

High-Carbohydrate Meals and Snacks

Carbohydrate percentage	Meal
65% carbs	Chicken on hamburger bun (3 oz on bun = 252 kcal); hard pretzels (2 oz = 215 kcal); banana (1 = 109 kcal); fruit juice (1 cup = 112 kcal)
66% carbs	Baked potato (1 large = 278 kcal); sweet corn (0.5 cup = 86 kcal); shredded cheddar cheese (0.25 cup = 114 kcal)
67% carbs	Pasta (1 cup = 316 kcal); light tomato sauce (0.5 cup = 70 kcal); extra-lean ground meat (1 oz = 47 kcal); side roll (1 = 90 kcal)
69% carbs	Lean ham (3 oz = 105 kcal); whole-wheat bread (2 slices = 155 kcal); apple (95 kcal); banana (1 = 109 kcal)
70% carbs	Rice (1.5 cups = 325 kcal); vegetables (1 cup = 145 kcal); extra-lean ground meat (2 oz = 95 kcal)
71% carbs	Whole-grain toast (2 slices = 155 kcal); nut butter (1 tbsp = 96 kcal); jelly (2 tbsp = 111 kcal); banana (1 = 109 kcal)
73% carbs	Lean ham (3 oz = 105 kcal); bread (2 slices = 155 kcal); 100% fruit juice (1 cup = 112 kcal)
73% carbs	Eggo waffles (2 = 195 kcal); applesauce (0.5 cup = 82 kcal); nonfat yogurt (6 oz = 162 kcal)
79% carbs	Honey Nut Cheerios (1.5 cups = 220 kcal); nonfat milk (1 cup = 82 kcal); banana (1 = 109 kcal)
79% carbs	Low-fat blueberry muffin (1 = 181 kcal); low-fat yogurt (1 cup = 215 kcal)
81% carbs	Rice (1 cup = 216 kcal) <i>or</i> potato (1 large = 278 kcal); kidney beans (0.5 cup = 153 kcal); banana (1 = 109 kcal)
85% carbs	Oatmeal (0.66 cup = 204 kcal); dried fruit (0.25 cup = 180 kcal); banana (1 = 109 kcal)
86% carbs	Baked potato (1 large = 278 kcal) with very light butter if needed; side of vegetables (1 cup = 145 kcal)
87% carbs	Fruit shake made with banana (1 = 109 kcal); strawberries (0.5 cup = 24 kcal); 100% fruit juice (8 oz = 118 kcal); nonfat yogurt (6 oz = 162 kcal)