

THE
HEALTH
FORMULA

Paleo Carbohydrates Cheatsheet

Carbohydrate Content of Selected Fruit

Fruit	Measure	Carbohydrate (grams)
Banana	1 medium	27
Pear	1 fruit, medium	27
Pomegranate	1/2 fruit (4-inch piece)	27
Mango	1 cup, pieces	25
Apple	1 fruit (3-inch piece)	25
Pineapple	1 cup, chunks	22
Orange	1 fruit (3-inch piece)	18
Grapes	1 cup	16
Papaya	1 cup, 1-inch pieces	16
Peach	1 medium (2 2/3 inch)	14
Cantaloupe	1 cup, cubes	13
Strawberries	1 cup, halves	12
Watermelon	1 cup, diced	12
Blueberries	1/2 cup	11
Raspberries	1/2 cup	8
Plum	1 fruit (2 1/8 inch)	8

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Carbohydrate of Starchy Plant		
Starchy Plant	Measure	Carbohydrate (grams)
White potato	1 large	64
Tapioca	1/2 cup	63
Plantain	1 cup, slices	48
Taro	1 cup, sliced	46
Yuca	1/2 cup	39
Sweet potato	1 large	37
Yam	1 cup, cubes	37
Breadfruit	1/2 cup	30
Acorn squash	1 cup, cubes	30
Butternut squash	1 cup, cubes	22