

USDA National Nutrient Database for Standard Reference Release 26

Nutrients: Carbohydrate, by difference (g) ; Fiber, total dietary (g) ; Sugars, total (g)

Food Subset: All Foods

Ordered by: Food Name

Measured by: Household

Report Run at: June 16, 2014 03:47 EDT

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
20002	Amaranth grain, cooked	246.0	1.0 cup	45.98	5.2	--
20001	Amaranth, uncooked	193.0	1.0 cup	125.93	12.9	3.26
20003	Arrowroot flour	128.0	1.0 cup	112.83	4.4	--
20130	Barley flour or meal	148.0	1.0 cup	110.29	14.9	1.18
20131	Barley malt flour	162.0	1.0 cup	126.85	11.5	1.30
20004	Barley, hulled	184.0	1.0 cup	135.20	31.8	1.47
20006	Barley, pearled, cooked	157.0	1.0 cup	44.31	6.0	0.44
20005	Barley, pearled, raw	200.0	1.0 cup	155.44	31.2	1.60
20008	Buckwheat	170.0	1.0 cup	121.55	17.0	--
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	84.71	12.0	3.12
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	33.50	4.5	1.51
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	122.92	16.9	--
20013	Bulgur, cooked	182.0	1.0 cup	33.82	8.2	0.18
20012	Bulgur, dry	140.0	1.0 cup	106.22	25.6	0.57
20015	Corn bran, crude	76.0	1.0 cup	65.09	60.0	0.00
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	104.26	2.4	0.81
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	86.97	7.3	1.84
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	86.97	7.3	--
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	86.97	7.3	1.84
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	5.10	0.6	--
20316	Corn flour, whole-grain, white	117.0	1.0 cup	89.91	8.5	0.75
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	89.91	8.5	0.75
20314	Corn, white	166.0	1.0 cup	123.27	--	--
20014	Corn, yellow	166.0	1.0 cup	123.27	12.1	1.06
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	124.74	6.1	2.53
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	124.74	6.1	2.53
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	124.74	6.1	2.53
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	124.74	6.1	2.53

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	85.74	8.2	--
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	85.74	8.2	--
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	124.83	10.7	--
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	124.83	10.7	--
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	103.21	9.8	--
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	103.21	9.8	--
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	93.81	8.9	0.78
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	93.81	8.9	0.78
20027	Cornstarch	128.0	1.0 cup	116.83	1.2	0.00
20029	Couscous, cooked	157.0	1.0 cup, cooked	36.46	2.2	0.16
20028	Couscous, dry	173.0	1.0 cup	133.95	8.6	--
20030	Hominy, canned, white	165.0	1.0 cup	23.53	4.1	3.00
20330	Hominy, canned, yellow	160.0	1.0 cup	22.82	4.0	--
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	43.20	2.5	0.78
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	43.20	2.5	0.78
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	78.40	3.4	2.80
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	78.40	3.4	2.80
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	36.41	--	--
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	35.51	1.7	--
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	62.83	2.2	--
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	61.05	2.2	--
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	35.66	5.8	1.54
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	62.90	3.6	--
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	37.16	3.9	1.12
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	78.78	8.7	--
20647	Millet flour	119.0	1.0 cup	86.93	4.2	1.98
20032	Millet, cooked	174.0	1.0 cup	41.19	2.3	0.23
20031	Millet, raw	200.0	1.0 cup	145.70	17.0	--
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	18.77	0.8	0.26
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	40.26	1.9	0.64
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	40.26	1.9	0.64
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	40.26	1.9	0.64
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	40.26	1.9	0.64
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	27.08	1.3	0.71
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	27.08	1.3	0.71

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by	Fiber, total dietary(g)	Sugars, total(g)
				difference(g)	Per Measure	Per Measure
				Per Measure		
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	38.80	3.7	1.14
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	26.72	2.6	--
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	23.36	0.9	0.11
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	24.44	--	--
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	42.53	--	--
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	48.47	--	--
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	42.24	2.5	--
20034	Oat bran, cooked	219.0	1.0 cup	25.05	5.7	--
20033	Oat bran, raw	94.0	1.0 cup	62.25	14.5	1.36
20132	Oat flour, partially debranned	104.0	1.0 cup	68.33	6.8	0.83
20038	Oats	156.0	1.0 cup	103.38	16.5	--
20092	Pasta, corn, cooked	140.0	1.0 cup	39.07	6.7	--
20091	Pasta, corn, dry	105.0	1.0 cup	83.22	11.6	--
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	70.05	--	--
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	14.21	--	--
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	71.32	--	--
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	14.27	--	--
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	13.42	--	--
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	14.32	--	--
20137	Quinoa, cooked	185.0	1.0 cup	39.40	5.2	1.61
20035	Quinoa, uncooked	170.0	1.0 cup	109.07	11.9	--
20060	Rice bran, crude	118.0	1.0 cup	58.63	24.8	1.06
20090	Rice flour, brown	158.0	1.0 cup	120.84	7.3	1.34
20061	Rice flour, white	158.0	1.0 cup	126.61	3.8	0.19
20134	Rice noodles, cooked	176.0	1.0 cup	42.26	1.8	0.05
20133	Rice noodles, dry	57.0	2.0 oz	45.70	0.9	0.07
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	44.77	3.5	0.68
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	142.89	6.5	1.57
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	45.84	3.5	--
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	144.72	6.5	--
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	36.70	1.7	0.09
20054	Rice, white, glutinous, raw	185.0	1.0 cup	151.11	5.2	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	41.16	1.4	0.17
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	149.65	3.3	0.61
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	41.16	1.4	0.17

