Carbs Per Calorie

Common carbs on a Filipino table, by serving, calories and fiber.

Almost every carb gives you **17–26 g of carbs per 100 calories**, so picking the "right" carb is less about carbs and more about **fiber and portion**. Fiber keeps you full longer for the same calories. The bar shows carbs per 100 calories; its color shows the fiber in one serving.

FOOD	SERVING	CARBS	FIBER	CAL	CARBS PER 100 CAL
Pineapple	1 cup, 165 g	**21 g**	2.3 g	82	**26 g**
Banana	1 medium, 120 g	**28 g**	3.1 g	107	**26 g**
Saba banana	1 piece, 90 g	**28 g**	2.3 g	110	**25 g**
Mango	1 cup, 165 g	**25 g**	2.6 g	99	**25 g**
Kamote	1 medium, 150 g	**32 g**	5.0 g	135	**23 g**
Gabi	1 cup, 130 g	**34 g**	5.3 g	146	**23 g**
Potato	1 medium, 150 g	**30 g**	2.7 g	130	**23 g**
Bihon	1 cup, 140 g	**35 g**	1.4 g	153	**23 g**
Corn (mais)	1 ear, 100 g	**21 g**	2.4 g	96	**22 g**
White rice	1 cup, 160 g	**45 g**	0.6 g	208	**22 g**
Brown rice	1 cup, 160 g	**42 g**	2.6 g	197	**21 g**
Macaroni	1 cup, 140 g	**43 g**	2.5 g	221	**20 g**
Pandesal	2 pieces, 60 g	**32 g**	1.4 g	173	**19 g**
Quinoa	1 cup, 160 g	**34 g**	4.5 g	192	**18 g**
Rolled oats (dry)	½ cup dry, 40 g	**26 g**	4.0 g	156	**17 g**
Whole wheat bread	2 slices, 60 g	**25 g**	4.2 g	148	**17 g**

3 g+ fiber per serving 1.5–3 g fiber Under 1.5 g fiber

THE RICE QUESTION

1 cup of white rice is about 45 g of carbs and under 1 g of fiber. Brown rice or kamote gives you similar carbs with more fiber. Or keep your rice and add a vegetable ulam.

Approximate values from standard nutrition tables (TLC Coach Console food library). Brands and recipes vary. General education only, not medical or dietary advice.