

Carb Counting Quick Reference

The “Nutrition Facts” label on packaged food tells you how many carbohydrates are in the food. But some foods, such as fresh vegetables, don’t have labels. Or you may be eating away from home, where food is already removed from its packaging. If you are counting carbs, learn the serving sizes of carbohydrate-containing foods that you eat often. Use this chart to look up the serving sizes of many common foods.

Remember: 1 serving of these foods = 1 carbohydrate serving = about 15 grams of carbohydrate = 1 carb.

Grains (starches)

Bagel	¼ (1 oz)
Bread (white, whole-wheat, pumpernickel, rye)	1 slice (1 oz)
Crackers (white flour)	.6 crackers
Doughnut (small, glazed)	½ doughnut
Graham crackers (2½ inches sq)	.3 crackers
Muffin (small)	1/5 muffin (1 oz)
Oats (cooked)	½ cup
Pasta	1/3 cup
Pita bread (6 inch)	½ pita
Popcorn (low-fat)	.3 cups
Pretzels	¾ oz
Rice (white or brown)	1/3 cup
Tortilla (6 inch, corn or flour)	1 tortilla
Tortilla chips	.9–13 chips (¾ oz)

Starchy Vegetables and Beans

Beans (garbanzo, pinto, kidney, white) and peas (split, black-eyed)	½ cup
Baked beans	1/3 cup
Corn	½ cup
Lentils	½ cup
Peas (green)	½ cup
Potato (baked or boiled)	½ cup or 1 medium (3 oz)
Potato (mashed)	½ cup
Winter squash	1 cup

Fruits

Apple (small, unpeeled)	1 apple (4 oz)
Applesauce (unsweetened)	½ cup
Apple juice	½ cup
Banana (small)	1 banana (4 oz)
Blueberries or blackberries	¾ cup
Cantaloupe (small)	1/3 melon (11 oz)
Fruit cocktail	½ cup
Grapes (small)	17 (3 oz)
Orange (small)	1 orange (6½ oz)
Orange juice	½ cup
Peach	1 medium (6 oz)
Peaches (canned in syrup or juice)	½ cup
Pear (large)	½ (4 oz)
Pineapple (canned)	½ cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1¼ cup whole berries

Dairy Products

Ice cream	½ cup
Milk (skim, 1%, 2%, whole)	1 cup
Pudding (fat-free or whole)	½ cup
Soy milk (fat-free or low-fat)	1 cup
Yogurt (fat-free, plain, or fruit-flavored)	.6 oz
Yogurt (frozen, fat-free)	1/3 cup

Source: *Exchange Lists for Meal Planning*. American Diabetes Association, Inc., and the American Dietetic Association, 2003.

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