

Carbohydrate Counting Food List

Please note: Carb amounts listed below are only an average. Please confirm carb content with the food label.



Bread



Bagel	1 (3.5")	56 grams
Bread, reduced-calorie	1 slice	8 grams
Bread, white or wheat	1 slice	13 grams
Corn bread	2 in square	25 grams
English Muffin	1 whole	25 grams
Hot dog/hamburger bun	1 bun	22 grams
Pita, 6.5 inches across	1 each	33 grams
Raisin bread, unfrosted	1 slice	15 grams
Roll, plain (1 oz)	1 small	13 grams
Tortilla, flour	6 inches	15 grams
Tortilla, corn	4 inches	11 grams
Waffle/pancake (4 in)	1 each	15 grams



Crackers and Snacks



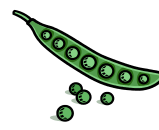
Animal crackers	8	12 grams
Crackers, round or saltine	6	12 grams
Goldfish crackers	½ cup	19 grams
Graham crackers, 2 ½ inch square	2 each	10 grams
Oyster crackers	24 pieces	17 grams
Popcorn, popped	3 cups	15 grams
Pretzel twists, mini	15 (¾ oz)	15 grams
Potato chips	15 (1 oz)	15 grams
Sandwich crackers	4	16 grams
Tortilla chips	10 (1 oz)	16 grams
Vanilla wafers	5 each	14 grams



Cereals and Grains



Raisin Bran cereals	1 cup	46 grams
Cereals (cooked)	½ cup	14 grams
Cereals, sweetened, dry	1 cup	31 grams
Cereals, unsweetened, dry	1 cup	23 grams
Cornmeal, breadcrumbs, and flour (dry)	3 Tbsp.	18 grams
Couscous and Quinoa	½ cup	19 grams
Granola, low-fat	½ cup	32 grams
Grits	½ cup	16 grams
Oatmeal	½ cup	14 grams
Oatmeal, instant, flavored	1 packet	30 grams
Pasta, cooked	1 cup	43 grams
Rice, white or brown, cooked	1 cup	45 grams
Shredded Wheat	½ cup	20 grams



Beans, Peas, and Lentils



Baked beans	½ cup	29 grams
Beans, peas, lentils (cooked)	½ cup	18 grams
Lima beans (cooked)	½ cup	20 grams
Refried beans	½ cup	18 grams
Lima beans (cooked)	½ cup	20 grams



Starchy Vegetables



Corn	½ cup	18 grams
Corn on the cob, 6 inches	1 (3.8 g/oz)	15 grams
Mixed vegetables, with corn and peas	1 cup	20 grams
Peas, green	½ cup	11 grams
Potato, baked or boiled	5 oz (6 g/oz)	30 grams
Potato, mashed or sweet	½ cup	17 grams
Squash, acorn/butternut	1 cup	22 grams
Yam, sweet potato, plain	5 oz (4 g/oz)	20 grams



Milk

1 cup = 8 oz.



Chocolate milk	1 cup	26 grams
Evaporated milk	½ cup	14 grams
Milk – white, buttermilk	1 cup	12 grams
Rice milk	1 cup	15 grams
Soy/almond/coconut milk, unflavored	1 cup	8 grams
Yogurt, light	6 oz	15 grams
Yogurt, sweetened	6 oz	33 grams

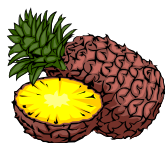


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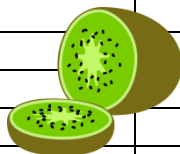
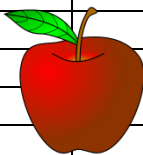


Fresh Fruit by serving size

One serving = 15 grams carbohydrate



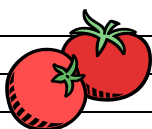
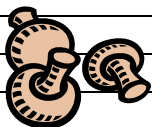
Apple, unpeeled, small	1
Apricots	4 whole
Banana (½ or 4 inches)	1
Blackberries	1 cup
Blueberries	¾ cup
Cantaloupe	1 cup cubes
Cherries, sweet	12
Grapefruit, large	½
Grapes, small	17 (½ cup)
Honeydew melon	1 slice or 1 cup cubes
Kiwi	1
Mango, small	½ fruit or ½ cup
Nectarine, small	1
Orange, small	1
Papaya	½ fruit or 1 cup cubes
Peach, medium	1
Pear, large	½
Pineapple	¾ cup
Plums, small	2
Raspberries	1 cup
Strawberries	1 ¼ cup whole berries
Tangerines (clementines/Halos/Cuties)	2
Watermelon	1 ¼ cup cubes



