

Carbs - Nutritional content table

FOOD	QUANTITY	CARBS
1. White rice	1 cup	45 grams
2. Cooked black beans	1 cup	40 grams
3. Ripe plantain	1 unit	40 grams
4. Unripe green banana	1 unit	30 grams
5. Plantain	1 unit (medium)	39 grams
6. Ripe banana	1 unit (medium)	30 grams
7. Cooked cassava	1 cup	76 grams
8. Cooked corn	1 cup	47 grams
9. Cooked oats	1 cup	27 grams
10. Cooked yam	1 cup	42 grams



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FOOD	QUANTITY	CARBS
11. Cooked sweet potato	1 cup	35 grams
12. Cooked malanga	1 cup	80 grams
13. Green beans	1 cup	44 grams
14. Cooked potato	1 cup	40 grams
15. Sliced bread	1 slice	15 grams
16. Cooked pasta	1 cup	60 gramos
17. Cooked chickpeas	1 cup	55 grams
18. Lentils	1 cup	40 grams
19. Corn flour	1 cup	95 grams
20. Wheat flour	1 cup	91 grams

