

Complex Carbohydrates List of Healthy Carbs

Here's the complex carbohydrates list of good healthy carbs that you've been looking for.

So what are carbohydrates anyway? The healthy carbohydrates in food are the macronutrients your body needs in order to look better, feel better, think better and have an abundance of endurance and stamina.

The healthy carbohydrates list below is your best source for good carbs. Choosing simple carbs can rapidly undermine your health and sabotage your weight management goals.

(Carb grams for most packaged foods can be found on the label.)

BEANS & PEAS	AMOUNT	CARBS
Black beans	1/4 cup dry	23
Black beans	1/2 cup cooked	18
Garbanzo beans	1/4 cup dry	28
Garbanzo (Chickpeas)	1/2 cup cooked	18
Kidney beans	1/4 cup dry	29
Kidney beans	1/2 cup cooked	20
Lentils	1/4 cup dry	28
Lentils	1/2 cup cooked	20
Lima Beans	1/4 cup dry	22
Lima Beans	1/2 cup cooked	20
Navy Beans	1/4 cup dry	32
Navy Beans	1/2 cup cooked	29
Pinto Beans	1/4 cup dry	29
Pinto Beans	1/2 cup cooked	22
Soybeans	1/4 cup dry	13
Soybeans	1/2 cup cooked	9
Split Peas	1/4 cup dry	26
Split Peas	1/2 cup cooked	21

DAIRY	AMOUNT	CARBS
Blue cheese	1 oz	0.7
Cheddar cheese	1 oz	0.4
Cottage cheese, 2% fat	1/2 cup	4
Egg	1 extra large	1
Feta cheese	1 oz	1
Milk, 1% fat	1 cup	8
Milk, fat-free	1 cup	13
Mozzarella cheese	1 oz	0.8
Parmesan cheese	1 Tbsp.	0.2
Provolone cheese	1 oz	0.6
Ricotta cheese	1/2 cup	6
Swiss cheese	1 oz	1
Yogurt, low-fat	1 cup	17
Yogurt, fat-free	1 cup	18

FRUITS (raw)	AMOUNT	CARBS
Apple	5 oz	21
Apricot	3 (4 oz ea.)	12
Avocado	1/2 (3 oz)	7
Blackberries	1 cup	18
Blueberries	1 cup	21
Cantaloupe	1 cup	13
Cranberries	1/2 cup	6
Grapefruit	1/2 (4 oz)	10
Grapes	1 cup	16
Guava	1 (3 oz)	11
Kiwi	1 (2-1/2 oz)	11
Mango	1/2 (3-1/2 oz)	18
Nectarine	1 (5 oz)	16
Orange	1 (4-1/2 oz)	15
Papaya	1/2 (5-1/2 oz)	15
Peach	1 (3-1/2 oz)	10
Pear	1 (6 oz)	25
Pineapple	1 cup	19
Raspberries	1 cup	14
Strawberries	1 cup	11
Tangerine	1 (3 oz)	9
Watermelon	1 cup	12

VEGETABLES	AMOUNT	CARBS
Alfalfa sprouts, raw	1/2 cup	1
Asparagus	1/2 cup cooked	4
Butter head lettuce	1 cup raw	2
Broccoli	1/2 cup cooked	4
Brussels Sprouts	1/2 cup cooked	7
Cabbage	1/2 cup cooked	4
Carrot	1 (2-1/2 oz)	7
Cauliflower	3 florets	3
Celery	1/2 cup diced	2
Chinese Cabbage	1/2 cup cooked	2
Chili Peppers	1 Tbsp.	1
Corn (sweet)	1 ear	19
Cucumber	5 oz raw	4
Edamame, fresh soybeans	1/2 cup raw	14
Edamame	1/4 cup cooked	10
Eggplant	1/2 cup cooked	3
Garlic	1 clove	1
Ginger Root	1 Tbsp. raw	1
Green Bell Peppers	1/2 cup raw	3
Iceberg Lettuce	1-1/2 cups raw	3
Mushrooms	1/2 cup cooked	4
Okra	1/2 cup cooked	6
Onions	1/2 cup cooked	7
Radishes	1/2 cup raw	2
Red Bell Peppers	1/2 cup raw	3
Red Cabbage	1/2 cup cooked	4
Romaine lettuce	1-1/2 cups raw	2
Scallions	1/2 cup raw	4
Spinach	1/2 cup cooked	3
Swiss Chard	1/2 cup cooked	4
Zucchini	1/2 cup cooked	4

NUTS & SEEDS	AMOUNT	CARBS
Almonds	1 oz	6
Brazil nuts	1 oz	4
Cashews	1 oz	9
Coconut, raw	1 oz	4
Macadamia nuts	1 oz	4
Peanuts	1 oz	6
Pecans	1 oz	5
Pistachios	1 oz	7
Pumpkin seeds	1 oz	5
Sesame seeds	1 Tbsp.	1
Sunflower	1 oz	5
Walnuts	1 oz	3

WHOLE GRAINS	AMOUNT	CARBS
Bread, whole wheat	1 slice	14
Bread, multi grain	1 slice	17
Oatmeal, cooked	1 cup	25
Pancake, buckwheat mix	1/3 cup (3 cakes)	33
Pancake, whole grain mix	1/3 cup (3 cakes)	28
Pasta, whole wheat	1 cup cooked	37
Popcom, popped	3-1/2 cups	19
Rice, basmati brown	1/4 cup dry	31
Rice, brown	1/4 cup dry	33
Rice, brown	1/2 cup cooked	22
Rice, wild	1/2 cup cooked	18
Rye bread	1 slice	15

What are Simple and Complex Carbohydrates?

The difference in simple and complex carbohydrates is based on how much fiber is in the food and how fast the food's sugars are absorbed into your blood stream.

Complex carbohydrate sources are from this healthy carbohydrates list:

- Raw and lightly steamed vegetables,
- Legumes, beans, nuts and seeds,
- High fiber 100% whole grains,
- Raw, whole, fresh fruits,
- Most low fat dairy.

Simple carbohydrate foods list includes:

- Sodas,
- Candies,
- All pastries,
- Jams and jellies,
- Fruit juices and drinks,
- Refined grains, like white rice,
- Bread and pasta with refined flour,
- Most pudding, custards and other sweets,
- Cakes, cookies and any sweet bakery products.