



Simple Carbohydrate Counting

15 grams =
1 carb choice

Carbohydrates (or carbs) raise your blood glucose higher and faster than other foods. Eating the same amount of carbs around the same time each day helps keep blood glucose levels stable. Look below to learn about carbohydrate choices and the type of carbohydrate to choose less often.

HEALTHY 1 CARB CHOICES

| Grains | Serving Size | Fruits | Serving Size |
|--|--------------|-----------------------------|-------------------|
| All-Bran [®] crackers* | 19 crackers | Apple | Small |
| Bran flakes* | ¾ cup | Apricots* | 4 whole (8 dried) |
| Cooked brown or wild rice | ⅓ cup | Blackberries* | ¾ cup |
| Cooked whole-wheat pasta | ⅓ cup | Blueberries | ¾ cup |
| Cooked oatmeal* | ½ cup | Canned fruit in light syrup | ½ cup |
| Frosted shredded wheat* | ½ cup | Cantaloupe | 1 cup, cubes |
| Granola | ¼ cup | Cherries | 12 |
| Hamburger bun | ½ | Dried fruit | 2 Tbsp. |
| Kashi [®] GOLEAN [®] Crunch* | ½ cup | Grapefruit | ½ |
| Mini whole-grain bagel* | 1 | Kiwi* | 1 |
| Popcorn* | 3 cups | Mango | ½ cup, cubes |
| Shredded wheat* | ½ cup | Small orange | 1 |
| Whole-grain dinner roll* | Small | Small pear* | 1 |
| Whole-wheat English muffin | ½ | Pineapple | ¾ cup |
| Whole-wheat pita | ½ | Plums | 2 small |
| Whole-wheat tortilla | 6 inches | Small banana | 1 |
| Whole-grain waffle | 1 | Small Grapes | 17 |
| Beans & Starchy Veggies | Serving Size | Strawberries* | 1¼ cup, whole |
| Baked beans* | ⅓ cup | 100% juice | 4 ounces |
| Black beans* | ½ cup | Milk/Yogurt | Serving Size |
| Butternut squash | ½ cup | Light yogurt | 6-8 ounces |
| Chickpeas* | ½ cup | Light smoothie | 6-8 ounces |
| Corn on the cob | Small | Plain soymilk | 1 cup |
| Green peas* | ½ cup | Light, flavored soymilk | 1 cup |
| Hummus* | ⅓ cup | Plain, nonfat yogurt | 6-8 ounces |
| Lentils* | 1½ cup | Skim/1% milk | 1 cup |
| Lentil soup* | 1 cup | | |
| Lima beans* | ½ cup | | |
| Low-fat refried beans* | ½ cup | | |
| Mashed potatoes | ½ cup | | |
| Small potato/sweet potato | 1 | | |
| Veggie burger | 1 | | |

***Higher in fiber**

HIGHER-CALORIE CARBS

| Sweets & Treats | Carbs |
|--|----------|
| Can of soda | 3 carbs |
| Carmel apple | 3 carbs |
| Gatorade [®] (8 oz) | 1 carb |
| Glazed doughnut | 2 carbs |
| Granola bar | 1½ carbs |
| Ice cream (½ cup) | 1 carb |
| Oreo [®] cookies (2) | 1 carb |
| Potato chips (19) | 1 carb |
| Small, unfrosted brownie | 1 carb |
| Syrup (2 Tbsp.) | 2 carbs |
| Small Blizzard [®] | 5 carbs |
| Hershey [®] Kisses [®] (5) | 1 carb |
| Sweet & sour sauce (3 Tbsp.) | 1 carb |
| Fast Foods | Carbs |
| Macaroni & cheese (½ cup) | 2 carbs |
| Casserole (1 cup) | 2 carbs |
| Chipotle [®] Burrito | 5 carbs |
| Small fries | 2 carbs |
| Thin crust pizza (3 slices) | 1 carb |
| Thick crust pizza (1 slice) | 2 carbs |
| Stew | 1 carb |
| Spaghetti w/meat sauce (1 cup) | 3 carbs |
| Fried rice (½ cup) | 1½ carbs |
| Egg roll | 1 carb |

How Many Carbs Do I Need?

General Recommendations

Ask your Registered Dietitian (RD) or Certified Diabetes Educator (CDE) how many carbs you should have with meals and snacks. Here are some general recommendations to get you started.

| Grams of Carbs | Carb Choices |
|----------------|-----------------|
| 0-5 grams | 0 carb choice |
| 6-10 grams | ½ carb choice |
| 11-20 grams | 1 carb choice |
| 21-35 grams | 1½ carb choices |
| 26-35 grams | 2 carb choices |

When you eat a food with 5 or more grams of fiber, subtract half the amount of fiber from the total grams of carbohydrate.

Women

Maintain My Weight

3 to 4 carb choices (45-60 grams of carbs) = Meals

Lose Weight

2 to 3 carb choices (30-45 grams carbs) = Meals

Snacks (optional)

1-2 carb choices (15-30 grams of carbs)

Men

Maintain My Weight

4 to 5 carb choices (60-75 grams of carbs) = Meals

Lose Weight

3 to 4 carb choices (45 -60 grams of carbs) = Meals

Snacks (optional)

1-2 carb choices (15-30 grams of carbs)

Reading Food Labels

How many carbs you eat will depend on how many calories you need, how active you are and the medications you take. Reading food labels and knowing how many carbs are in the foods you eat helps you identify how many carbs or carb choices you are getting with meals and snacks.

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size | 1 cup (30g/1.1 oz.) |
| Servings Per Container | 2 |
| Amount Per Serving | |
| Calories | 100 |
| | % Daily Value* |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 135mg | 6% |
| Total Carbohydrate 25g | 8% |
| Dietary Fiber 6g | 22% |
| Sugars 5g | |
| Protein 2g | |

Serving Size

Look here first. All the calories, carbs and other nutrients equal this serving. Practice counting.

1 cup = 100 calories and
25 grams of carbs

2 cups = 200 calories and
50 grams of carbs

Total Fat

Limit foods with saturated fat and steer clear of trans fats—these can hurt your heart. Foods labeled low-fat have 3 or fewer grams of fat per serving.

Total Carbohydrate

15 grams of total carbs = 1 carb choice.

Fiber helps lower blood glucose and cholesterol. Choose foods with 3 or more grams of fiber per serving.