

Counting Carbohydrates

1 Carb Choice = 15 grams (g) of carbohydrates

	Women Need:	Men Need:
Each Meal	3 – 4 Carb Choices	4 – 5 Carb Choices
	45 – 60 carbohydrate	60 -75 g Carbohydrate
Snacks	1 Carb Choice	1 Carb Choice
	15 g Carbohydrates	15 g Carbohydrate
Daily Total Maximum	13 Carb Choices	16 Carb Choices
	200 g Carbohydrate	250 g Carbohydrate

To Calculate Carb Choices:

Divide total grams of carbohydrate by 15.

Example:

1. Total Carbs = 22 g
2. $22 \div 15 = 1.47 \rightarrow$ Round to 1.5
3. Therefore 22 g carbohydrate is 1.5 Carb Choices.

Nutrition Facts	
Serving Size: 1 Cup (55g/2.0oz)	
Servings per container: 8	
Amount Per Serving	Cereal
Calories	190
Fat Calories	10
% Daily Value	
Total Fat 1.0 g	2%
Saturated 0 g	0%
Polyunsaturated 0.5 g	
Cholesterol 0 g	0%
Sodium 0 g	0%
Potassium 150 g	5%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	24%
Sugars 12g	
Other Carbohydrate 27g	
Protein 5g	
Vitamin A 0%	Niacin 25%
Calcium 0%	Folate 25%
Thiamin 25%	Phosphorus 15%

Check the serving size: Is this how much you plan to eat. If you eat more, you will need to recalculate the total g carbohydrate and Carb Choices.

This number is the weight of the crackers, NOT the amount of carbohydrates in the serving.

Count the total carbohydrates (per serving).

Do not count sugars separately because they are already counted as part of total carbohydrates.

Examples of Carb Amounts in Foods	
Bread, Cereal, Pasta, Rice	1 Serving=15 g Carbs
Bagel 1 oz	Oatmeal ½ cup
Biscuit 2 ½ inches dia	Cold cereal ¾ cup
Bread 1 slice	Sugar cereal ½ cup
Buns ½	Granola ¼ cup
Crackers 4 -6 pieces	Puffed cereal 1 ½ cup
Pancake 1 (4 in dia)	Barley 1/3 cup
Stuffing ½ cup	Couscous ½ cup
Tortilla 6 in dia	Pasta ½ cup
English Muffin ½	Rice 1/3 cup
Starchy Vegetables	1 Serving = 15 g Carbs
Corn/peas ½ cup	Potatoes ½ cup
Corn on cob ½ cob	Pumpkin 1 cup
Mixed Vegetable ½ cup	Squash 1 cup
Dried Beans, Peas, Lentils	1 serving = 15 g Carbs
Baked Beans ½ cup	Hummus 1/3 cup
All Beans ½ cup	Refried Beans ½ cup
Lentils ½ cup	All Peas ½ cup
Nonstarchy Vegetables	1 serving = 5 g Carb
1 Serving = 1 cup raw, ½ cup cooked, ½ cup juice, ½ cup tomato sauce	Green beans, Wax beans, broccoli, cabbage, brussel sprouts, eggplant, leafy vegetables
Fruits	1 serving = 15 g Carb
Apple, Orange small	Kiwi 1
Apricot 8 dried halves	Mango ½ cup
Banana small	Papaya 1 cup
Blueberry ¾ cup	Passion fruit ¼ cup
Canned fruit in juice ½ cup	Peach 1 medium
Cantaloupe 1 cup	Pear ½ large
Cherries 12	Pineapple ¾ cup
Dried fruit 2 tbsp	Plum 2 small
Grapefruit ½ large	Raspberries 1 cup
Grapes small 17	Strawberries 1 ¼ cup
Fruit Juice 1/3 cup	Watermelon 1 ¼ cup
Juice unsweetened ½ cup	
Milk	1 Serving = 15 g Carb
Any Low Fat Milk 1 cup	Fat Free flavored Yogurt 2/3 cup
Fat Free Yogurt 2/3 cup	
Snack Foods	1 Serving = 15 g Carb
Animal Crackers 8	Popcorn 3 cup
Gingersnaps 3 cookies	Pretzels ¾ oz
Graham Cracker 3 squares	Snack chips 15 chips
Rice Cakes 2 cakes	Vanilla wafers 5

Examples of Carb Amounts in Foods	
Sweets	1 Serving=15 g Carbs
1 Serving = 15 g Carb	1 Serving = 30 g Carb
Brownie unfrosted 1 ¼ in	Cupcake frosted 1 ¾
Cake unfrosted 2 in sq	Doughnut, glazed 2 oz
Cookies 2 small	Choc Milk 1 cup
Fruit Juice Bar 1 bar	Pie Pumpkin 1/8 pie
Ice Cream ½ cup	Pudding ½ cup
Jam/Jelly 1 tbsp	Rice pudding ½ cup
Muffin ¼ of 4 oz muffin	Sherbet ½ cup
Pancake syrup 1 tbsp	Fruit Pie 1/8 pie
Gelatin ½ cup	
Regular Soda ½ cup	
Sport Drink 1 cup	
Frozen Yogurt ½ cup	

Food	Serving Size	Carbs
Baked Enchilada	1 Empanada	36 g
Burrito (Beef or Bean)	5 oz	45 g
Casseroles	1 cup	30 g
Chili (Beef or Bean)	1 cup	30 g
Frozen Enchilada	One 11oz dinner	63 g
Hamburger	1 with 2 oz bun	30 g
Lasagna (Meat)	1 cup	30 g
Macaroni and Cheeze	1 cup	30 g
Orange Chicken	1 cup	45 g
Pita Pocket Sandwich	One 4 ½ oz	45 g
Pizza Cheese Thin Crust	¼ of 12 in pizza	30 g
Pot Pie	1 cup	38 g
Soup	1 cup	15 g
Spaghetti with meatballs	1 cup	30 g
Stew	1 cup	15 g
Submarine Sandwich	One 6 in sub	45 g
Taco (Meat and cheese)	1 taco	15 g