

Basic Foods Carb Counts

BREADS	AMOUNT	CARBS
Bagel	1/2	15 g.
Bread, reduced calorie	2 slices	15 g.
Bread, white, whole-wheat, pumpernickel, rye	1 slice	15 g.
Bread Sticks, 4 in. X 1/2 in.	2	15 g.
English muffin	1/2	15 g.
Hot dog or Hamburger Bun	1/2	15 g.
Pita, 6 in. diameter	1/2	15 g.
Raisin Bread, unfrosted	1 slice	15 g.
Roll, small & plain	1	15 g.
Tortilla, corn 6 in. diameter	1	15 g.
Tortilla, flour, 7-8 in. diameter	1	15 g.
Waffle, 4 1/2 in. square, reduced-fat	1	15 g.
CEREALS & GRAINS	AMOUNT	CARBS
Bran Cereals	1/2 cup	15 g.
Bulgur	1/2 cup	15 g.
Cereals	1/2 cup	15 g.
Cereals, unsweetened, ready-to-eat	3/4 cup	15 g.
Cornmeal, dry	3 Tbsp	15 g.
Couscous	1/3 cup	15 g.
Flour, dry	3 Tbsp	15 g.
Granola, low-fat	1/4 cup	15 g.
Grits	1/2 cup	15 g.
Kasha	1/2 cup	15 g.
Millet	1/4 cup	15 g.
Muesli	1/4 cup	15 g.
Oats	1/2 cup	15 g.
Pasta	1/2 cup	15 g.
Puffed Cereal	1 1/2 cups	15 g.
Rice Milk	1/2 cup	15 g.
Rice, white or brown	1/3 cup	15 g.
Sugar-frosted Cereal	1/2 cup	15 g.
Wheat Germ	3 Tbsp	15 g.

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STARCHY VEGETABLES	AMOUNT	CARBS
Baked Beans	1/3 cup	15 g.
Corn	1/2 cup	15 g.
Corn on the Cob	1 medium	15 g.
Mixed Vegetables with corn, peas, or pasta	1 cup	15 g.
Peas, green	1/2 cup	15 g.
Plantain	1/2 cup	15 g.
Potato, baked or boiled	1 small	15 g.
Squash, winter (acorn, butternut)	1 cup	15 g.
Yam, sweet potato, plain	1/2 cup	15 g.
CRACKERS & SNACKS	AMOUNT	CARBS
Animal Crackers	8	15 g.
Graham Crackers, 2 1/2 in. square	3	15 g.
Matzoh	3/4 oz.	15 g.
Melba Toast	4 slices	15 g.
Oyster Crackers	24	15 g.
Popcorn, popped, no fat added microwave	3 cups	15 g.
Pretzels	3/4 oz.	15 g.
Rice Cakes, 4 in. diameter	2	15 g.
Saltine Crackers	6	15 g.
Snack Chips, fat-free tortilla or potato	15 -20	15 g.
Whole-wheat Crackers, no fat added	2-5	15 g.
BEANS, PEAS, & LENTILS	AMOUNT	CARBS
Beans and Peas, garbanzo, pinto, kidney, white, split, black-eyed	1/2 cup	15 g.
Lima Beans	2/3 cup	15 g.
Lentils	1/2 cup	15 g.
Miso	3 Tbsp	15 g.
STARCHY FOODS PREPARED WITH FAT	AMOUNT	CARBS
Biscuit, 2 1/2 in. diameter	1	15 g.
Chow Mein Noodles	1/2 cup	15 g.
Corn Bread, 2 in. cube	1	15 g.
Crackers, round butter-type	6	15 g.
Croutons	1 cup	15 g.
French Fries	16 - 25	15 g.
Granola, low-fat	1/4 cup	15 g.
Muffin, small	1	15 g.
Pancake, 4 in. diameter	2	15 g.
Popcorn, microwave	3 cups	15 g.
Potato Chips	12 - 18	15 g.
Sandwich Crackers, cheese or peanut butter filling	3	15 g.
Stuffing, bread (prepared)	1/3 cup	15 g.
Taco Shell, 6 in. across	2	15 g.
Waffle, 4 1/2 in. square	1	15 g.
Whole-wheat Crackers, fat added	4 - 6	15 g.