Non-Starchy Vegetables

½ cup cooked or 1 cup raw = 5 grams carb

Artichoke	Mixed vegetables (without corn, peas, or pasta)
Asparagus	Mushrooms
Bean sprouts	Okra
Beets	Onions
Broccoli	Pea pods
Brussel sprouts	Peppers
Cabbage	Pickles (5 spears)
Carrots	Radishes
Cauliflower	Salad greens
Celery	Sauerkraut
Cucumber	Spinach
Eggplant	Tomato (canned, sauce, juice)
Green Beans	Turnips
Greens (collard, kale, mustard, turnip)	Water chestnuts
Leeks	Zucchini/Yellow Squash

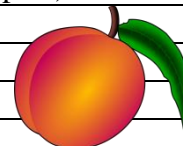
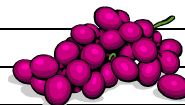


Fresh Fruit by weight

Grams of carb per ounce of weight with peel



Apple	3.8
Apricots	2.7
Banana	3.8
Blackberries	3
Blueberries	3.8
Cantaloupe cubes (without peel)	2.7
Cherries, sweet	5
Grapefruit, large	1.4
Grapes, small	5
Honeydew melon slices	1.5
Honeydew melon cubes (without peel)	2.5
Kiwi	4.3
Mango whole fruit	2.7
Mango cubes (without peel)	5
Nectarine, small	3
Orange, small	2.3
Papaya whole fruit	1.9
Papaya cubes (without peel)	3
Peach	2.5
Pear	3.8
Pineapple	3.8
Plums, small	3
Raspberries	2
Strawberries	2.1
Tangerines (clementines/Halos/Cuties)	1.9
Watermelon cubes (without peel)	2.2



Example:

Apple weighs 5 oz 5 x 3.8 = 19 grams carb
 Strawberries weigh 8 oz 8 x 2.1 = 16.8 grams carb
 Grapes weigh 2 oz 2 x 5 = 10 grams carb



Canned/Dried Fruit Fruit Juice

½ cup juice = 4 oz.



Juice (apple, orange, pineapple, grapefruit)	½ cup	15 grams
Applesauce, unsweetened	½ cup	14 grams
Canned fruit	½ cup	17 grams
Juice, cranberry	½ cup	18 grams
Juice, grape	½ cup	21 grams
Juice, reduced-calorie	1 cup	12 grams
Mandarin oranges	½ cup	12 grams
Raisins	2 Tbsp	15 grams



Other Carbohydrates



Angel food cake, unfrosted	1/12 th cake (1 oz)	16 grams
Biscuit	2 ½ in. across	18 grams
Brownie, small, unfrosted	2 inch square	15 grams
Burrito, bean, 7"	1 burrito	45 grams
Burrito, meat, 7"	1 burrito	30 grams
Cake, frosted	2 inch square	30 grams
Cake, unfrosted	2 inch square	15 grams
Candy bar, chocolate, snack size	1 bar (1 oz.)	15 grams
Casserole or hot dish	1 cup	30 grams
Cereal bar	1 bar	25 grams
Chicken nuggets	6	15 grams
Chili w/beans	1 cup	30 grams
Chow mein noodles	½ cup	15 grams
Cookie	3 inches across	19 grams
Cookie, sandwich	2 small	14 grams
Cranberry sauce, jellied	¼ cup	23 grams
CROUTONS	1 cup	23 grams
Cupcake, frosted	1 small	30 grams
Doughnut, glazed	3 ¾ in. across (2 oz.)	30 grams
Doughnut, plain cake	1 medium (1 ½ oz.)	23 grams
Fish sticks, breaded	3	17 grams
French fries, regular cut	10	15 grams
French toast	1 slice	16 grams
Frozen yogurt	½ cup (3 oz.)	19 grams
Fruit juice bars (100% juice)	1 (3 oz.)	17 grams
Fruit roll up	1 roll	12 grams
Fruit snacks	1 package	20 grams
Fudgesicle	1 stick	17 grams
Gelatin, regular	½ cup	19 grams
Gingersnaps	3	15 grams
Granola bar	1	20 grams
Honey	1 Tbsp.	17 grams
Hot Cocoa, regular (with water)	1 packet	23 grams
Hot Cocoa, Sugar-free (with water)	1 packet	7 grams



Other Carbohydrates Cont.



