

# FOOD LISTS FOR COUNTING CARBS



## HOW DO I COUNT CARBOHYDRATES?

To carb count you need to learn how to read food labels. You also need to learn how to find the amount of carbs in the foods you are eating. A carbohydrate is called a carb for short.

Carbs are counted in grams. These lists will help you figure out one serving of carbs when you do not have a food label or other way to find the Carb Grams.

One carb serving = 15 grams

To learn about carb counting, it is best to work with a dietitian. She or he can help you with carb counting your basic foods. You can also use a book or an app to figure out how many carbs are in a food. In restaurants, you may be able to get information on the carb content of the foods.

Often it helps to measure and weigh the food. This works well if you are at home. In time, you will learn how to guess how many grams of carbs are in the foods you eat. After a while, you won't always have to measure or weigh food.

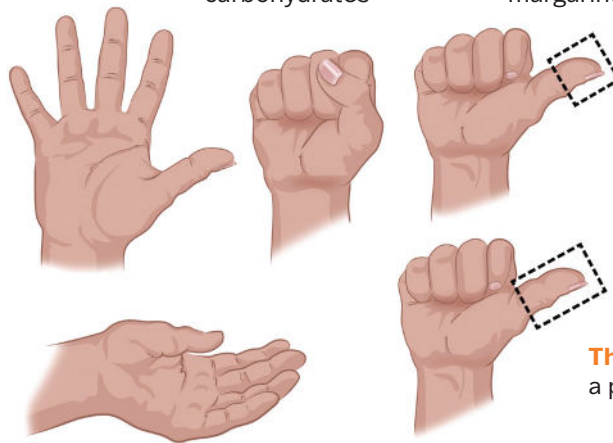
## HANDY TIPS FOR COUNTING CARBS

Your hands can also help you estimate portion sizes. This is helpful when you are eating away from home. Remember, this is just an estimate and depends on the size of your hand. For instance, if your hand is large, your fist may be equal to more than a cup.

**Palm** = 3 oz. (85 g)  
A cooked serving of meat

**Fist** = 1 cup  
3 servings of cooked pasta or 45 g carbohydrates

**Thumb Tip** = 1 tsp.  
A serving of low fat mayonnaise or margarine



**Handful** = ½ cup  
1 oz. snack food like nuts or pretzels

**Thumb** = 1 oz. or 1 Tablespoon like a piece of cheese

# WHAT DOES 1 SERVING (15 GRAMS) OF CARBS LOOK LIKE? HERE ARE SOME EXAMPLES:

This is a list of food items you can use to count carbs when you do not have other tools. Work with a dietitian to help you with your meal planning until you get the hang of it.

## Breads

Bagel	1/4 of a large bagel or 1 ounce
Biscuit	2 1/2 inches across
Burger or hot dog bun	1/2 of a bun or 1 ounce
Corn or flour tortilla	6 inches across
English muffin	1/2
Melba toast	4 slices
Pancake or waffle	4 inches across
Saltine or round butter crackers	6
Stuffing	1/3 cup
Oyster crackers	20
White, whole wheat, pumpernickel or rye bread	1 slice or 1 ounce

## Cereals

Bran cereal, flakes	1/2 cup
Cold cereal, sugar-coated	1/2 cup
Cold cereal, unsweetened	3/4 cup
Cooked cereal, oatmeal, grits	1/2 cup
Granola	1/4 cup
Puffed cereal	1 1/2 cups

## Cooked grains, rice & pasta

Barley	1/3 cup
Couscous	1/3 cup
Pasta	1/3 cup
Quinoa	1/3 cup
White or brown rice	1/3 cup

## Starchy Vegetables

Acorn or butternut squash	1 cup
Baked potato	1 small or 1/4 large or 3 ounces
Cooked pumpkin	1 cup small cubes
Corn or peas	1/2 cup
Corn on the cob, large	1/2 cob
Hominy	3/4 cup
Mashed potatoes	1/2 cup
Mixed veggies with corn, peas or pasta	1 cup
Sweet potato	1/2 cup
Yam	1/2 cup

## Non-starchy Vegetables

Bean sprouts	In general, 1 serving = 3 cups raw OR 1 1/2 cup cooked
Beets	
Broccoli	
Brussel sprouts	
Cabbage	
Carrots	
Cauliflower	
Celery	
Cucumber	
Greens	
Green or waxed beans	
Eggplant	
Lettuce	
Mushrooms	
Nopal	
Okra	
Onions	
Pea pods	
Peppers	
Radishes	
Rutabaga	
Spinach	
Tomatoes	
Zucchini	



