



Starchy Vegetables & Whole Grains

Food	Serving Size	Cals	Carbs (g)	Fiber (g)	Bonus Nutrients													
					Folate	Iron	Magnesium	Niacin	Polyphenols	Potassium	Riboflavin (B2)	Soluble Fiber	Thiamine	Carotenoids	Vitamin B6	Vitamin C	Vitamin E	Vitamin K
Adzuki Beans	1/2 cup	147	28.5	8.4	x	x	x			x	x		x					
Amaranth Grain	1/2 cup	125	23.0	2.6		x	x											
Baked Potato, with skin	1 small	128	29.3	3.0								x			x	x		
Barley	1/2 cup	99	20.6	4.8				x				x	x					
Black Beans	1/2 cup	109	19.9	8.3	x	x	x		x		x							
Blackeye Peas	1/2 cup	99	17.8	5.6	x	x	x					x	x					
Brown Rice	1/2 cup	124	25.9	1.6				x				x	x		x			
Buckwheat Groats	1/2 cup	77	16.7	2.3				x				x						
Bulgur	1/2 cup	76	16.9	4.1								x						
Toasted Oats Cereal	1 cup	104	20.5	2.8	x	x		x				x	x		x			
Chickpeas	1/2 cup	67	10.3	4.8	x										x			
Corn Tortillas	1 each	52	10.7	1.5								x						
Dried Lima Beans	1/2 cup	108	19.6	6.6	x	x	x		x			x		x				
Dried Split Peas	1/2 cup	116	20.7	8.1	x		x						x					
Farro	1/2 cup	102	20.5	2.7														
Fava Beans	1/2 cup	94	16.7	4.6	x	x	x			x		x						
Great Northern Beans	1/2 cup	149	27.5	6.4	x	x	x			x		x						
Green Lima Beans	1/2 cup	88	15.8	3.8	x	x	x			x	x	x		x	x			
Green Peas	1/2 cup	52	9.1	3.0	x					x	x	x	x		x		x	
Kamut®	1/2 cup	115	24.0	3.7		x		x					x					
Kaniwa	1/2 cup	106	18.3	3.9														
Lentils	1/2 cup	115	19.9	7.8	x	x	x			x	x	x						
Lupin (Lupini) Beans	1/2 cup	99	8.2	2.3	x		x						x					
Millet	1/2 cup	104	20.6	1.1				x					x					
Mung Beans	1/2 cup	106	19.4	7.7	x	x	x						x					
Navy Beans	1/2 cup	148	26.7	6.7	x	x	x			x	x	x						
Oats	1/2 cup	83	14.0	2.0		x	x					x	x					
Pinto Beans	1/2 cup	98	18.2	5.5	x	x	x					x			x			
Plantain	1/2 cup	108	28.8	1.5	x		x			x				x	x			
Quinoa	1/2 cup	111	19.7	2.6		x	x			x		x		x				
Red Kidney Beans	1/2 cup	104	18.9	6.8	x		x			x	x	x						
Sorghum	1/2 cup	92	20.2	1.9			x	x					x		x			
Taro Root	1/2 cup	94	22.8	3.4										x		x		
Teff	1/2 cup	127	25.1	3.5		x	x						x					
Triticale	1/2 cup	94	20.2	4.4			x						x					
White Beans	1/2 cup	124	22.5	5.6	x	x	x		x	x		x	x					
Whole Grain Rye	1/2 cup	99	21.6	2.9							x							
Whole Wheat Bread	1 slice	71	12.0	1.7				x				x	x					
Whole Wheat Pasta	1/2 cup	80	16.1	2.1		x	x	x				x	x					
Wild Rice	1/2 cup	83	17.5	1.5			x	x							x			

Reference

<https://fdc.nal.usda.gov/>