

Counting Carbohydrates

Carbohydrates (carbs) are the sugars, starches and fibers found in food. Carbs raise your blood sugar. Counting carbs will help you plan your meals and adjust your insulin. Ask your Diabetes Educator what amount of carbs is best for you.

What foods have carbs?

- Beans, peas and lentils
- Breads
- Cereals and grains
- Crackers and snacks
- Deserts and sweets
- Fruit, fruit juice and smoothies
- Milk, yogurt and ice cream
- Starchy vegetables

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 8g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How do I count carbs?

Carbs are measured in grams. To count carbs, you'll need to:

- Count using food labels.
- Estimate for foods without labels.

How do I count using food labels??

1. Use the serving size to estimate how many servings you will eat.
2. Find the total carbohydrate (carbs) grams per serving.
3. Multiply the total carbs by the number of servings you will eat.
4. If dietary fiber is less than 5 grams, you are done. If dietary fiber is greater than 5 grams, divide it by 2 and go to the next step.
5. Subtract half the amount of dietary fiber from the carbs calculated in step 3. (See example)

How do I count using food labels??

1. I will eat 2 servings of food.
2. Total carbs is 37 grams.
3. 37 grams x 2 servings = 74 grams.
4. Dietary fiber is 8 grams. $8 \div 2 = 4$.
5. 74 grams – 4 fiber grams = 70 grams.

Please note:

- Food weight can be listed in ounces or grams. This is not related to carbohydrate grams.
- Sugars and other carbs are included in Total Carbohydrate

Carbs in Common Foods

Some foods don't have food labels. Use this list to help count your carbs. Each serving in this list has about 15 grams of carbs.

BEANS, PEAS AND LENTILS*

Beans (garbanzo, kidney, pinto or white) . . .	1/2 cup
Peas (black-eyed or split) or lentils	1/2 cup
Hummus	6 tbsp.
Lima beans	2/3 cup

BREADS

Bagel, regular 4-ounce size.	1/4 of bagel (1 oz.)
Bread (rye, white, whole-wheat)	1 slice (1 oz.)
Cornbread, 2-inch cube	2 oz.
Croutons	1 cup
Hot dog or hamburger bun	1/2 of bun (1 oz.)
Muffin, 5-ounce size	1/5 of muffin (1 oz.)
Pancake or waffle, 4-inch wide, 1/4-inch thick	1
Roll, plain, small	1 (1 oz.)
Stuffing, prepared	1/3 cup
Tortilla (corn or flour), 6-inch round	1

CEREALS AND GRAINS

Barley*	1/3 cup
Cereal, bran*	1/2 cup
Cereal, cooked	1/2 cup
Cereal, dry.	1/2–3/4 cup
Granola	1/4 cup
Oats, cooked*	1/2 cup
Pasta	1/3 cup
Quinoa*	1/3 cup
Rice (brown or white)	1/3 cup

CRACKERS AND SNACKS

Graham crackers, 2 1/2-inch size	3
Popcorn (air-popped or microwave)*	3 cups
Potato chips, tortilla chips or pretzels	3/4 oz.
Rice cakes, 4-inch round	2
Saltine-type crackers	6
Whole-wheat crackers	3/4 oz.

DESSERTS AND SWEETS

Cake, frosted	1-inch square
Cake, unfrosted	2-inch square
Cookie, small	2
Cupcake, frosted, small	1/2
Doughnut, glazed	1/2 donut (1 oz.)
Fruit juice bar, frozen.	1 bar (3 oz.)

Ice cream	1/2 cup
Jam or jelly, honey	1 tbsp.
Pie, fruit, two crusts	1/24 pie
Sports drink	8 oz.
Sugar or syrup	1 tbsp.
Yogurt, frozen	1/2 cup

FRUIT*

Banana	1/2 large
Canned fruit, unsweetened	1/2 cup
Dried fruit, unsweetened	1/4 cup
Fresh fruit, small	1 (4 oz.)
Blackberries or blueberries	3/4 cup
Cantaloupe, small	1/2 melon or 1 cup cubes
Cherries.	12 (3 oz.)
Dates	3
Grapefruit, large	1/2
Grapes, small	17 (3 oz.)
Honeydew melon	1 slice (10 oz.) or 1 cup cubes
Plums, small	2 (5 oz.)
Raisins	2 tbsp.
Raspberries	1 cup
Strawberries	1 1/4 cup
Tangerines, small	2 (8 oz.)
Watermelon	1 slice (13 oz.) or 1 cup cubes

FRUIT JUICE

Apple, grapefruit, orange or pineapple.	1/2 cup
Cranberry, grape or prune	1/3 cup

MILK PRODUCTS

Milk (nonfat, 1%, 2% or whole)	1 cup
Yogurt (plain or sugar-free)	1 cup
Yogurt, flavored	1/2 cup

STARCHY VEGETABLES*

Baked beans	1/3 cup
Corn*	1/2 cup
Corn on the cob, large*	1/2 cob
Peas, green*	1/2 cup
Potato, baked with skin*	1/4 large
Potato	1/2 medium boiled or 1/2 cup mashed
Winter squash (acorn, butternut, pumpkin)*	1 cup
Yam or sweet potato*	1/2 cup

*These items are high in fiber, making them a healthier choice.