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FRUITS	AMOUNT	CARBS
Apple, unpeeled	1 small	15 g.
Applesauce, unsweetened	1/2 cup	15 g.
Apples, dried	4 rings	15 g.
Apricots, fresh	4 whole	15 g.
Apricots, canned	1/2 cup	15 g.
Banana	1 small	15 g.
Blackberries	3/4 cup	15 g.
Blueberries	3/4 cup	15 g.
Cantaloupe	1 cup cubes	15 g.
Cherries, sweet, fresh	12	15 g.
Cherries, sweet, canned	1/2 cup	15 g.
Dates	3	15 g.
Figs, fresh	2 medium	15 g.
Fruit Cocktail	1/2 cup	15 g.
Grapefruit	1/2 large	15 g.
Grapefruit sections, canned	3/4 cup	15 g.
Grapes	17 small	15 g.
Honeydew Melow	1 cup cubes	15 g.
Kiwi	1	15 g.
Mandarin Oranges, canned	3/4 cup	15 g.
Mango	1/2 cup	15 g.
Nectarine	1 small	15 g.
Orange	1 small	15 g.
Papaya	1 cup cubes	15 g.
Peach, fresh	1 medium	15 g.
Peaches, canned	1/2 cup	15 g.
Pear, fresh	1/2 large	15 g.
Pears, canned	1/2 cup	15 g.
Pineapple, fresh	3/4 cup	15 g.
Pineapple, canned	1/2 cup	15 g.
Plums	2 small	15 g.
Plums, canned	1/2 cup	15 g.
Prunes, dried	3	15 g.
Raisins	2 Tbsp	15 g.
Raspberries	1 cup	15 g.
Strawberries	1 1/4 cup	15 g.
Tangerines	2 small	15 g.
Watermelon	1 1/4 cup cubes	15 g.
FRUIT JUICES	AMOUNT	CARBS
Apple Juice or Cider	1/2 cup	15 g.
Cranberry Juice Cocktail	1/3 cup	15 g.
Cranberry Juice Cocktail, reduced-calorie	1 cup	15 g.
Fruit Juice Blends, 100% Juice	1/3 cup	15 g.
Grape Juice	1/3 cup	15 g.
Grapefruit Juice	1/2 cup	15 g.
Orange Juice	1/2 cup	15 g.
Pineapple Juice	1/2 cup	15 g.

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MILKS	AMOUNT	CARBS
Buttermilk, low-fat	1 cup	15 g.
Milk, chocolate whole	1/2 cup	15 g.
Milk, evaporated skim or evaporated whole	1/2 cup	15 g.
Milk, goats	1 cup	15 g.
Milk, Kefir	1 cup	15 g.
Milk, skim, 1/2%, 1%, 2%, Non-fat, whole	1 cup	15 g.
Milk, non-fat dry	1/3 cup dry	15 g.
Milk, sweet acidophilus	1 cup	15 g.
Yogurt, plain nonfat or lowfat	3/4 cup	15 g.
DESSERTS & SWEET SNACKS	AMOUNT	CARBS
Angel Food Cake, unfrosted	1/24th cake	15 g.
Brownie, unfrosted	2 in. square	15 g.
Cake, unfrosted	2 in. square	15 g.
Cake, frosted	1 in. square	15 g.
Cookie, fat-free	2 small	15 g.
Cookie or Sandwich Cookie, crème filling	2 small	15 g.
Cranberry Sauce, jellied	scant 1/4 cup	15 g.
Cupcake, frosted	1/2 small	15 g.
Doughnut, plain cake	3/4 medium	15 g.
Doughnut, glazed	1/2 medium	15 g.
Fruit Juice Bars, frozen 100% juice	1 bar	15 g.
Fruit snacks, chewy	1 roll	15 g.
Fruit Spreads, 100% fruit	1 Tbsp	15 g.
Gelatin, regular	1/2 cup	15 g.
Gingersnaps	3	15 g.
Granola Bar	1	15 g.
Granola Bar, fat-free	1/2 bar	15 g.
Hummus	1/3 cup	15 g.
Ice Cream, regular, light, fat-free, no sugar added	1/2 cup	15 g.
Jam or Jelly, regular	1 Tbsp	15 g.
Pie, fruit, 2 crusts (1/6 pie = 45 g.)	1/18th pie	15 g.
Pie, pumpkin or custard	1/8 pie	15 g.
Pudding, regular	1/4 cup	15 g.
Pudding, sugar-free	1/2 cup	15 g.
Salad Dressing, fat-free	1/4 cup	15 g.
Sherbet, sorbet	1/4 cup	15 g.
Spaghetti or Pasta Sauce, canned	1/2 cup	15 g.
Sweet Roll or Danish	1 oz.	15 g.
Syrup, light	2 Tbsp	15 g.
Syrup, regular	1 Tbsp	15 g.
Tortilla Chips	6 - 12	15 g.
Vanilla Wafers	5	15 g.
Yogurt, frozen, low-fat, fat-free	1/3 cup	15 g.
Yogurt, frozen, fat-free, no sugar added	1/2 cup	15 g.
Yogurt, low-fat with fruit	1/3 cup	15 g.