

Starchy Vegetables

Item	Serving Size	Carbs
Corn	1 cup	22
Corn on the Cob	1 cob	15
Peas	1 cup	24
Potato, baked, roasted or broiled)	1 medium	26
Potatoes (mashed)	1 cup	30
Sweet potato (plain)	1 medium	26
Beans (pinto, kidney, black)	1 cup	40
Baked beans	1 cup	58
Plantain	1 cup	60
French fries	1 small McDonalds size	29