

Carbohydrate Serving Sizes

Each one counts as 1 serving of carbohydrate = 15 grams of carbohydrates.
Many women do well on 2-3 carbohydrates (30-45 grams) / men with 2-4 (30-60 grams)

Grains and Legumes

Beans or lentils		1/3 cup
Refried beans		1/3 cup
Rice (all varieties)		1/3 cup
Quinoa		1/3 cup
Oats, dry		1/4 cup
Grits, dry		1/8 cup
Cream of Wheat/Rice, dry		1/8 cup
Cereal, dry		see box
Pasta, cooked		1/3 cup

Starchy Vegetables

Corn, frozen or canned		1/2 cup
Cornmeal, uncooked		3 Tbsp
Parsnips		1/2 cup
Peas, green		3/4 cup
Potato		1/2 cup
Squash		1 cup
French fries		10
Yam or Sweet Potato		1/2 cup

Breads

Bagel (mini)		1/2
Bread, whole wheat or white		1 slice
English Muffin		1/2
Pita		1/2
Roll, plain		1
Hamburger bun		1/2
Tortilla, flour (6")		1
Tortilla, corn (7")		1
Biscuit		1
Muffin, small, plain (2")		1/2
Taco shell		2
Pancake (3")		1

Crackers / Snacks

Crackers		see box
Graham cracker (squares)		3
Pretzels (sticks, rings)		3/4 oz
Popcorn		3 cups
Potato or Tortilla Chips		10

Fruit

Apple, unpeeled		1 small
Applesauce, no sugar added		1/2 cup
Apricot		4 medium
Banana (9 inches long)		1/2
Berries (raspberries)		1 cup
Berries (blackberries, blueberries)		3/4 cup
Cantaloupe or honeydew melon		1 cup
Cherries		12
Fig (2" across)		2
Grapefruit		1/2
Grapes		17 small
Kiwi		1
Mandarin oranges		3/4 cup
Mango		1/2
Nectarine (2-1/2" across)		2
Orange (2-1/2" across)		1/2
Cutie or clementine		1
Papaya		1/2
Peach		1 medium
Pear		1/2 large
Pineapple		3/4 cup
Plantain (green), cooked		1/2 cup
Plums		2 small
Strawberries		1 1/4 cup
Watermelon		1 1/4 cup

Dried Fruit

Apricots		7 halves
Prunes		3
Raisins		2 Tbsp

Dairy

Milk (0%, 1%, 2%, whole)		1 cup
Yogurt (plain or Greek)		1 cup

Sugars and Sweets

Gelatin		1/2 cup
Gingersnaps		3
Ice cream		1/2 cup
Jam or jelly		1 Tbsp
Pudding (low-fat, no sugar added)		1/2 cup
Syrup / Sugar / Honey / Agave		1 Tbsp
Yogurt, frozen (fat-free, low-fat)		1/3 cup

Non-starchy Vegetables

Collard Greens
Mushrooms
Okra
Snow Peas
Peppers
Sauerkraut
Spinach
Carrots

Eggplant
Broccoli
Tomato
Cabbage
Bean Sprouts
Green Beans
Beets



Non-starchy vegetables have very few carbs, so you can often eat more of them. These can be a great choice to help fill you up and support your health.

Reading Food Labels for Carbohydrates

When eating packaged foods, look at the **food label** to check the carbs. You can use these simple steps to help you.

1. First, look at the label for the **serving size**.

For example, this label shows **3 oz**.
If you eat more, like **6 oz**, the carbs will be **more**. If you eat less, the carbs will be **less**.

2. Next, you need to look at the **TOTAL CARBOHYDRATES**.

3. **KEEP TRACK**.

Add up your carbohydrate servings.
Every 15 carbohydrates = 1 serving

15 carbohydrates = 1 serving
30 carbohydrates = 2 serving
45 carbohydrates = 3 serving
60 carbohydrates = 4 serving
75 carbohydrates = 5 serving

Nutrition Facts			
Serving Size 3 oz (85g)			
Servings Per Container 1			
Amount Per Serving			
Calories	180	Calories from Fat	90
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	40g		20%
Trans Fat	0.5g		
Cholesterol	70mg		23%
Sodium	60mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	22g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.