

Basic Carbohydrate Counting

WHAT IS CARBOHYDRATE COUNTING?

- Carbohydrate (carb) counting is a way for people with diabetes to plan meals and snacks and adjust insulin doses.
- Food contains many nutrients including carbs, protein, fats, vitamins, minerals and water.
 - All carbs break down into simple sugars and can greatly affect your blood glucose (sugar) level.
 - Protein and Fats do not break down into simple sugars and generally have little effect on your blood glucose level
- Most people with diabetes can eat 30 to 60 grams of carbs per meal and 15 to 30 grams of carbs per snack.

Use the following lists as well as food labels to count your carbs.

CARB COUNTING FOR FOODS WITH LABELS

- Look for the **servicing size** at the top of the label. How many servings are in the package?
- Find the total carbohydrate grams per serving.
- Figure out the **total carbs** for the number of servings you are going to eat. For example, if the serving size is one and you plan to eat two servings, multiply the amount of carbs by two.
- Subtract half of the dietary fiber from the total carbs if the food has more than 5 grams of fiber.
- Note: Sugars and other carbs are included under Total Carbohydrate.

Nutrition Facts	
Serving Size	1 cup (30g)
Amount Per Serving	
Calories	110
Calories from Fat	5
	Daily Value
Total Fat	0.5g 1%
Saturated Fat	0g 0%
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg 0%
Sodium	220mg 9%
Total Carbohydrate	25g 8%
Dietary Fiber	6g 20%
Sugars	5g
Other Carbohydrate	14g
Protein	3g

CARB COUNTING FOR SOME COMMON FOODS

ONE SERVING IS ABOUT 15 GRAMS OF CARBS. THESE PORTIONS EQUAL ONE SERVING:

BEANS, PEAS AND LENTILS

Beans (garbanzo, kidney, pinto or white), peas (black-eyed or split) or lentils ½ cup
Lima beans ¾ cup

BREADS

Bagel, 4 oz. ¼ (1 oz.)
Biscuit, 2½" 1
Bread (rye, white, whole-wheat . . . 1 slice (1 oz.)
Cornbread, 2" cub 2 oz.
Croutons 1 cup
English muffin ½
Hot dog or hamburger bun ½ (1 oz.)
Muffin, 5 oz 1/5 (1 oz.)
Pancake, 4" wide, ¼" thick 1
Pita, 6" ½
Roll, plain, small 1 (1 oz.)
Stuffing, prepared ½ cup
Tortilla (corn or flour), 6-inch 1
Waffle, 4-inch 1

CEREALS AND GRAINS

Cereal, bran ½ cup
Cereal, cooked ½ cup
Cereal, dry ½-¾ cup
Chow mein noodles ½ cup
Granola ¼ cup
Grits ½ cup
Oats ½ cup
Pasta ½ cup
Rice (brown or white) ½ cup

CRACKERS AND SNACKS

Graham crackers, 2½" 3
Popcorn (air- or microwave-popped) . . . 3 cups
Potato chips ¾ oz.
Pretzels ¾ oz.
Rice cakes, 4" 2
Saltine-type crackers 6
Sandwich crackers (cheese or peanut butter filling) 3
Taco shell, 6" 2
Tortilla chips ¾ oz.
Whole-wheat crackers ¾ oz.

DESSERTS AND SWEETS

Cake, frosted 1-inch square
Cake, unfrosted 2-inch square
Cookie, small 2
Cupcake, frosted, small ½
Doughnut, glazed ½ (1 oz.)
Doughnut, plain 1 oz.
Fruit juice bar, frozen 1 bar (3 oz.)
Fruit spreads, 100% fruit 1½ tbsp.
Honey 1 tbsp.
Ice cream ½ cup
Jam or jelly 1 tbsp.
Jello ½ cup
Pie, fruit, two crusts 1/24 pie
Pie (pumpkin or custard) 1/16 pie
Pudding ¼ cup
Sherbet or sorbet ¼ cup
Sports drink 8 oz.

Sugar 1 tbsp.
Syrup, regular 1 tbsp.
Yogurt, frozen ½ cup

FRUIT

Canned fruit, unsweetened ½ cup
Dried fruit, unsweetened ¼ cup
Fresh fruit, small 1 (4 oz.)
Blackberries or blueberries ¾ cup
Cantaloupe, small . . . ½ melon or 1 cup cubes
Cherries 12 (3 oz.)
Dates 3
Grapefruit, large ½ (11 oz.)
Grapes, small 17 (3 oz.)
Pineapple ¾ cup
Honeydew melon
 1 slice (10 oz.) or 1 cup cubes
Plums, small 2 (5 oz.)
Raisins 2 tbsp.
Raspberries 1 cup
Strawberries 1¼ cup
Tangerines, small 2 (8 oz.)
Watermelon
 1 slice (13½ oz.) or 1¼ cup cubes

FRUIT JUICE

Apple, grapefruit, orange, pineapple . . ½ cup
Cranberry, grape or prune ½ cup
Cranberry, sugar-free 1 cup

MILK PRODUCTS

Buttermilk 1 cup
Chocolate milk ½ cup
Dry milk ½ cup
Evaporated milk ½ cup
Milk (nonfat, 1%, 2% or whole) 1 cup
Soy milk 1 cup
Yogurt (plain or sugar-free) 1 cup
Yogurt, regular ¾ cup

STARCHY VEGETABLES

Baked beans ½ cup
Corn ½ cup
Corn on the cob, large ½ cob
Peas, green ½ cup
Potato, baked with skin ¼ large
Potato, boiled ½ medium or ½ cup
Potato, mashed ½ cup
Winter squash (acorn, butternut or pumpkin) 1 cup
Yam or sweet potato ½ cup

When counting carbs do not include: **Non-starchy vegetables.** Non-starchy vegetables have small amounts of carbs per serving. **Proteins and fats.** Meat, fish, cheese (including cottage cheese), tofu, eggs, fats and oils have small amounts of carbs per serving.



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