# 1 SERVING (15 GRAMS) OF CARBS CAN ALSO LOOK LIKE THIS:

## Cooked beans, peas & lentils

Beans: Black Garbanzo Kidney Lima Navy Pinto White	½ cup
Baked beans	1/3 cup
Black-eyed peas	½ cup
Hummus	1/3 cup
Refried beans	½ cup

## Fruits

Apple	4 ounces
Apricots	4 fresh
Banana	4 ounces
Blueberries	¾ cup
Canned fruit in juice	½ cup
Cantaloupe	1 cup cubes
Cherries	12
Dried fruit	2 tablespoons
Grapefruit, large	½
Grapes, small	17
Juice, unsweetened	½ cup
Kiwi	½ cup sliced
Mango	½ small or ½ cup
Orange	1 medium or 6 ounces
Papaya	1 cup cubes
Passion fruit	½ cup
Peach	1 medium
Pear	4 ounces
Pineapple	¾ cup
Plum	2 small or 3 dried
Raspberries	1 cup
Strawberries	1 and ¼ cup
Watermelon	1 and ¼ cup

## Sweets

Fruit bars	1 bar or 3 ounces
Brownie, unfrosted	1 ¼-inch square or 1 ounce
Cake, no frosting	2-inch square or 1 ounce
Cookies, sandwich type	2 small
Frozen yogurt, fat-free	1/3 cup
Ice cream	½ cup
Jam or jelly	1 tablespoon
Muffins	¼ of a 4-ounce muffin
Pancake syrup	1 tablespoon
Pudding	¼ cup
Regular gelatin	½ cup
Rice pudding, sweet rice with milk	½ cup
Sherbet	½ cup

## Snack Foods

Animal crackers	8 crackers
Chips (any kind of snack chips)	approx. 13 chips 1 ounce
Gingersnaps	3 cookies
Graham crackers	3 squares
Popped popcorn	3 cups
Pretzels	¾ ounces
Rice cakes	2 cakes (4 inches across)
Vanilla wafers	5 wafers

## Dairy

Fat-free plain yogurt	2/3 cup
Fat-free, artificially sweetened flavored yogurt	2/3 cup
Low-fat plain yogurt	¾ cup

\*Yogurts vary in carbohydrate content, so check the food label to be sure.

## DID YOU KNOW THAT DRINKS CAN HAVE CARBS TOO?

Chocolate or flavored Milk	½ cup
Energy drink	½ cup
Fruit nectar juice	¼ cup
Iced Tea (sweetened)	½ cup
Juices (apple, orange, grapefruit, pineapple, pomegranate)	½ cup
Juices (grape, cranberry, prune, juice blends, 100 % juice)	1/3 cup
Lemonade	½ cup
Milk (Whole, 1%, 2%, Fat-free)	1 cup
Regular soda	½ cup
Soy Milk	1 cup
Sports drinks	1 cup

## SAMPLE FOODS WITH MORE THAN 1 CARB SERVING

Cupcake, small, frosted	1 and ¾ ounces is 30 grams or 2 servings of carbs
Doughnut with glaze	2 to 3 ounces is 30 grams or 2 servings of carbs
Flan	½ cup is 37.5 grams or 2 servings of carbs
Mofongo	½ cup cooked is 30 grams or 2 servings of carbs
Pasteles	1 pasteles is 30 grams or 2 servings of carbs
Plantain, yellow	½ cup cooked is 30 grams or 2 servings of carbs
Fruit pie with 2 crusts	1/8 of a pie is 45 grams or 3 servings of carbs
Pie, pumpkin	1/8 of a pie is 22.5 grams of carbs
Sweet Mexican bread	4 ½" has 60 grams or 4 servings of carbs

**These lists show carb estimates. They are not as exact as a food label. Always use a food label to count carbs if it is available.**



## CARB COUNTING TOOLS

An important part of carb counting is knowing how much of a certain food you are eating. Measuring cups and a scale are helpful tools for this. When you measure, it helps give you a good visual idea of how different servings look like on a plate, in a bowl, or in a glass.

For instance, measure 1/3 cup of cooked rice onto your plate when you are eating at home. 1/3 cup rice is equal to 15 grams of carbs. After you have done this a number of times, you will know what a 1/3 cup serving looks like on a plate. Then you will be able to estimate a 1/3 cup serving size without having to measure each time.

