

Carbohydrate Calories (See: [Composition of Foods , USDA Agriculture Handbook #8](#))

Carbohydrate Food Source	Calories Per Per Pound	Carbohydrate Calories Per Pound
Green vegetables - broccoli	113	82
Green vegetables - asparagus - cooked	66	50
Green vegetables - green beans - cooked	128	122
Fruit – cherries	70	58
Fruit - bananas	280	274
Fruits - apples	242	240
Potatoes - boiled	76	58
Potatoes - French fried	274	144
Grains – wheat, whole	1510	1288
Grains – wheat, bleached	1651	1380
Grains – oats	1633	1404
Grains – rice, brown	1647	1459
Grains –rice, white	1610	1337
Grains – corn flour	1669	1396
Grains – sweet corn, whole kernel	376	372