33.77



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,REESE'S NUTRAGEOUS CANDY BAR	1 bar 1.92 oz	28.51	21.72	2.11	26.41
CANDIES,REESE'S NUTRAGEOUS CANDY BAR	2 bars	17.95	13.67	1.33	16.63
CANDIES,REESE'S PIECES CANDY	1/4 cup	28.13	25.03	1.41	26.72
CANDIES,REESE'S PIECES CANDY	1 package (1.6 oz)	27.54	24.50	1.38	26.16
CANDIES,REESE'S PIECES CANDY	1 package 1.63 oz	27.54	24.50	1.38	26.16
CANDIES,REESE'S PIECES CANDY	10 pieces	4.79	4.26	0.24	4.55
CANDIES,REESE'S P Nut BUTTER CUPS	1 miniature	3.88	3.30	0.25	3.62
CANDIES,REESE'S P Nut BUTTER CUPS	1 package 0.6 oz 1 cup	9.41	8.02	0.61	8.80
CANDIES,REESE'S P Nut BUTTER CUPS	1 package 1.6 oz 2 cups	24.91	21.23	1.62	23.29
CANDIES,REESE'S,FAST BREAK,MILK CHOC PNT BTR & SFT NUGTS	2 oz bar	34.50	29.72	1.62	32.87
CANDIES,ROLO CARAMELS IN MILK CHOC	1 package 1 package	32.62	30.69	0.43	32.18
CANDIES,ROLO CARAMELS IN MILK CHOC	7 pieces	28.54	26.85	0.38	28.16
CANDIES,SEMISWEET CHOC	1 cup chips (6 oz package)	107.35	91.56	9.91	97.44
CANDIES,SEMISWEET CHOC	1 cup large chips	116.30	99.19	10.74	105.56
CANDIES,SEMISWEET CHOC	1 cup mini chips	110.55	94.29	10.21	100.34
CANDIES,SEMISWEET CHOC	1 oz (approx 60 pcs)	18.12	15.45	1.67	16.44
CANDIES,SEMISWEET CHOC	1 serving	9.27	7.90	0.86	8.41
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup chips (6 oz package)	107.78	0.00	10.03	97.75
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup large chips	115.39	0.00	10.74	104.65
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup mini chips	109.68	0.00	10.21	99.48
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 oz (approx 60 pcs)	17.97	0.00	1.67	16.30
CANDIES,SESAME CRUNCH	1 oz	14.26	8.84	2.18	12.08
CANDIES,SESAME CRUNCH	1 piece	0.91	0.56	0.14	0.77
CANDIES,SESAME CRUNCH	20 pieces	17.61	10.91	2.70	14.91
CANDIES,SKOR TOFFEE BAR	1 bar 1.4 oz	24.07	23.36	0.51	23.56
CANDIES,SOFT FRUIT & NUT SQUARES	3 pieces	31.00	19.30	1.01	29.99
CANDIES,SPL DK CHOC BAR	1 bar	10.28	8.09	1.11	9.18
CANDIES,SPL DK CHOC BAR	1 bar 1.45 oz	24.80	19.50	2.67	22.14
CANDIES,SPL DK CHOC BAR	1 bar 2.6 oz	44.16	34.72	4.75	39.41
CANDIES,SPL DK CHOC BAR	3 blocks	25.41	19.98	2.73	22.68
CANDIES,SUGAR-COATED ALMONDS	1 piece	2.39	2.19	0.09	2.30
CANDIES,SWEET CHOCOLATE	1 bar (1.45 oz)	24.76	21.11	2.26	22.51
CANDIES,SWEET CHOCOLATE	1 oz	17.12	14.59	1.56	15.56
CANDIES,SWT CHOC COATD FONDANT	1 patty, large	34.57	30.71	0.90	33.67
CANDIES,SWT CHOC COATD FONDANT	1 patty, small	8.84	7.86	0.23	8.61
CANDIES,SYMPHONY MILK CHOC BAR	1 bar 1.5 oz	24.36	22.66	0.71	23.65
CANDIES,SYMPHONY MILK CHOC BAR	1 bar 2.4 oz	39.45	36.69	1.16	38.29

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CANDIES,TAFFY,PREPARED-FROM-RECIPE	1 piece	13.73	10.27	0.00	13.73
CANDIES,TOFFEE,PREPARED-FROM-RECIPE	1 piece	7.77	7.62	0.00	7.77
CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	1 piece	5.79	3.72	0.01	5.78
CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	1 serving 6 pieces	35.09	22.53	0.04	35.05
CANDIES,TRUFFLES,PREPARED-FROM-RECIPE	1 piece	5.39	4.60	0.30	5.09
CANDIES,TRUFFLES,PREPARED-FROM-RECIPE	1 recipe yield, recipe makes 49 1 " x 1" pieces	274.67	234.46	15.30	259.37
CANDIES,TWIZZLERS CHERRY BITES	18 pieces	31.75	0.00	0.04	31.71
CANDIES,TWIZZLERS NIBS CHERRY BITS	27 pieces	31.75	20.54	0.24	31.51
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	2 1/2 oz 2.5 oz	56.62	28.14	0.00	56.62
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	4 pieces from 5 oz package	30.30	15.06	0.00	30.30
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	4 pieces from 8 oz package	35.88	17.84	0.00	35.88
CANDIES,WHATCHAMACALLIT CANDY BAR	1 bar 1.7 oz	30.35	23.45	0.91	29.44
CANDIES,WHITE CHOC	1 bar (3 oz)	50.35	50.15	0.17	50.18
CANDIES,WHITE CHOC	1 cup chips	100.71	100.30	0.34	100.37
CANDIES,WHITE CHOC	1 tbs	8.29	8.26	0.03	8.27
CANDIES,YORK BITES	15 pieces	31.84	29.25	0.78	31.06
CANDIES,YORK PEPPERMINT PATTIE	1 patty 1.5 oz	34.83	27.43	0.86	33.97
CHEWING GUM	1 block	7.74	5.29	0.19	7.54
CHEWING GUM	1 stick	2.90	1.98	0.07	2.83
CHEWING GUM	10 Chiclets	15.47	10.57	0.38	15.09
CHEWING GUM,SUGARLESS	1 piece	1.90	0.00	0.05	1.85
CHOCOLATE,DK,45- 59% CACAO SOL	1 bar	99.10	77.60	11.34	87.76
CHOCOLATE,DK,45- 59% CACAO SOL	1 oz	17.34	13.58	1.98	15.36
CHOCOLATE,DK,60-69% CACAO SOL	1 bar	58.71	41.12	8.96	49.75
CHOCOLATE,DK,60-69% CACAO SOL	1 oz	14.86	10.41	2.27	12.59
CHOCOLATE,DK,70-85% CACAO SOL	1 bar	46.36	24.23	11.01	35.35
CHOCOLATE,DK,70-85% CACAO SOL	1 oz	13.01	6.80	3.09	9.92
CHOCOLATE-FLAVORED HAZELNUT SPRD	1 serving 2 TBSP	23.00	20.00	2.00	21.00
COCOA,DRY PDR,HI-FAT OR BRKFST,PLN	1 tbs	2.78	0.08	1.61	1.17
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	1 container Ghirardelli label 2011	140.68	4.33	95.94	44.74
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	1 tablespoon Ghirardelli label 2011	2.98	0.09	2.03	0.95

