

# The Ultimate Guide to

- carbs in beige food -

ditchthecarbs.com

*Net g carbs per 100g*

## Bread & Baked Goods



Waffle-33  
(plus syrup & toppings)



Croissants  
43



Bagel  
45



White Bread  
46



Raisin Bread  
48



Cinnamon Roll  
49



Doughnut  
51



Blueberry  
Muffins-53



Pita  
54



Banana Bread  
54

## Rice



Wild  
19



Brown  
21



White  
28

## Pasta & Beans



Baked Beans  
(in sauce)  
16



Whole Wheat  
(cooked)  
23



Spaghetti  
(cooked)  
29

## Chocolate



Ice Cream  
27



Dairy Milk  
56



White  
59