

## Medium Active Carbs

Food	Serving Size	Active Carbs
Acorn Squash	1 cup	15
Apples	1 med	17
Beets	1 cup	9
Berries (Black)	1 cup	11.5
Berries (Blue)	1 cup	16.5
Brussel Sprouts	1 cup	9
Butternut Squash	1 cup	21
Carrots	7 ½" long	5
Chickpeas	1 cup	32
Kidney Beans	1 cup	29
Lima Beans	1 cup	31
Lentils	1 cup	24
Parsnips	1 cup	24
Peas	1 cup	25
Pimento	1 cup	10.5
Pumpkin (canned)	1 cup	12.5
Pumpkin (mashed)	1 cup	9
Rutabagas	1 cup	19
Sunflower Seeds	1 cup	12
Sweet Potatoes (baked)	1 med.	24
Turnips	1 cup	6.5
Winter Squashes	1 cup	8.5
Yams	1 cup	38