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COCOA, DRY PDR, HI-FAT OR BRKFST, PROC W/ALKALI	1 tablespoon Hershey's label 2011	2.49	0.08	1.70	0.79
COCOA, DRY PDR, UNSWTND	1 cup	49.79	1.51	31.82	17.97
COCOA, DRY PDR, UNSWTND	1 tbsps	3.13	0.09	2.00	1.13
COCOA, DRY PDR, UNSWTND, HERSHEY'S EUROPEAN STYLE COCOA	1 tbsps	3.00	0.00	1.00	2.00
COCOA, DRY PDR, UNSWTND, PROC W/ALKALI	1 cup	50.14	1.51	25.63	24.51
COCOA, DRY PDR, UNSWTND, PROC W/ALKALI	1 tbsps	3.15	0.10	1.61	1.54
DESSERTS, APPL CRISP, PREPARED-FROM-RECIPE	1/2 cup	43.48	27.75	1.97	41.51
DESSERTS, APPL CRISP, PREPARED-FROM-RECIPE	1 recipe yield	260.29	166.10	11.82	248.47
DESSERTS, EGG CUSTARD, BKD, PREPARED-FROM- RECIPE	1/2 cup	15.51	15.51	0.00	15.51
DESSERTS, EGG CUSTARD, BKD, PREPARED-FROM- RECIPE	1 recipe yield	61.93	61.93	0.00	61.93
DESSERTS, FLAN, CARAMEL CUSTARD, PREPARED- FROM-RECIPE	1/2 cup	34.85	35.42	0.00	34.85
DESSERTS, FLAN, CARAMEL CUSTARD, PREPARED- FROM-RECIPE	1 recipe yield	348.76	354.43	0.00	348.76
DESSERTS, MOUSSE, CHOC, PREPARED-FROM-RECIPE	1/2 cup	32.46	29.92	1.21	31.25
DESSERTS, MOUSSE, CHOC, PREPARED-FROM-RECIPE	1 recipe yield	129.85	119.66	4.85	125.00
DESSERTS, PUDD, CHOC, DRY MIX, REG	1 package (3.5 oz)	88.41	42.45	4.46	83.95
DESSERTS, PUDD, CHOC, DRY MIX, REG	1 portion, amount to make 1/2 cup	22.33	10.72	1.13	21.20
DESSERTS, PUDD, COCNT CRM, DRY MIX, INST	1 package (3.5 oz)	82.67	63.36	3.96	78.71
DESSERTS, PUDD, COCNT CRM, DRY MIX, INST	1 portion, amount to make 1/2 cup	20.88	16.00	1.00	19.88
DESSERTS, RENNIN, CHOC, DRY MIX	1 package (2 oz)	52.16	0.00	2.91	49.25
DESSERTS, RENNIN, CHOC, DRY MIX	1 tbsps	8.24	0.00	0.46	7.78
DESSERTS, RENNIN, TABLETS, UNSWTND	1 package (0.35 oz)	1.96	0.00	0.00	1.96
DESSERTS, RENNIN, VANILLA, DRY MIX	1 package (1.5 oz)	42.57	0.00	0.00	42.57
DESSERTS, RENNIN, VANILLA, DRY MIX	1 tbsps	10.69	0.00	0.00	10.69
EGG CUSTARDS, DRY MIX	1 package (3 oz)	70.38	0.00	0.00	70.38
EGG CUSTARDS, DRY MIX	1 portion, amount to make 1/2 cup	17.39	0.00	0.00	17.39
EGG CUSTARDS, DRY MIX, PREP W/ 2% MILK	1/2 cup	24.83	6.53	0.00	24.83
EGG CUSTARDS, DRY MIX, PREP W/ WHL MILK	1/2 cup	24.82	6.80	0.00	24.82
FLAN, CARAMEL CUSTARD, DRY MIX	1 package (3 oz)	77.86	0.00	0.00	77.86

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FLAN,CARAMEL CUSTARD,DRY MIX	1 portion, amount to make 1/2 cup	19.24	0.00	0.00	19.24
FROSTING,GLAZ,CHC,PREP-FRM-RCIP,W/ BUTR,NFSMI RECIP NO. C-32	2 tablespoon	23.82	21.22	0.36	23.46
FROSTINGS,CHOC,CREAMY,DRY MIX	1 package	356.96	0.00	9.31	347.65
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ BUTTER	2 tablespoon	23.69	0.00	0.63	23.07
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ MARGARINE	2 tablespoon	23.44	0.00	0.63	22.81
FROSTINGS,CHOC,CREAMY,RTE	2 tbsp creamy	25.91	23.66	0.37	25.54
FROSTINGS,COCONUT-NUT,RTE	0 package	20.03	15.20	0.95	19.08
FROSTINGS,COCONUT-NUT,RTE	1 package (16 oz)	243.47	184.80	11.55	231.92
FROSTINGS,COCONUT-NUT,RTE	2 tbsp	18.45	14.00	0.88	17.57
FROSTINGS,CRM CHEESE-FLAVOR,RTE	2 tbsp creamy	22.22	20.97	0.00	22.22
FROSTINGS,CRM CHEESE-FLAVOR,RTE	2 tbsp whipped	16.16	15.25	0.00	16.16
FROSTINGS,GLAZE,PREPARED-FROM-RECIPE	1 recipe yield	273.54	263.04	0.00	273.54
FROSTINGS,VANILLA,CREAMY,DRY MIX	0 package	31.89	0.00	0.03	31.86
FROSTINGS,VANILLA,CREAMY,DRY MIX	1 package	385.52	0.00	0.41	385.11
FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/ MARGARINE	2 tablespoon	24.51	0.00	0.03	24.48
FROSTINGS,VANILLA,CREAMY,RTE	0 package	25.80	23.98	0.00	25.80
FROSTINGS,VANILLA,CREAMY,RTE	1 package (16 oz)	313.65	291.52	0.00	313.65
FROSTINGS,VANILLA,CREAMY,RTE	2 tbsp creamy	22.40	20.82	0.00	22.40
FROSTINGS,WHITE,FLUFFY,DRY MIX	0 package	16.13	0.00	0.00	16.13
FROSTINGS,WHITE,FLUFFY,DRY MIX	1 package	196.44	0.00	0.00	196.44
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	0 package	16.28	0.00	0.00	16.28
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	1 package yields	197.19	0.00	0.00	197.19
FROZ NOVELTIES,ICE TYPE,SUGAR FREE,ORNGE,CHRY,& GRP POPSICLE	1 serving 1.75 fl oz pop	2.83	0.84	0.00	2.83
FROZ NOVLT,ICE CRM,VAN ICE CRM,LT,NO SUGAR ADDED,CHOC COATD	1 bar	20.37	6.65	0.62	19.74
FROZEN NOVELTIES,FAT FREE FUDGESICLE BARS	1 serving 1 pop	13.74	10.25	0.87	12.87
FROZEN NOVELTIES,FRUIT & JUC BARS	1 bar (2.5 fl oz)	15.55	13.46	0.77	14.78
FROZEN NOVELTIES,FRUIT & JUC BARS	1 bar (3 fl oz)	18.58	16.08	0.92	17.66
FROZEN NOVELTIES,ICE TYPE,FRUIT,NO SUGAR ADDED	1 bar	3.16	0.00	0.00	3.16
FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	1/2 cup	15.66	0.00	0.00	15.66
FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	1 fl oz	3.92	0.00	0.00	3.92

