

Carb Counting Quick Reference

The “Nutrition Facts” label on packaged food tells you how much carbohydrate is in the food. (See page 29 to learn about reading food labels.) But some foods, such as fresh vegetables, don’t have labels. Or you may be eating away from home, where food is already removed from its packaging. If you are counting carbs, learn how much carbohydrate is in foods that you eat often. Use this chart to note how much carbohydrate many common foods include.

Remember: Read the food label and use a tool like **MyFoodAdvisor™** to explore how much carbohydrate is in your favorite foods.

Grains (starches)

Bagel (Panera), 1 bagel	60g
Bread, 1 slice	15g
Crackers (saltines), 6 crackers	13g
Doughnut (medium, yeast, glazed), 1 doughnut	30g
Graham cracker (2½ inches sq), 3 crackers	16g
Muffin (banana nut), 1 muffin	60g
Oatmeal, ½ cup	14g
Pasta, 1/3 cup	12g
Pita bread (white, 6 inch), ½ pita	17g
Popcorn (microwave, 94% fat free), 3 cups	14g
Pretzels (sticks or rings), ¾ oz	17g
Rice (long grain white), ⅓ cup	15g
Tortilla, 1 tortilla	6 inch corn 12g, 6 inch flour 15g
Tortilla chips, 1 oz	17g

Starchy Vegetables and Beans

Beans, ½ cup	garbanzo 27g, pinto 18g, kidney 20g, black 21g
Baked beans (pork & tomato sauce), ⅓ cup	15g
Corn, frozen cooked, ½ cup	16g
Lentils, cooked, ½ cup	15g
Peas (frozen, green), ½ cup	11g
Potato (baked or boiled with skin), 3oz	18g
Potato (mashed, no gravy KFC), 1 small	15g
Winter squash (calabaza, Spanish pumpkin, auyama), 1 cup	17g

Fruits

Apple (small, unpeeled), 1 apple (4oz)	14g
Applesauce (unsweetened), ½ cup	14g
Apple juice (Juicy Juice from Wendy’s), 1 serving	22g
Banana (extra small), 4 inches long	15g
Blueberries, ¾ cup	16g
Cantaloupe (cubed), 1 cup	13g
Fruit cocktail (extra light syrup), ½ cup	14g
Grapes, 17 grapes (3oz)	15g
Orange (small), 1 orange (6½ oz)	15g
Orange juice (fresh), ½ cup	13g
Peach, medium peach	14g
Peaches (canned in extra light syrup), ½ cup	14g
Pear (large), ½ cup (4oz)	18g
Pineapple (canned, drained), ½ cup	14g
Raisins, 2 Tbsp.	14g
Raspberries (fresh), 1 cup	15g
Strawberries, ¼ cup whole berries	14g

Dairy Products

Ice cream, ½ cup	15g
Milk (2%, acidophilus), 1 cup	11g
Pudding (reduced fat), ½ cup	26g
Soy milk (fat-free or low-fat), 1 cup	6g
Yogurt (plain, low-fat), 6oz	12g
Yogurt (frozen, fat-free), ⅓ cup	13g

Source: MyFoodAdvisor, tracker.diabetes.org/. American Diabetes Association, Inc.