

# Counting Carbohydrates

Each item listed on the front side of this handout contains about **15 grams of carbohydrate** in the serving size listed.



1 cup = 8 fluid ounces

## Milk Group

- 1 cup of milk, nonfat- 1% - 2% - whole
- 1 cup of soy milk
- 1 cup of buttermilk
- 2/3 cup of plain yogurt
- 2/3 cup of yogurt sweetened with sugar substitutes

## Starch Group -measured after cooking



- 1 slice of bread- weighing 1 ounce
- 1/4 large bagel
- 1/2 hamburger bun, hot-dog bun, pita bread, English muffin
- 1/3 cup rice, noodles, millet, couscous, quinoa, polenta, stuffing
- 1/2 cup legumes- pinto, kidney, garbanzo, lentils and split peas
- 1/2 cup starchy vegetables- potato, corn, peas, sweet potato, yam
- 1/2 cup oatmeal, kasha, grits, bulgur
- 1 small tortilla, flour or corn, 6-inch size
- 1/3 large flour tortilla, 10-inch size
- 6 saltine crackers
- 3 graham cracker squares
- 3 cups popcorn



## Fruit Group

- 1 small apple, orange, peach, pear, or nectarine- 1/2 of large fruit
- 1 small banana or 1/2 of average sized banana
- 1/2 grapefruit
- 1/2 cup unsweetened applesauce or mango
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 small grapes
- 3 prunes or small dates
- 1 1/4 cups strawberries or watermelon
- 1 cup cantaloupe, honeydew, raspberries, or papaya
- 1 large kiwi
- 2 small tangerines or plums
- 2 tablespoons raisins or cranberries



## Non-Starchy Vegetables



5 grams of carb in 1/2 cup cooked or 1 cup raw

Artichokes, asparagus, bamboo shoots, bean sprouts, beets, bitter melon, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, cucumber, eggplant, green beans, hearts of palm, jicama, kale, kohlrabi, leeks, okra, onions, mushrooms, pea pods, peppers, radish, rutabaga, snap peas, spinach, summer squash, Swiss chard, tomatoes, tomato sauce, turnips, vegetable juice, water chestnuts, and zucchini



## Meats, Proteins, and Fats



No carb or too low to count

meats- beef, pork, lamb	vegetable oils- all types
poultry- chicken, turkey, hens	cooking sprays
seafood- fish, shellfish	butter
seeds- sunflower, pumpkin, chia	margarine
nuts and nut butters	mayonnaise
peanut butter- unsweetened	cream cheese
eggs	sour cream
cheese	cream, half and half
cottage cheese	avocado, guacamole
tofu	olives



## Free Foods



Little or no calories or carb

diet soft drinks  
mineral water  
coffee  
tea

lettuce  
vinegar  
hot sauce  
broth

herbs  
spices  
ginger  
garlic

lemons and limes  
sugar-free gum  
sugar-free gelatin  
sugar substitutes