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FROZEN NOVELTIES,ICE TYPE,LIME	1/2 cup (4 fl oz)	32.27	32.27	0.00	32.27
FROZEN NOVELTIES,ICE TYPE,PINEAPPLE-COCONUT	1/2 cup (4 fl oz)	23.66	0.00	0.69	22.97
FROZEN NOVELTIES,ICE TYPE,POP	1 serving 1.75 fl oz pop	10.00	7.10	0.00	10.00
FROZEN NOVELTIES,ICE TYPE,POP,W/ LO CAL SWTNR	1 serving 1.75 fl oz pop	3.26	0.84	0.00	3.26
FROZEN NOVELTIES,JUC TYPE,JUC W/ CRM	2 1/2 oz	17.12	14.63	0.07	17.05
FROZEN NOVELTIES,JUC TYPE,ORANGE	1 bar	17.15	14.79	0.07	17.07
FROZEN NOVELTIES,JUC TYPE,ORANGE	1 fl oz	6.90	5.96	0.03	6.87
FROZEN NOVELTIES,JUC TYPE,POPSICLE SCRIBBLERS	1 serving 1.2 fl oz pop	6.49	4.81	0.00	6.49
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC CONE	1 serving 1 cone	35.80	19.45	3.40	32.41
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA SNDWCH	1 serving 1 sandwich	27.36	13.96	2.75	24.61
FROZEN NOVELTIES,NO SUGAR ADDED CREAMSICLE POPS	1 serving 1 pop	5.67	1.21	1.58	4.08
FROZEN NOVELTIES,NO SUGAR ADDED,FUDGESICLE POPS	1 serving	18.72	3.30	1.34	17.37
FROZEN NOVELTIES,SUGAR FREE,CREAMSICLE POPS	1 serving 2 pops	9.56	0.34	6.00	3.56
FROZEN NOVL,KLONDIKE,SLIM-A-BEAR,NO SGR ADDED,STICKLESS BAR	1 serving 1 bar	20.26	6.74	3.04	17.22
FROZEN YOGURTS,CHOC	1 cup	37.58	33.48	4.00	33.58
FROZEN YOGURTS,CHOC,SOFT-SERVE	1/2 cup (4 fl oz)	17.93	0.00	1.58	16.34
FROZEN YOGURTS,FLAVORS OTHER THAN CHOC	1 cup	37.58	34.66	0.00	37.58
FROZEN YOGURTS,VANILLA,SOFT-SERVE	1/2 cup	17.42	17.28	0.00	17.42
FRUIT BUTTERS,APPLE	1 cup	119.77	99.55	4.23	115.54
FRUIT BUTTERS,APPLE	1 serving	7.22	6.00	0.26	6.96
FRUIT BUTTERS,APPLE	1 tbsp	7.22	6.00	0.26	6.96
FRUIT LEATHER,PIECES	1 oz	23.48	16.32	0.00	23.48
FRUIT LEATHER,PIECES	1 package	22.36	15.55	0.00	22.36
FRUIT LEATHER,PIECES	1 packet (.75 oz)	17.39	12.09	0.00	17.39
FRUIT LEATHER,ROLLS	1 large	18.02	10.32	0.00	18.02
FRUIT LEATHER,ROLLS	1 small	12.01	6.88	0.00	12.01
FRZ NVL, KLONDIKE,SLIM-A-BEAR FUDG BR,98% FT FR,NO SGR ADDED	1 serving 3.5 fl oz bar	22.25	5.25	4.44	17.81
GELATIN DSSRT,DRY MIX	1 package (3 oz)	76.93	73.13	0.00	76.93
GELATIN DSSRT,DRY MIX	1 portion, amount to make 1/2 cup	19.01	18.07	0.00	19.01
GELATIN DSSRT,DRY MIX,PREP W/ H2O	1/2 cup	19.16	18.21	0.00	19.16

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GELATIN DSSRT,DRY MIX,PREP W/ H2O	1 package 3 oz, yields 2 cups	76.63	72.85	0.00	76.63
GELATIN DSSRT,DRY MIX,PREP W/ H2O	1 serving	2.98	2.83	0.00	2.98
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT	1 serving	5.13	0.00	0.01	5.13
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 package (0.35 oz)	3.33	0.00	0.00	3.33
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 portion, amount to make 1/2 cup	0.83	0.00	0.00	0.83
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 tbsp	3.00	0.00	0.00	3.00
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 package (0.35 oz)	3.33	0.00	0.00	3.33
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 portion, amount to make 1/2 cup	0.83	0.00	0.00	0.83
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 tbsp	3.00	0.00	0.00	3.00
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	1/2 cup	4.94	0.00	0.00	4.94
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	1 package yield (2 cups)	19.79	0.00	0.00	19.79
GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM-CITRATE & SALT	1 package (3 oz)	76.93	0.00	0.00	76.93
GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM-CITRATE & SALT	1 portion, amount to make 1/2 cup	19.01	0.00	0.00	19.01
GELATINS,DRY PDR,UNSWTND	1 envelope (1 tbsp)	0.00	0.00	0.00	0.00
GELATINS,DRY PDR,UNSWTND	1 package (1 oz)	0.00	0.00	0.00	0.00
GUMS,SD GUMS (INCL LOCUST BEAN,GUAR)	1 oz	21.91	0.00	21.91	0.00
HONEY	1 cup	279.34	278.39	0.68	278.66
HONEY	1 packet (0.5 oz)	11.54	11.50	0.03	11.51
HONEY	1 tbsp	17.30	17.25	0.04	17.26
ICE CREAMS,BREYERS,98% FAT FREE CHOC	1 serving 1/2 cup	20.52	13.80	3.94	16.58
ICE CREAMS,BREYERS,98% FAT FREE VANILLA	1 serving 1/2 cup	20.75	14.23	3.67	17.07
ICE CREAMS,BREYERS,ALL NAT LT FRENCH CHOC	1 serving 1/2 cup	20.18	16.35	0.68	19.50
ICE CREAMS,BREYERS,ALL NAT LT FRENCH VANILLA	1 serving 1/2 cup	17.70	14.35	0.14	17.56
ICE CREAMS,BREYERS,ALL NAT LT MINT CHOC CHIP	1 serving 1/2 cup	19.31	17.26	0.41	18.90
ICE CREAMS,BREYERS,ALL NAT LT VANILLA	1 serving 1/2 cup	17.20	15.49	0.14	17.07
ICE CREAMS,BREYERS,ALL NAT LT VANILLA CHOC STRAWBERRY	1 serving 1/2 cup	17.72	15.28	0.27	17.45
ICE CREAMS,BREYERS,NO SUGAR ADDED,BUTTER PECAN	1 serving 1/2 cup	14.48	4.01	0.61	13.87



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ICE CREAMS,BREYERS,NO SUGAR ADDED,CHOC CAMEL	1 serving 1/2 cup	17.87	4.13	0.71	17.16
ICE CREAMS,BREYERS,NO SUGAR ADDED,FRENCH VANILLA	1 serving 1/2 cup	14.11	5.24	0.34	13.77
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA	1 serving 1/2 cup	15.12	4.20	0.35	14.78
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA CHOC STRAWBERRY	1 serving 1/2 cup	14.76	4.18	0.48	14.28
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA FUDGE TWIRL	1 serving 1/2 cup	18.45	3.95	0.58	17.88
ICE CREAMS,CHOC	1/2 cup (4 fl oz)	18.61	16.74	0.79	17.82
ICE CREAMS,CHOC	1 individual (3.5 fl oz)	16.36	14.71	0.70	15.66
ICE CREAMS,CHOC,LT	1 serving	17.48	16.80	0.54	16.93
ICE CREAMS,CHOC,LT	1 unit	25.70	24.71	0.80	24.90
ICE CREAMS,CHOC,LT,NO SUGAR ADDED	1 serving 1/2 cup	19.29	4.07	0.65	18.64
ICE CREAMS,CHOC,RICH	1 cubic inch	2.02	1.77	0.09	1.93
ICE CREAMS,CHOC,RICH	1 cup	29.27	25.68	1.33	27.94
ICE CREAMS,FRENCH VANILLA,SOFT-SERVE	1/2 cup (4 fl oz)	19.09	18.20	0.60	18.49
ICE CREAMS,REG,LO CARBOHYDRATE,CHOC	1 individual (3.5 fl oz)	15.54	3.68	2.78	12.76
ICE CREAMS,REG,LO CARBOHYDRATE,VANILLA	1/2 cup (4 fl oz)	14.67	4.19	3.17	11.50
ICE CREAMS,REG,LO CARBOHYDRATE,VANILLA	1 individual (3.5 fl oz)	12.89	3.68	2.78	10.11
ICE CREAMS,STRAWBERRY	1/2 cup (4 fl oz)	18.22	0.00	0.59	17.62
ICE CREAMS,STRAWBERRY	1 individual (3.5 fl oz)	16.01	0.00	0.52	15.49
ICE CREAMS,VANILLA	1 serving 1/2 cup	15.58	14.01	0.46	15.11
ICE CREAMS,VANILLA,FAT FREE	1/2 cup	20.14	4.22	0.67	19.47
ICE CREAMS,VANILLA,LT	1 serving 1/2 cup	22.39	16.81	0.23	22.16
ICE CREAMS,VANILLA,LT,NO SUGAR ADDED	1 serving 1/2 cup	14.57	4.39	0.00	14.57
ICE CREAMS,VANILLA,LT,SOFT-SERVE	1 serving 1/2 cup	19.18	16.45	0.00	19.18
ICE CREAMS,VANILLA,RICH	1/2 cup	23.85	22.10	0.00	23.85
ICE CRM BAR,CHOC OR CAMEL COVERED,W/NUTS	1 bar	16.69	16.20	0.32	16.36
JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	1 cup	120.06	84.69	5.60	114.46
JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	1 tbsp	7.50	5.29	0.35	7.15
JAMS AND PRESERVES	1 packet (0.5 oz)	9.64	6.79	0.15	9.49
JAMS AND PRESERVES	1 tbsp	13.77	9.70	0.22	13.55
JAMS&PRESERVES,APRICOT	1 packet (0.5 oz)	9.02	6.08	0.04	8.97
JAMS&PRESERVES,APRICOT	1 tbsp	12.88	8.68	0.06	12.82

