



Carbohydrate Counting 101

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.

Refer to the list below to learn what counts as a 1-carb choice and higher-calorie carbs to choose less often.

15 grams of carbs = 1 carb choice

HEALTHY 1-CARB CHOICES

Grains Serving

All Bran® crackers*	19 crackers
Bran flakes*	3/4 cup
Cooked brown or wild rice	1/3 cup
Cooked whole-wheat pasta	1/3 cup
Cooked oatmeal*	1/2 cup
Frosted shredded wheat*	1/2 cup
Granola	1/4 cup
Hamburger bun	1/2
Kashi® GOLEAN Crunch*	1/2 cup
Mini whole-grain bagel*	1
Popcorn*	3 cups
Shredded wheat*	1/2 cup
Whole-grain bread	1 slice
Whole-grain dinner roll*	Small
Whole-wheat English muffin	1/2
Whole-wheat pita	1/2
Whole-wheat tortilla	6 inches
Whole-grain waffle	1

Beans & Starchy Veggies Serving

Baked beans*	1/3 cup
Black beans*	1/2 cup
Butternut squash	1/2 cup
Chickpeas*	1/2 cup
Corn on the cob	Small
Green peas*	1/2 cup
Hummus*	1/3 cup
Lentils*	1/2 cup
Lentil soup*	1 cup
Lima beans*	1/2 cup
Low-fat refried beans*	1/2 cup
Mashed potatoes	1/2 cup
Small potato/sweet potato	1
Veggie burger	1

Fruits Serving

Apple	Small
Apricots*	4 whole or 8 dried halves
Blackberries*	3/4 cup
Blueberries	3/4 cup
Canned fruit in light syrup	1/2 cup
Cantaloupe	1 cup, cubes
Cherries	12
Dried fruit	2 Tbsp.
Grapefruit	1/2
Kiwi*	1
Medium apple or orange	1
Mango	1/2 cup, cubes
Orange	Small
Pear*	Small
Pineapple	3/4 cup
Plums	2 small
Small banana	1
Small Grapes	17
Strawberries*	1 1/4 cup, whole
100% juice	4 ounces



Milk/Yogurt Serving


Light yogurt	6-8 ounces
Light smoothie	6-8 ounces
Plain, calcium-fortified soymilk	1 cup
Light, flavored soymilk	1 cup
Plain, nonfat yogurt	6-8 ounces
Skim/1% milk	1 cup



*higher in fiber

HIGHER-CALORIE CARBS

Sweets & Treats Carb Choices

Can of soda	3 carb choices
Caramel apple 	3 carb choices
Gatorade® (8 oz)	1 carb choice
Glazed doughnut	2 carb choices
Granola bar	1 1/2 carb choices
Ice cream (1/2 cup)	1 carb choice
Oreos (2)	1 carb choice
Potato chips (19)	1 carb choice
Small, unfrosted brownie	1 carb choice
Syrup (2 Tbsp.)	2 carb choices
Small Blizzard®	5 carb choices
Jelly (1 Tbsp.)	1 carb choice
Hershey® kisses (5)	1 carb choice
Sweet & sour sauce (3 Tbsp.)	1 carb choice



Fast Foods Carb Choices

Macaroni & cheese (1/2 cup)	2 carb choices
Casserole (1 cup)	2 carb choices
Egg and cheese muffin	2 carb choices
Chipotle Burrito	5 carb choices
Small fries	2 carb choices
Thin crust pizza (3 slices)	1 carb choice
Thick crust pizza (1 slice)	2 carb choices
Stew	1 carb choice
Spaghetti w/ meat sauce (1 cup)	3 carb choices
Fried rice (1/2 cup)	1 1/2 carb choices
Egg roll	1 carb choice

How Many Carbs Do I Need?

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. 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.

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)

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)



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

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

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