

# 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	
<b>Calories</b>	100
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 6g	22%
Sugars 5g	
<b>Protein</b> 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.