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
JELLIES	1 packet (0.5 oz)	9.79	7.17	0.14	9.65
JELLIES	1 serving 1 tbsp	14.69	10.76	0.21	14.48
JELLIES,RED SUGAR,HOME PRESERVED	1 cup	138.30	135.90	2.40	135.90
JELLIES,RED SUGAR,HOME PRESERVED	1 tbsp	8.76	8.61	0.15	8.61
MARMALADE,ORANGE	1 cup	212.16	192.00	2.24	209.92
MARMALADE,ORANGE	1 package (0.5 oz)	9.28	8.40	0.10	9.18
MARMALADE,ORANGE	1 serving	13.26	12.00	0.14	13.12
MARMALADE,ORANGE	1 tbsp	13.26	12.00	0.14	13.12
MILK DSSRT,FRZ,MILK-FAT FREE,CHOC	1 cup	51.65	51.65	0.00	51.65
MOLASSES	1 cup	251.84	251.81	0.00	251.84
MOLASSES	1 serving 1 tbsp	14.95	14.94	0.00	14.95
PECTIN,UNSWTND,DRY MIX	1 package (1.75 oz)	45.20	0.00	4.30	40.90
PIE FILLINGS,APPL,CND	1/8 can	19.31	10.21	0.74	18.57
PIE FILLINGS,APPL,CND	1 can (21 oz)	155.30	82.11	5.95	149.35
PIE FILLINGS,APPL,CND	1 serving	22.19	11.73	0.85	21.34
PIE FILLINGS,BLUEBERRY,CND	1 cup	116.28	98.91	6.81	109.46
PIE FILLINGS,BLUEBERRY,CND	1 serving	67.01	57.00	3.93	63.09
PIE FILLINGS,CHERRY,LO CAL	1 cup	31.63	24.16	3.17	28.46
PIE FILLINGS,CHERRY,LO CAL	1 serving	10.18	7.78	1.02	9.16
PIE FILLINGS,CND,CHERRY	1/8 can	20.72	0.00	0.44	20.28
PIE FILLINGS,CND,CHERRY	1 can (21 oz)	166.60	0.00	3.57	163.03
PUDDING,LEMON,DRY MIX,REG,PREP W/ SUGAR,EGG YOLK & H2O	1/2 cup	30.73	17.16	0.00	30.73
Puddings, rice, ready-to-eat	1/2 cup	16.92	10.66	0.28	16.64
Puddings, rice, ready-to-eat	1 can (5 oz)	26.11	16.46	0.43	25.69
Puddings, rice, ready-to-eat	1 cup	31.63	19.93	0.52	31.11
Puddings, rice, ready-to-eat	1 oz	5.21	3.29	0.09	5.13
Puddings, rice, ready-to-eat	1 serving 4 oz pudding cup	20.78	13.10	0.34	20.44
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	1 package 4 servings	27.09	0.29	0.26	26.84
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	1 serving	6.77	0.07	0.06	6.71
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	1 cup	223.70	7.54	2.34	221.36
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	1 serving	97.23	3.28	1.02	96.21
PUDDINGS,BANANA,DRY MIX,INST	1 package (3.5 oz)	91.77	75.80	0.00	91.77
PUDDINGS,BANANA,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.18	19.14	0.00	23.18
PUDDINGS,BANANA,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup From 19191	29.02	0.00	0.00	29.02

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUDDINGS,BANANA,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	25.10	22.07	0.00	25.10
PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	1 package (3.5 oz)	88.11	0.00	0.00	88.11
PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	1 portion, amount to make 1/2 cup	22.25	0.00	0.00	22.25
PUDDINGS,BANANA,DRY MIX,REG	1 package (3.12 oz)	81.84	65.40	0.26	81.58
PUDDINGS,BANANA,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.46	16.35	0.07	20.39
PUDDINGS,BANANA,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup From 19211	26.17	0.00	0.00	26.17
PUDDINGS,BANANA,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	23.42	20.29	0.00	23.42
PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	1 package (3.12 oz)	77.79	0.00	0.26	77.53
PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	1 portion, amount to make 1/2 cup	19.45	0.00	0.07	19.38
PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	1 package 1.4 oz box, 4 servings	31.28	0.28	2.44	28.84
PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	1 serving	7.74	0.07	0.60	7.14
PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	1 package	29.77	0.28	4.04	25.73
PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	1 serving	7.37	0.07	1.00	6.37
PUDDINGS,CHOC,DRY MIX,INST	1 package (3.5 oz)	87.02	67.18	3.56	83.46
PUDDINGS,CHOC,DRY MIX,INST	1 portion, amount to make 1/2 cup	21.98	16.97	0.90	21.08
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup From 19211	26.82	0.00	0.57	26.26
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	27.64	0.00	1.47	26.17
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	110.36	0.00	5.87	104.49
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHOLE MILK	1/2 cup	27.89	16.98	1.14	26.75
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHOLE MILK	1 package yield (2 cups)	111.95	68.17	4.56	107.39
PUDDINGS,CHOC,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	25.29	15.17	1.02	24.27
PUDDINGS,CHOC,RTE	1 container refrigerated, 4 oz container	24.85	18.54	0.00	24.85

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUDDINGS,CHOC,RTE	1 container shelf stable, 3.5 oz container	22.55	16.83	0.00	22.55
PUDDINGS,CHOC,RTE	1 oz	6.52	4.87	0.00	6.52
PUDDINGS,CHOC,RTE,FAT FREE	1 serving 4 oz	23.58	17.80	0.34	23.24
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup	28.22	0.00	0.15	28.08
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	1 package yield (2 cups)	112.70	0.00	0.59	112.12
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	28.08	0.00	0.15	27.93
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	112.12	0.00	0.59	111.53
PUDDINGS,COCNT CRM,DRY MIX,REG	1 package (3.12 oz)	72.02	70.88	1.41	70.61
PUDDINGS,COCNT CRM,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.46	20.14	0.40	20.06
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	24.92	0.00	0.28	24.64
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	1 package yield (2 cups)	99.50	0.00	1.12	98.38
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	24.78	0.00	0.28	24.50
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	1 package yield (2 cups)	98.94	0.00	1.12	97.83
PUDDINGS,LEMON,DRY MIX,INST	1 package (3.5 oz)	94.45	0.00	0.00	94.45
PUDDINGS,LEMON,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.85	0.00	0.00	23.85
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	1 package	6.46	0.00	0.00	6.46
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	1 serving	1.62	0.00	0.00	1.62
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	29.55	0.00	0.00	29.55
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	117.99	0.00	0.00	117.99
PUDDINGS,LEMON,DRY MIX,REG	1 package (3 oz)	78.03	0.00	0.09	77.95
PUDDINGS,LEMON,DRY MIX,REG	1 portion, amount to make 1/2 cup	19.28	0.00	0.02	19.26
PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	1 package (3 oz)	76.76	0.00	0.09	76.67
PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	1 portion, amount to make 1/2 cup	18.96	0.00	0.02	18.94
PUDDINGS,RICE,DRY MIX	1 package	96.67	0.00	0.74	95.93

