

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

Carbohydrate Food Source	Calories Per Per Pound	Carbohydrate Calories Per Pound
Green vegetables - broccoli	113	82
asparagus - cooked	66	50
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 –		
whole wheat flour products	1510	1288
bleached wheat flour products	1651	1380
oats	1633	1404
rice, brown	1647	1459
rice, white	1610	1337
corn flour	1669	1396
sweet corn, whole kernel	376	372