

Carbohydrate Counting

1 serving = ~15 grams of carbohydrate

<p><u>STARCHES</u> 1 slice bread ½ bun ¼ bagel 1 dinner roll ½ muffin 2 inch biscuit 1 small potato</p>	<p>¾ cup cereal (dry, unsweetened) ½ cup cereal (hot, oatmeal, cream of wheat) 1 waffle or pancake (4 inch) 1/3 cup cooked pasta (white=brown=whole grain*) 1/3 cup rice (white=brown=whole grain*) ½ cup corn ½ cup potatoes (mashed)</p>	<p>1 tortilla (6 inch) 1 granola bar 1 oz corn chips 12-15 chips 6 crackers 3 cups popcorn (popped) ½ sweet potato 10 French fries</p>
<p><u>FRUITS</u> 1 apple ½ banana 2 TBSP raisins 1 cup berries ½ cup canned fruit</p>	<p>½ grapefruit 12-15 grapes or cherries 1/3-1/2 cup fruit juice 1 cup melon 3 prunes ¾ cup pineapple</p>	<p>1 orange 1 peach ½ cup applesauce (unsweetened) ½ mango ½ pear</p>
<p><u>VEGETABLES</u> 1 cup peas ½ cup lima beans</p>	<p>1 cup brussels sprouts 1 cup carrots 1 cup beets</p>	<p>1 cup canned tomato 1 cup mixed vegetables</p>
<p><u>PROTEIN</u> ½ cup beans (red, black, kidney) ¾ cup almonds</p>	<p>½ fried chicken breast 1 breaded fish fillet ¼ cup cashews</p>	<p>½ cup mixed nuts ½ cup pistachio nuts ½ cup pecans 2 tablespoons peanut butter</p>
<p><u>DAIRY</u> 1 cup nonfat or 2% milk ½ cup chocolate milk</p>	<p>½ cup ice cream or frozen yogurt 6-8 ounces yogurt</p>	
<p><u>SWEETS</u> 5 vanilla wafers 2 small cookies 1 homemade cookie (3 inch)</p>	<p>½ cup pudding 2-inch square cake (unfrosted) ¼ cup sherbet or sorbet 1 TBSP syrup, jam, jelly, sugar, or honey</p>	<p>2 TBSP light syrup 10 jelly beans/gummy bears 1 popsicle ½ cup regular gelatin ¼ cup trail mix</p>
<p><u>MISCELLANEOUS</u> 1 medium slice pizza 1 cup soup ½ burrito</p>	<p>½ cheeseburger 1 taco ½ small chicken pot pie ½ tuna salad sandwich</p>	<p>4 onion rings 4 ounces soda, sweetened tea, or lemonade</p>
<p><u>CARBOHYDRATE FREE</u> (1-2 CUPS) Chicken without skin Fish Lean beef Lean pork 1 egg Cheese</p>	<p>Spinach Lettuce Mushrooms Celery Cauliflower Tofu Eggplant</p>	<p>Cucumber Greens (turnip, collard) Onions Radishes Asparagus Broccoli Cabbage</p>

***Whole grain preferred**

~45 grams of carbohydrate per meal for women

~15 grams of carbohydrate for a snack

~60 grams of carbohydrate per meal for men