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by	Fiber, total dietary(g)	Sugars, total(g)
				difference(g)	Per Measure	Per Measure
				Per Measure		
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	149.65	3.3	0.61
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	78.20	1.8	0.05
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	41.42	1.0	0.00
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	44.51	0.6	0.08
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	44.51	0.6	0.08
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	44.51	0.6	0.08
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	44.51	0.6	0.08
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	147.91	2.4	0.22
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	147.91	2.4	0.22
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	53.18	0.6	--
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	53.18	--	--
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	154.71	2.7	--
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	154.71	--	--
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	53.44	--	--
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	58.90	--	--
20052	Rice, white, short-grain, raw	200.0	1.0 cup	158.30	5.6	--
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	158.30	--	--
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	44.72	1.2	--
20062	Rye	169.0	1.0 cup	128.20	25.5	1.66
20063	Rye flour, dark	128.0	1.0 cup	87.85	30.5	2.96
20065	Rye flour, light	102.0	1.0 cup	78.21	8.2	0.95
20064	Rye flour, medium	102.0	1.0 cup	76.94	12.0	1.12
20066	Semolina, enriched	167.0	1.0 cup	121.63	6.5	--
20466	Semolina, unenriched	167.0	1.0 cup	121.63	6.5	--
20067	Sorghum	192.0	1.0 cup	143.29	12.1	6.51
20648	Sorghum flour	121.0	1.0 cup	93.74	8.0	2.26
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	42.83	2.5	0.78
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	43.20	2.5	0.78
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	42.83	2.5	0.78
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	43.20	2.5	0.78
20120	Spaghetti, dry, enriched	57.0	2.0 oz	42.56	1.8	1.52
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	42.56	1.8	1.52
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	44.32	2.4	--
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	43.23	2.8	--
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	38.51	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	37.42	1.4	--
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	36.61	--	--
20126	Spaghetti, spinach, dry	57.0	2.0 oz	42.64	6.0	1.55
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	37.16	6.3	1.12
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	42.77	--	--
20141	Spelt, cooked	194.0	1.0 cup	51.29	7.6	--
20140	Spelt, uncooked	174.0	1.0 cup	122.13	18.6	11.87
20068	Tapioca, pearl, dry	152.0	1.0 cup	134.81	1.4	5.09
20143	Teff, cooked	252.0	1.0 cup	50.05	7.1	--
20142	Teff, uncooked	193.0	1.0 cup	141.14	15.4	3.55
20069	Triticale	192.0	1.0 cup	138.49	--	--
20070	Triticale flour, whole-grain	130.0	1.0 cup	95.08	19.0	--
20077	Wheat bran, crude	58.0	1.0 cup	37.42	24.8	0.24
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	95.39	3.4	0.34
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	95.39	3.4	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	95.39	3.4	0.34
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	92.78	3.4	0.28
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	95.39	3.4	0.34
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	99.37	3.3	0.42
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	106.90	2.3	0.42
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	74.53	--	--
20080	Wheat flour, whole-grain	120.0	1.0 cup	86.36	12.8	0.49
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	99.37	3.3	0.42
20078	Wheat germ, crude	115.0	1.0 cup	59.57	15.2	--
20076	Wheat, durum	192.0	1.0 cup	136.57	--	--
20071	Wheat, hard red spring	192.0	1.0 cup	130.62	23.4	0.79
20072	Wheat, hard red winter	192.0	1.0 cup	136.67	23.4	0.79
20074	Wheat, hard white	192.0	1.0 cup	145.73	23.4	0.79
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	47.47	7.4	5.28
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	131.28	20.6	14.58
20073	Wheat, soft red winter	168.0	1.0 cup	124.72	21.0	0.69
20075	Wheat, soft white	168.0	1.0 cup	126.60	21.3	0.69
20087	Wheat, sprouted	108.0	1.0 cup	45.93	1.2	--
20089	Wild rice, cooked	164.0	1.0 cup	35.00	3.0	1.20
20088	Wild rice, raw	160.0	1.0 cup	119.84	9.9	4.00