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUDDINGS,RICE,DRY MIX	1 portion, amount to make 1/2 cup	24.62	0.00	0.19	24.44
PUDDINGS,RICE,DRY MIX,PREP W/ 2% MILK	1/2 cup	26.64	0.00	0.13	26.51
PUDDINGS,RICE,DRY MIX,PREP W/ WHL MILK	1/2 cup	26.47	0.00	0.13	26.34
PUDDINGS,TAPIOCA,DRY MIX	1 package (3.5 oz)	86.76	59.80	0.18	86.57
PUDDINGS,TAPIOCA,DRY MIX	1 portion, amount to make 1/2 cup	21.69	14.95	0.05	21.64
PUDDINGS,TAPIOCA,DRY MIX,PREP W/ 2% MILK	1/2 cup	25.04	0.00	0.00	25.04
PUDDINGS,TAPIOCA,DRY MIX,PREP W/ WHL MILK	1/2 cup	24.87	0.00	0.00	24.87
PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	1 package (3.5 oz)	86.76	0.00	0.18	86.57
PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	1 portion, amount to make 1/2 cup	21.69	0.00	0.05	21.64
PUDDINGS,TAPIOCA,RTE	1 container refrigerated 4 oz	23.86	16.40	0.00	23.86
PUDDINGS,TAPIOCA,RTE	1 container shelf stable 3.5 oz	21.04	14.46	0.00	21.04
PUDDINGS,TAPIOCA,RTE	1 oz	6.15	4.23	0.00	6.15
PUDDINGS,TAPIOCA,RTE,FAT FREE	1 container refrigerated 4 oz	23.87	15.88	0.00	23.87
PUDDINGS,VANILLA,DRY MIX,INST	1 package (3.5 oz)	91.97	91.97	0.00	91.97
PUDDINGS,VANILLA,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.23	23.23	0.00	23.23
PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	27.97	25.60	0.00	27.97
PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	112.09	102.59	0.00	112.09
PUDDINGS,VANILLA,DRY MIX,REG	1 package (3.12 oz)	82.28	69.82	0.53	81.75
PUDDINGS,VANILLA,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.57	17.45	0.13	20.44
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	23.72	0.00	0.00	23.72
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	26.49	23.93	0.14	26.35
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	1 package yield (2 cups)	105.76	95.53	0.56	105.20
PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	1 package (3.12 oz)	81.31	0.00	0.00	81.31
PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	1 portion, amount to make 1/2 cup	20.33	0.00	0.00	20.33

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUDDINGS,VANILLA,RTE	1 container refrigerated 4 oz	24.86	18.67	0.00	24.86
PUDDINGS,VANILLA,RTE	1 container shelf stable 3.5 oz	21.92	16.46	0.00	21.92
PUDDINGS,VANILLA,RTE	1 oz	6.41	4.81	0.00	6.41
PUDDINGS,VANILLA,RTE,FAT FREE	1 serving 3.5 oz shelf stable	19.96	14.97	0.00	19.96
SHERBET,ORANGE	1/2 cup (4 fl oz)	22.50	18.00	0.96	21.53
SHERBET,ORANGE	1 bar (2.75 fl oz)	20.06	16.05	0.86	19.21
SUGAR,TURBINADO	1 cup	201.60	200.36	0.00	201.60
SUGAR,TURBINADO	1 tsp	4.59	4.56	0.00	4.59
SUGARS,BROWN	1 cup packed	215.80	213.44	0.00	215.80
SUGARS,BROWN	1 cup unpacked	142.23	140.68	0.00	142.23
SUGARS,BROWN	1 tsp brownulated	3.14	3.10	0.00	3.14
SUGARS,BROWN	1 tsp packed	4.51	4.46	0.00	4.51
SUGARS,BROWN	1 tsp unpacked	2.94	2.91	0.00	2.94
SUGARS,GRANULATED	1 cup	199.96	199.60	0.00	199.96
SUGARS,GRANULATED	1 serving 1 cube	2.30	2.30	0.00	2.30
SUGARS,GRANULATED	1 serving packet	2.80	2.79	0.00	2.80
SUGARS,GRANULATED	1 tsp	4.20	4.19	0.00	4.20
SUGARS,MAPLE	1 oz	25.77	24.06	0.00	25.77
SUGARS,MAPLE	1 piece (1-3/4" x 1-1/4" x 1/2")	25.45	23.76	0.00	25.45
SUGARS,MAPLE	1 tsp	2.73	2.55	0.00	2.73
SUGARS,POWDERED	1 cup sifted	99.77	97.81	0.00	99.77
SUGARS,POWDERED	1 cup unsifted	119.72	117.37	0.00	119.72
SUGARS,POWDERED	1 tbsps unsifted	7.98	7.82	0.00	7.98
SUGARS,POWDERED	1 tsp	2.49	2.45	0.00	2.49
Sweetener, syrup, agave	1/4 cup	42.00	37.42	0.11	41.89
Sweetener, syrup, agave	1 tsp	5.27	4.69	0.01	5.26
SWEETENER,HERBAL EXTRACT PDR FROM STEVIA LEAF	1 package	1.00	0.00	0.00	1.00
SWEETENERS,FOR BAKING,BROWN,CONTAINS SUGAR & SUCRALOSE	1 cup	183.54	86.30	0.00	183.54
SWEETENERS,FOR BAKING,BROWN,CONTAINS SUGAR & SUCRALOSE	1 tbsps	12.53	5.89	0.00	12.53
SWEETENERS,FOR BAKING,CONTAINS SUGAR & SUCRALOSE	1 cup	201.05	95.04	0.00	201.05
SWEETENERS,FOR BAKING,CONTAINS SUGAR & SUCRALOSE	1 tbsps	14.43	6.82	0.00	14.43
SWEETENERS,SUGAR SUB,GRANULATED,BROWN	1 cup	19.50	0.93	0.14	19.36



