



Carbohydrate Content by Weight



| Fruits | Serving Size Estimates = 15 g Carb | By Weight |
|-----------------|---------------------------------------|--|
| | | <ul style="list-style-type: none">weigh with skin ongrams of carbohydrate per ounce of food |
| Apple | 1 small | 2.9 |
| Apricots | 4 whole | 2.5 |
| Banana | 1 small | 3.7 |
| Cantaloupe | 1 cup cubes | 1.3 |
| Cherries, fresh | 12 cherries | 3.6 |
| Figs | 2 medium | 4.6 |
| Grapefruit | 1/2 | 1.0 |
| Grapes | 17 small | 4.9 |
| Honeydew | 1 cup cubes | 1.2 |
| Kiwi | 1 | 2.5 |
| Mango | 1/2 | 2.8 |
| Nectarine | 1 small | 2.3 |
| Orange | 1 small | 2.0 |
| Papaya | 1 cup cubes | 1.5 |
| Peaches | 1 medium | 2.3 |
| Pear | 1/2 large | 3.2 |
| Plums | 2 small | 2.6 |
| Tangerines | 2 small | 2.4 |
| Watermelon | 1¼ cup cubes | 2.0 |

The non-digestible fiber has been subtracted from the count in the column on the right. For example, an apple has 2.9 grams of digestible carbohydrate per ounce of fruit.

How to use the table above:

1. Use a food scale. Weigh the entire fruit including peel, core, pit and rind. The inedible weight has been factored into the calculation for you.
2. Weigh your fruit in ounces. Multiply by the number in the table's far right column.

10-ounce orange = 10×2.0 is 20 grams of carbohydrate.

7½ ounce apple = 7.5×2.9 is about 22 grams of carbohydrate

| Food | Serving Size = 15 g Carb | By Weight |
|---------------------|-----------------------------|--|
| | | • grams of carbohydrate per ounce of food |
| Angel Food Cake | 1/24 cake | 16 |
| Bagel | 1/4 | 14 |
| Bread | 1 slice | 12 |
| Brownie | 1¼ in sq, 7/8 high | 14 |
| Bun, Roll | 1/2 bun, small roll | 13.2 |
| Corn Chips | 10 | 15 |
| Corn on the Cob | 1/2 large ear | 5.6 |
| Cornbread | 1¾ inch cube | 13 |
| French Fries | 1 cup | 9.9 |
| Potato, Baked | 1/2 medium | 5.4 |
| Potato Chips, fried | 15 chips | 15 |
| Sweet Potato | 1/2 medium | 3.9 |

Information in tables calculated from data on Calorie King website.

Examples:

Each ounce of bagel = 14 grams of carbohydrate
4-ounce bagel is $4 \times 14 = 56$ grams of carb.

Each ounce of baked potato is 5.4 grams of carbohydrate
4-ounce baked potato is $4 \times 5.4 =$ is about 22 grams of carb.

Carbohydrate Counting Resources:

Books:

Diabetes and Carb Counting for Dummies: Sherri Shafer RD, CDE

Calorie King; A. Borushek

Bowes and Church, Food Values of Portions Commonly Used; J. Pennington

Websites:

www.calorieking.com

<https://ndb.nal.usda.gov/ndb/foods>

www.myfitnesspal.com

www.choosemyplate.com

Check the website for any chain restaurant you dine at. The nutrition info is online.

You can also use Google to do a search for nutrition facts for any food.

If you have a smart phone, search the app store for carb counting apps.