Hummus	½ cup	16 grams
Ice cream	½ cup	15 grams
Jam or jelly, regular	1 Tbsp.	13 grams
Ketchup	¼ cup (7 packets)	20 grams
Lasagna, 3" x 4"	1 piece	30 grams
Macaroni & cheese	1 cup	45 grams
Muffin, plain	1 small (1 oz)	15 grams
Pasta salad	1 cup	45 grams
Pie, fruit, 2 crusts	1/6 pie	45 grams
Pie, pumpkin or custard	1/8 pie	30 grams
Pizza, frozen, thick-crust, medium	1 slice (⅛ pizza)	30 grams
Pizza, frozen, thin-crust, medium	1 slice (⅛ pizza)	15 grams
Pudding	½ cup	23 grams
Pudding, sugar-free	½ cup	15 grams
Rice Krispie treat	2" inch square	15 grams
Salad dressing, fat-free	¼ cup	15 grams
Sandwich, meat or cheese	1 sandwich	28 grams
Sandwich, chicken, breaded	1 sandwich	45 grams
Sandwich, Peanut butter & Jelly, Reg.	1 sandwich	42 grams
Sherbet, Sorbet	½ cup	25 grams
Spaghetti or pasta sauce	½ cup	15 grams
Sport drink	1 cup	14 grams
Stuffing, bread (prepared)	⅓ cup	15 grams
Sugar	1 Tbsp.	12 grams
Sweet roll or Danish	1 (2 ½ oz.)	38 grams
Syrup, light	2 Tbsp.	15 grams
Syrup, regular	1 Tbsp.	15 grams
Syrup, regular	¼ cup	60 grams
Taco shell, 6 inches across	1 each	7 grams
Toaster pastry, fruit	1 pastry	35 grams
Yogurt, low-fat with fruit	1 cup	45 grams

Low Carbohydrate Foods

Low carbohydrate foods have **5 or fewer grams of carbohydrate**. **ONE** serving may be eaten in between meals with minimal effect on the blood sugar. The foods on this list do not have an immediate effect on blood sugars like carbohydrate-containing foods do, but they still provide calories. For this reason, portion sizes of these foods should be carefully observed. These foods should be limited to the portion size listed below if eaten as a snack without insulin. Always remember to count all carbohydrate grams at meals/snacks when giving insulin.

Unlimited Use

Beverages with zero calories (water, diet/zero sodas, unsweetened tea)

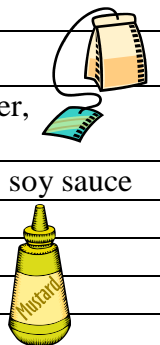
Condiments – Mustard, hot sauce, soy sauce

Spices, seasonings, and herbs

Sugar-free drink mixes

Sugar-free gum

Sugar-free Jell-O



Always refer to the food label for actual carbohydrate content



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Meats/Meat Substitutes

Beef, Chicken, Fish, Ham, Lamb, Pork, Seafood, Veal

Cottage Cheese

Cheese

Egg (hard-boiled, scrambled, omelet)

Egg substitute

Egg whites

Hot dog

Nuts

Peanut butter

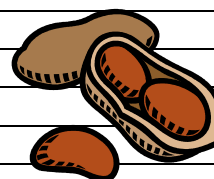
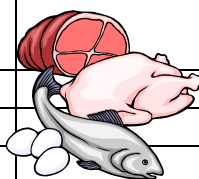
Pepperoni

Salmon, water-packed

Slim Jim

Tofu

Tuna, water-packed



1 oz.

½ cup

1 oz.

1

½ cup

2

1

1 oz.

1 Tbsp.

7 slices

¼ cup

1 original or
3 snack size

½ cup

¼ cup

Meal Plan

Dietitian: Jennifer Cleveland, MMSc, RD, CDE

Phone: (317) 944-3614

E-mail: jcleavela@iuhealth.org

Time	Meal	Carbs
	Breakfast	
	AM snack	
	Lunch	
	PM snack	
	Dinner	
	Bedtime Snack	

Reading Food Labels

The nutrition facts panel on the food label is the best source of accurate carb information. If a food item has a label, please use the information on the label. The carbohydrate information on a food label is for the portion size listed on the label, found just under NUTRITION FACTS. The following information to the right lists the grams of carb that this food item contains for one serving (ex. 1 cup = 31 grams). Keep in mind that the grams of sugar, dietary fiber, other carbs, and sugar alcohols are included in the Total Carbohydrate.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

1

2

3

4

5

6

7

8