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SWEETENERS,SUGAR SUB,GRANULATED,BROWN	1 tsp	0.42	0.02	0.00	0.42
SWEETENERS,TABLETOP,ASPRT,EQ,PACKETS	1 serving 1 packet	0.89	0.81	0.00	0.89
SWEETENERS,TABLETOP,ASPRT,EQ,PACKETS	1 tsp	3.12	2.82	0.00	3.12
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 cup	196.00	181.69	0.00	196.00
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 individual packet	3.00	2.78	0.00	3.00
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 tsp	4.20	3.89	0.00	4.20
SWEETENERS,TABLETOP,FRUCTOSE,LIQ	1 serving	0.08	0.08	0.00	0.08
SWEETENERS,TABLETOP,SACCHARIN (SODIUM SACCHARIN)	1 serving 1 packet	0.89	0.85	0.00	0.89
SWEETENERS,TABLETOP,SACCHARIN (SODIUM SACCHARIN)	1 serving 1 packet SUGAR TWIN	0.71	0.68	0.00	0.71
SWEETENERS,TABLETOP,SUCRALOSE,SPLENDA PACKETS	1 serving 1 packet	0.91	0.80	0.00	0.91
SYRUP,CANE	1 serving	15.36	15.37	0.00	15.36
SYRUP,MAPLE,CANADIAN	60 milliliter	53.90	47.94	0.00	53.90
SYRUPS,CHOC,FUDGE-TYPE	1 cup	191.22	105.85	8.51	182.70
SYRUPS,CHOC,FUDGE-TYPE	2 tbsps	23.90	13.23	1.06	22.84
SYRUPS,CHOC,HERSHEY'S GENUINE CHOC FLAV LITE SYRUP	2 tbsps	12.10	10.00	0.00	12.10
SYRUPS,CHOC,HERSHEY'S SUGAR FREE,GENUINE CHOC FLAV,LITE SYRU	2 tbsps	4.97	0.09	1.02	3.96
SYRUPS,CORN,DK	1 cup	254.50	254.50	0.00	254.50
SYRUPS,CORN,DK	1 tbsps	15.52	15.52	0.00	15.52
SYRUPS,CORN,HIGH-FRUCTOSE	1 cup	235.60	234.52	0.00	235.60
SYRUPS,CORN,HIGH-FRUCTOSE	1 tbsps	14.44	14.37	0.00	14.44
SYRUPS,CORN,LT	1 cup	261.85	261.79	0.00	261.85
SYRUPS,CORN,LT	1 tbsps	16.89	16.89	0.00	16.89
SYRUPS,DIETETIC	1 cup	118.08	0.02	7.20	110.88
SYRUPS,DIETETIC	1 tbsps	7.38	0.00	0.45	6.93
SYRUPS,GRENADINE	1 tbsps	13.38	9.31	0.00	13.38
SYRUPS,GRENADINE	1 tsp	4.48	3.12	0.00	4.48
SYRUPS,MALT	1 cup	236.72	236.72	0.00	236.72
SYRUPS,MALT	1 tbsps	14.97	14.97	0.00	14.97
SYRUPS,MAPLE	1 cup	211.18	190.45	0.00	211.18
SYRUPS,MAPLE	1 serving 1/4 cup	55.64	50.18	0.00	55.64
SYRUPS,MAPLE	1 tbsps	13.41	12.09	0.00	13.41
SYRUPS,SORGHUM	1 cup	247.17	247.17	0.00	247.17
SYRUPS,SORGHUM	1 tbsps	15.73	15.73	0.00	15.73
SYRUPS,TABLE BLENDS,CANE&15% MAPLE	1 cup	218.99	214.83	0.32	218.67
SYRUPS,TABLE BLENDS,CANE&15% MAPLE	1 tbsps	13.90	13.64	0.02	13.88
SYRUPS,TABLE BLENDS,CORN,REFINER,&SUGAR	1 cup	265.12	0.00	0.00	265.12

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SYRUPS, TABLE BLENDS, CORN, REFINER, & SUGAR	1 tbsp	16.78	0.00	0.00	16.78
SYRUPS, TABLE BLENDS, PANCAKE	1 cup	193.02	67.42	0.00	193.02
SYRUPS, TABLE BLENDS, PANCAKE	1 tbsp	12.29	4.29	0.00	12.29
SYRUPS, TABLE BLENDS, PANCAKE, RED-CAL	1 cup	106.92	78.72	0.00	106.92
SYRUPS, TABLE BLENDS, PANCAKE, RED-CAL	1 oz	12.63	9.30	0.00	12.63
SYRUPS, TABLE BLENDS, PANCAKE, RED-CAL	1 serving 1/4 cup	32.52	23.94	0.00	32.52
SYRUPS, TABLE BLENDS, PANCAKE, RED-CAL	1 tbsp	6.68	4.92	0.00	6.68
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE	1 cup	219.24	132.30	0.00	219.24
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE	1 serving 1/4 cup	57.77	34.86	0.00	57.77
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE	1 tbsp	13.92	8.40	0.00	13.92
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE, W/ K	1 cup	219.24	0.00	0.00	219.24
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE, W/ K	1 tbsp	13.92	0.00	0.00	13.92
SYRUPS, TABLE BLENDS, PANCAKE, W/BUTTER	1 cup	233.42	0.00	0.00	233.42
SYRUPS, TABLE BLENDS, PANCAKE, W/BUTTER	1 tbsp	14.82	0.00	0.00	14.82
TOPPINGS, BUTTERSCOTCH OR CARAMEL	2 tbsp	27.02	0.00	0.37	26.65
TOPPINGS, MARSHMALLOW CRM	1 jar	156.42	92.66	0.20	156.22
TOPPINGS, MARSHMALLOW CRM	1 oz	22.40	13.27	0.03	22.37
TOPPINGS, NUTS IN SYRUP	1 cup	190.50	120.44	7.54	182.96
TOPPINGS, NUTS IN SYRUP	2 tbsp	23.81	15.06	0.94	22.87
TOPPINGS, PINEAPPLE	1 cup	225.76	71.43	1.36	224.40
TOPPINGS, PINEAPPLE	2 tbsp	27.89	8.82	0.17	27.72
TOPPINGS, STRAWBERRY	1 cup	225.42	93.09	2.38	223.04
TOPPINGS, STRAWBERRY	1 serving	26.52	10.95	0.28	26.24
TOPPINGS, STRAWBERRY	2 tbsp	27.85	11.50	0.29	27.55
YOGURT, FRZ, CHOC, NON-FAT MILK, W/LO CAL SWTNR	1 cup	36.64	23.45	3.72	32.92
AMARANTH GRAIN, CKD	1 cup	45.98	0.00	5.17	40.81
AMARANTH GRAIN, UNCKD	1 cup	125.93	3.26	12.93	113.00
ARROWROOT FLOUR	1 cup	112.83	0.00	4.35	108.48
BARLEY FLOUR OR MEAL	1 cup	110.29	1.18	14.95	95.34
BARLEY MALT FLR	1 cup	126.85	1.30	11.50	115.34
BARLEY, HULLED	1 cup	135.20	1.47	31.83	103.37
BARLEY, PEARLED, COOKED	1 cup	44.31	0.44	5.97	38.34
BARLEY, PEARLED, RAW	1 cup	155.44	1.60	31.20	124.24
BUCKWHEAT	1 cup	121.55	0.00	17.00	104.55
BUCKWHEAT FLR, WHOLE-GROAT	1 cup	84.71	3.12	12.00	72.71
BUCKWHEAT GROATS, RSTD, CKD	1 cup	33.50	1.51	4.54	28.96
BUCKWHEAT GROATS, RSTD, DRY	1 cup	122.92	0.00	16.89	106.03
BULGUR, COOKED	1 cup	33.82	0.18	8.19	25.63
BULGUR, COOKED	1 tbsp	1.56	0.01	0.38	1.18

