

### Appendix 14: Grain-Free Sources of Carbohydrates

		Food	Serving Size	Total Carbs	Fiber
Roots and Tubers	Dense carbs	Sweet potatoes (skinless)	1 medium (5 oz or 150 g)	27 g	3.8 g
			1 cup (250 ml) mashed	58 g	8.2 g
		Yams (skinless)	1 cup (250 ml), cubed	38 g	5.3 g
		Potatoes (skinless)	1 cup (250 ml)	26 g	1.8 g
			1 medium	34 g	2.3 g
			1 cup (250 ml), mashed	36 g	3.2 g
		Plantains	1 cup (250 ml), mashed	62 g	4.6 g
			1 cup (250 ml), sliced	48 g	3.5 g
			1 cup (250 ml), green, fried	58 g	4.1 g
		Yucca (cassava root)	1 cup (250 ml)	78 g	3.7 g
	Taro root	1 cup (250 ml), sliced	46 g	6.7 g	
	Moderate carbs	Parsnip	1 cup (250 ml), sliced	27 g	5.6 g
		Butternut squash	1 cup (250 ml)	22 g	6.6 g
		Turnip	1 cup (250 ml), sliced	8 g	3.1 g
		Rutabaga (swede)	1 cup (250 ml), sliced	15 g	3.1 g
		Jicama	1 cup (250 ml)	11-12 g	6-6.5 g
Spaghetti squash		1 cup (250 ml)	10 g	2.2 g	
Pumpkin		1 cup (250 ml), mashed	12 g	2.7 g	
Beets		1 cup (250 ml), sliced	9 g	1.7 g	
Fruits	Apple	1 medium (3"), with skin	25 g	4.4 g	
	Apple sauce	1 cup (250 ml), unsweetened	28 g	2.7 g	
	Banana	1 medium (7-8" long)	27 g	3.1 g	
	Blueberries	1 cup (250 ml)	22 g	3.6 g	
	Melon	1 cup (250 ml) cantaloupe	14 g	1.6 g	
		1 cup (250 ml) watermelon	12 g	0.6 g	
		1 cup (250 ml) honeydew	16 g	1.4 g	
	Kiwi	1 fruit (2" diameter)	10 g	2.1 g	
	Mango	1 cup (250 ml), diced (1/2 fruit)	25 g	2.6 g	
	Orange	1 medium fruit (2.5-3")	15 g	3.1 g	
	Peach	1 medium (2.5" diameter)	14 g	2.3 g	
	Pears	1 medium or 1.3 cup slices	28 g	5.5 g	
	Pineapple	1 cup (250 ml) chunks	22 g	2.3 g	
Strawberries	1 cup (250 ml) whole, ¾ cup (175 ml) whole or about 12 medium	11 g	2.9 g		
Sugars	Honey	1 tablespoon (15 ml)	17 g	0 g	
	Maple syrup	1 tablespoon (15 ml)	13 g	0 g	
	Coconut crystals	1 tablespoon (15 ml)	7 g	0 g	
	Coconut nectar	1 tablespoon (15 ml)	13 g	0 g	
	Molasses	1 tablespoon (15 ml)	15 g	0 g	
	Table sugar	1 tablespoon (15 ml)	13 g	0 g	

\*Peel your fruits if too much fiber bothers you; you can also cook them to make them easier to digest.