

# 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)

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

## Starchy Vegetables and Beans

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

## Fruits

<b>Apple</b> (small, unpeeled), 1 apple (4oz)	14g
<b>Applesauce</b> (unsweetened), ½ cup	14g
<b>Apple juice</b> (Juicy Juice from Wendy’s), 1 serving	22g
<b>Banana</b> (extra small), 4 inches long	15g
<b>Blueberries</b> , ¾ cup	16g
<b>Cantaloupe</b> (cubed), 1 cup	13g
<b>Fruit cocktail</b> (extra light syrup), ½ cup	14g
<b>Grapes</b> , 17 grapes (3oz)	15g
<b>Orange</b> (small), 1 orange (6½ oz)	15g
<b>Orange juice</b> (fresh), ½ cup	13g
<b>Peach</b> , medium peach	14g
<b>Peaches</b> (canned in extra light syrup), ½ cup	14g
<b>Pear</b> (large), ½ cup (4oz)	18g
<b>Pineapple</b> (canned, drained), ½ cup	14g
<b>Raisins</b> , 2 Tbsp	14g
<b>Raspberries</b> (fresh), 1 cup	15g
<b>Strawberries</b> , 1¼ cup whole berries	14g

## Dairy Products

<b>Ice cream</b> , ½ cup	15g
<b>Milk</b> (2%, acidophilus), 1 cup	11g
<b>Pudding</b> (reduced fat), ½ cup	26g
<b>Soy milk</b> (fat-free or low-fat), 1 cup	6g
<b>Yogurt</b> (plain, low-fat), 6oz	12g
<b>Yogurt</b> (frozen, fat-free), 1/3 cup	13g

Source: MyFoodAdvisor, [tracker.diabetes.org/](http://tracker.diabetes.org/). American Diabetes Association, Inc.