# USDA Breads, Cereals and Sweets Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BULGUR, DRY	1 cup	106.22	0.57	17.50	88.72
CORN BRAN, CRUDE	1 cup	65.09	0.00	60.04	5.05
CORN FLR, DEGERMED, UNENR, YEL	1 cup	104.27	0.81	2.39	101.87
CORN FLR, MASA, ENR, WHITE	1 cup	87.31	1.84	7.30	80.02
CORN FLR, MASA, ENR, YEL	1 cup	87.31	0.00	7.30	80.02
CORN FLR, MASA, UNENR, WHITE	1 cup	87.31	1.84	7.30	80.02
CORN FLR, WHOLE-GRAIN, BLUE (HARINA DE MAIZ MORADO)	1 tbsp	5.10	0.00	0.58	4.52
CORN FLR, WHOLE-GRAIN, WHITE	1 cup	89.91	0.75	8.54	81.37
CORN FLR, WHOLE-GRAIN, YEL	1 cup	89.91	0.75	8.54	81.37
CORN GRAIN, WHITE	1 cup	123.27	0.00	0.00	123.27
CORN GRAIN, YEL	1 cup	123.27	1.06	12.12	111.15
CORNMEAL, DEGERMED, ENR, WHITE	1 cup	124.74	2.53	6.12	118.61
CORNMEAL, DEGERMED, ENR, YEL	1 cup	124.74	2.53	6.12	118.61
CORNMEAL, DEGERMED, UNENR, WHITE	1 cup	124.74	2.53	6.12	118.61
CORNMEAL, DEGERMED, UNENR, YEL	1 cup	124.74	2.53	6.12	118.61
CORNMEAL, SELF-RISING, BOLTED, PLN, ENR, WHITE	1 cup	85.74	0.00	8.17	77.57
CORNMEAL, SELF-RISING, BOLTED, PLN, ENR, YEL	1 cup	85.74	0.00	8.17	77.57
CORNMEAL, SELF-RISING, BOLTED, W/WHEAT FLR, ENR, WHITE	1 cup	124.83	0.00	10.71	114.12
CORNMEAL, SELF-RISING, BOLTED, W/WHEAT FLR, ENR, YEL	1 cup	124.83	0.00	10.71	114.12
CORNMEAL, SELF-RISING, DEGERMED, ENR, WHITE	1 cup	103.21	0.00	9.80	93.41
CORNMEAL, SELF-RISING, DEGERMED, ENR, YEL	1 cup	103.21	0.00	9.80	93.41
CORNMEAL, WHOLE-GRAIN, WHITE	1 cup	93.81	0.78	8.91	84.90
CORNMEAL, WHOLE-GRAIN, YEL	1 cup	93.81	0.78	8.91	84.90
CORNSTARCH	1 cup	116.83	0.00	1.15	115.67
COUSCOUS, COOKED	1 cup, cooked	36.46	0.16	2.20	34.26
COUSCOUS, COOKED	1 cup, dry, yields	122.60	0.53	7.39	115.21
COUSCOUS, COOKED	1 oz, dry, yields	19.97	0.09	1.20	18.77
COUSCOUS, DRY	1 cup	133.95	0.00	8.65	125.30
HOMINY, CANNED, WHITE	1 cup	23.53	3.00	4.13	19.40
HOMINY, CANNED, YELLOW	1 cup	22.82	0.00	4.00	18.82
MACARONI, CKD, UNENR	1 cup elbow shaped	43.20	0.78	2.52	40.68
MACARONI, COOKED, ENRICHED	1 cup elbow shaped	43.20	0.78	2.52	40.68
MACARONI, COOKED, ENRICHED	1 cup small shells	35.49	0.64	2.07	33.42
MACARONI, COOKED, ENRICHED	1 cup spiral shaped	41.35	0.75	2.41	38.94
MACARONI, DRY, ENR	1 cup elbow shaped	78.40	2.80	3.36	75.04
MACARONI, DRY, ENR	1 cup small shells	69.44	2.48	2.98	66.47
MACARONI, DRY, ENR	1 cup spiral shaped	62.72	2.24	2.69	60.03
MACARONI, DRY, ENR	2 oz	42.56	1.52	1.82	40.74

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MACARONI, DRY, UNENRICHED	1 cup elbow shaped	78.40	2.80	3.36	75.04
MACARONI, DRY, UNENRICHED	2 oz	42.56	1.52	1.82	40.74
MACARONI, PROTEIN-FORTIFIED, CKD, ENR, (N X 5.70)	1 cup small shells	36.41	0.00	0.00	36.41
MACARONI, PROTEIN-FORTIFIED, CKD, ENR, (N X 6.25)	1 cup small shells	35.51	0.00	1.73	33.79
MACARONI, PROTEIN-FORTIFIED, DRY, ENR, (N X 5.70)	1 cup small shells	62.83	0.00	2.23	60.60
MACARONI, PROTEIN-FORTIFIED, DRY, ENR, (N X 5.70)	2 oz	38.51	0.00	1.37	37.14
MACARONI, PROTEIN-FORTIFIED, DRY, ENR, (N X 6.25)	1 cup small shells	61.05	0.00	2.23	58.82
MACARONI, PROTEIN-FORTIFIED, DRY, ENR, (N X 6.25)	2 oz	37.42	0.00	1.37	36.05
MACARONI, VEG, CKD, ENR	1 cup spiral shaped	35.66	1.54	5.76	29.90
MACARONI, VEG, DRY, ENR	1 cup spiral shaped	62.90	0.00	3.61	59.29
MACARONI, VEG, DRY, ENR	2 oz	42.68	0.00	2.45	40.23
MACARONI, WHOLE-WHEAT, CKD	1 cup elbow shaped	37.16	1.12	3.92	33.24
MACARONI, WHOLE-WHEAT, DRY	1 cup elbow shaped	78.78	0.00	8.72	70.07
MACARONI, WHOLE-WHEAT, DRY	2 oz	42.77	0.00	4.73	38.04
MILLET FLR	1 cup	89.39	1.98	4.17	85.23
MILLET, COOKED	1 cup	41.19	0.23	2.26	38.92
MILLET, RAW	1 cup	145.70	0.00	17.00	128.70
NOODLES, CHINESE, CHOW MEIN	1/2 cup dry	20.38	1.60	1.04	19.35
NOODLES, CHINESE, CHOW MEIN	1 1/2 oz	31.30	2.46	1.59	29.71
NOODLES, EGG, CKD, ENR	1 cup	40.26	0.64	1.92	38.34
NOODLES, EGG, CKD, ENR, W/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES, EGG, CKD, UNENR, W/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES, EGG, CKD, UNENR, WO/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES, EGG, DRY, ENRICHED	1 cup	27.08	0.71	1.25	25.83
NOODLES, EGG, DRY, ENRICHED	2 oz	40.62	1.07	1.88	38.74
NOODLES, EGG, DRY, UNENR	1 cup	27.08	0.71	1.25	25.83
NOODLES, EGG, SPINACH, CKD, ENR	1 cup	38.80	1.14	3.68	35.12
NOODLES, EGG, SPINACH, DRY, ENR	1 cup	26.72	0.00	2.58	24.14
NOODLES, EGG, SPINACH, DRY, ENR	2 oz	40.08	0.00	3.88	36.21
NOODLES, FLAT, CRUNCHY, CHINESE RESTAURANT	1 cup	23.36	0.11	0.86	22.50
NOODLES, JAPANESE, SOBA, CKD	1 cup	24.44	0.00	0.00	24.44
NOODLES, JAPANESE, SOBA, DRY	2 oz	42.53	0.00	0.00	42.53
NOODLES, JAPANESE, SOMEN, CKD	1 cup	48.47	0.00	0.00	48.47
NOODLES, JAPANESE, SOMEN, DRY	2 oz	42.24	0.00	2.45	39.79
OAT BRAN, COOKED	1 cup	25.05	0.00	5.69	19.36
OAT BRAN, RAW	1 cup	62.25	1.36	14.48	47.77

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
OAT FLR,PART DEBRANDED	1 cup	68.33	0.83	6.76	61.57
OATS	1 cup	103.38	0.00	16.54	86.85
PASTA,CORN,COOKED	1 cup	39.07	0.00	6.72	32.35
PASTA,CORN,DRY	1 cup	83.22	0.00	11.55	71.67
PASTA,CORN,DRY	2 oz	45.18	0.00	6.27	38.91
PASTA,FRESH-REFRIGERATED,PLN,AS PURCHASED	4 1/2 oz	70.05	0.00	0.00	70.05
PASTA,FRESH-REFRIGERATED,PLN,CKD	2 oz	14.21	0.00	0.00	14.21
PASTA,FRESH-REFRIGERATED,SPINACH,AS PURCHASED	4 1/2 oz	71.32	0.00	0.00	71.32
PASTA,FRESH-REFRIGERATED,SPINACH,CKD	2 oz	14.27	0.00	0.00	14.27
PASTA,HOMEMADE,MADE W/EGG,CKD	2 oz	13.42	0.00	0.00	13.42
PASTA,HOMEMADE,MADE WO/EGG,CKD	2 oz	14.32	0.00	0.00	14.32
QUINOA,CKD	1 cup	39.41	1.61	5.18	34.23
QUINOA,UNCKD	1 cup	109.07	0.00	11.90	97.17
RICE BRAN,CRUDE	1 cup	58.63	1.06	24.78	33.85
RICE FLOUR,BROWN	1 cup	120.84	1.34	7.27	113.57
RICE FLOUR,WHITE	1 cup	126.61	0.19	3.79	122.81
RICE NOODLES,CKD	1 cup	42.26	0.05	1.76	40.50
RICE NOODLES,DRY	2 oz	45.70	0.07	0.91	44.79
RICE,BROWN,LONG-GRAIN,CKD	1 cup	44.77	0.68	3.51	41.26
RICE,BROWN,LONG-GRAIN,RAW	1 cup	142.89	1.57	6.48	136.42
RICE,BROWN,MEDIUM-GRAIN,CKD	1 cup	45.84	0.00	3.51	42.33
RICE,BROWN,MEDIUM-GRAIN,RAW	1 cup	144.72	0.00	6.46	138.26
RICE,WHITE,GLUTINOUS,CKD	1 cup	36.70	0.09	1.74	34.96
RICE,WHITE,GLUTINOUS,RAW	1 cup	151.11	0.00	5.18	145.93
RICE,WHITE,LONG-GRAIN,PARBLD,ENR,CKD	1 cup	41.16	0.17	1.42	39.74
RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY	1 cup	149.65	0.61	3.33	146.32
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,CKD	1 cup	41.16	0.17	1.42	39.74
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,DRY	1 cup	149.65	0.61	3.33	146.32
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,DRY	1 cup	78.20	0.05	1.81	76.40
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,PREP	1 cup	44.15	0.00	0.99	43.16
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,W/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,WO/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	1 cup	147.91	0.22	2.41	145.50
RICE,WHITE,LONG-GRAIN,REG,RAW,UNENR	1 cup	147.91	0.22	2.41	145.50

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
RICE,WHITE,MEDIUM-GRAIN,CKD	1 cup	53.18	0.00	0.56	52.62
RICE,WHITE,MEDIUM-GRAIN,CKD,UNENR	1 cup	53.18	0.00	0.00	53.18
RICE,WHITE,MEDIUM-GRAIN,RAW,ENR	1 cup	154.71	0.00	2.73	151.98
RICE,WHITE,MEDIUM-GRAIN,RAW,UNENR	1 cup	154.71	0.00	0.00	154.71
RICE,WHITE,SHORT-GRAIN,CKD	1 cup	53.44	0.00	0.00	53.44
RICE,WHITE,SHORT-GRAIN,CKD,UNENR	1 cup	58.90	0.00	0.00	58.90
RICE,WHITE,SHORT-GRAIN,RAW	1 cup	158.30	0.00	5.60	152.70
RICE,WHITE,SHORT-GRAIN,RAW,UNENR	1 cup	158.30	0.00	0.00	158.30
RICE,WHITE,STMD,CHINESE RESTAURANT	1 cup, loosely packed	44.72	0.00	1.19	43.53
RYE FLOUR,DARK	1 cup	87.85	2.96	30.46	57.38
RYE FLOUR,LIGHT	1 cup	78.21	0.95	8.16	70.05
RYE FLOUR,MEDIUM	1 cup	76.94	1.12	12.04	64.90
RYE GRAIN	1 cup	128.20	1.66	25.52	102.68
SEMOLINA,ENRICHED	1 cup	121.63	0.00	6.51	115.11
SEMOLINA,UNENRICHED	1 cup	121.63	0.00	6.51	115.11
SORGHUM FLR,REFINED,UNENR	1 cup	123.73	0.00	3.06	120.67
SORGHUM FLR,WHOLE-GRAIN	1 cup	92.73	2.35	7.99	84.75
SORGHUM GRAIN	1 cup	138.41	4.86	12.86	125.55
SPAGHETTI,CKD,ENR,W/ SALT	1 cup	42.83	0.78	2.52	40.31
SPAGHETTI,CKD,ENR,WO/ SALT	1 cup	43.20	0.78	2.52	40.68
SPAGHETTI,CKD,UNENR,W/ SALT	1 cup	42.83	0.78	2.52	40.31
SPAGHETTI,CKD,UNENR,WO/ SALT	1 cup	43.20	0.78	2.52	40.68
SPAGHETTI,DRY,ENRICHED	2 oz	42.56	1.52	1.82	40.74
SPAGHETTI,DRY,UNENRICHED	2 oz	42.56	1.52	1.82	40.74
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 5.70)	1 cup	44.32	0.00	2.38	41.94
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 6.25)	1 cup	43.23	0.00	2.80	40.43
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 5.70)	2 oz	38.51	0.00	0.00	38.51
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 6.25)	2 oz	37.42	0.00	1.37	36.05
SPAGHETTI,SPINACH,COOKED	1 cup	36.61	0.00	0.00	36.61
SPAGHETTI,SPINACH,DRY	2 oz	42.64	1.55	6.04	36.60
SPAGHETTI,WHOLE-WHEAT,CKD	1 cup	37.16	1.12	6.30	30.86
SPAGHETTI,WHOLE-WHEAT,DRY	2 oz	42.77	0.00	0.00	42.77
SPELT,CKD	1 cup	51.29	0.00	7.57	43.73
SPELT,UNCKD	1 cup	122.13	11.87	18.62	103.51
TAPIOCA,PEARL,DRY	1 cup	134.81	5.09	1.37	133.44
TEFF,CKD	1 cup	50.05	0.00	7.06	42.99
TEFF,UNCKD	1 cup	141.14	3.55	15.44	125.70
TRITICALE	1 cup	138.49	0.00	0.00	138.49



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TRITICALE FLR,WHOLE-GRAIN	1 cup	95.08	0.00	18.98	76.10
WHEAT BRAN,CRUDE	1 cup	37.42	0.24	24.82	12.59
WHEAT FLOUR,WHOLE-GRAIN	1 cup	86.36	0.49	12.84	73.52
WHEAT FLOURS,BREAD,UNENR	1 cup unsifted, dipped	99.37	0.42	3.29	96.08
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,CALCIUM-FORTIFIED	1 cup	95.39	0.00	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,SELF-RISING,ENR	1 cup	92.78	0.28	3.38	89.40
WHEAT FLR,WHITE,ALL-PURPOSE,UNENR	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,BREAD,ENR	1 cup	99.37	0.42	3.29	96.08
WHEAT FLR,WHITE,CAKE,ENR	1 cup unsifted, dipped	106.90	0.42	2.33	104.57
WHEAT FLR,WHITE,TORTILLA MIX,ENR	1 cup	74.53	0.00	0.00	74.53
WHEAT GERM,CRUDE	1 cup	59.57	0.00	15.18	44.39
WHEAT,DURUM	1 cup	136.57	0.00	0.00	136.57
WHEAT,HARD RED SPRING	1 cup	130.62	0.79	23.42	107.19
WHEAT,HARD RED WINTER	1 cup	136.67	0.79	23.42	113.24
WHEAT,HARD WHITE	1 cup	145.73	0.79	23.42	122.30
WHEAT,KAMUT KHORASAN,CKD	1 cup	47.47	5.28	7.40	40.08
WHEAT,KAMUT KHORASAN,UNCKD	1 cup	131.28	14.58	20.65	110.63
WHEAT,SOFT RED WINTER	1 cup	124.72	0.69	21.00	103.72
WHEAT,SOFT WHITE	1 cup	126.60	0.69	21.34	105.27
WHEAT,SPROUTED	1 cup	45.93	0.00	1.19	44.74
WILD RICE,COOKED	1 cup	35.00	1.20	2.95	32.05
WILD RICE,RAW	1 cup	119.84	4.00	9.92	109.92