

Carb Counting Quick Reference

If carb counting is a part of your plan, talk with your dietician about what method to use and how to put that method into practice.

Counting Carbohydrate Servings

This method is a good way to get started. One serving of a starch, fruit, or dairy product counts as one “carb,” or about 15 grams of carbohydrates. For example:

- 1 slice of bread = 1 starch serving = 15 grams of carbohydrates
- 1 apple = 1 fruit serving = 15 grams of carbohydrates
- 1 cup of milk = 1 dairy serving = 15 grams of carbohydrates

Counting Carbohydrate Grams

This is the most accurate method. The actual carbohydrate amount (in grams) is used. Find this on the **Nutritional Facts** label on most foods. Also, see the quick reference below:

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Amounts listed = 1 carb = 1 carb serving = about 15 grams of carbohydrates*

Apple or pear (unpeeled) 4 oz	Lentils (cooked) ½ cup	Popcorn (air-popped) 3 cups
Applesauce (unsweetened) ½ cup	Mango ½ cups	Potato (sweet or mashed white) ½ cup
Bagel ¼ large 1 oz	Matzo ¾ oz	Potato (white, cooked) 1 small 3 oz
Baked beans 1/3 cup	Melon (cubed) 1 cup	Raisins or other dried fruit 2 tbsp
Banana ½ of large 4 oz	Milk (fat-free, 1%, 2%, whole) 1 cup	Raspberries (whole) 1 cup
Beans (such as pinto) 1/2 cup	Muffin ¼ medium 1 oz	Rice (brown or white, cooked) 1/3 cup
Blackberries or blueberries (whole) ¾ cup	Nectarine or plum 1 medium 5 oz	Rice milk (plain, sweetened) ½ cup
Bread (most types) 1 oz	Oats (cooked) ½ cup	Rice milk (plain, unsweetened) 1 cup
Canned fruit (no added sugar) ½ cup	Orange 1 medium 6 ½ oz	Soy milk (plain) 1 cup
Chips (tortilla or potato) ¾ oz or about 10 chips	Pasta (cooked) 1/3 cup	Strawberries (whole) 1 ¼ cups
Corn ½ cup	Peach 1 medium 6 oz	Tortilla (corn or flour, 6-inch) 1 tortilla
Crackers (saltine) 6 crackers	Peas (dried, such as black-eyed, cooked) ½ cup	Winter Squash 1 cup
Grapes 3 oz	Peas (green) ½ cup	Yogurt (plain, fat-free or lowfat) 6oz
Ice Cream ½ cup	Pita Bread (6 inch) ½ pita	Yogurt (plain, whole milk) 8oz

*Carbs vary. These foods also contain differing amounts of calories, fats, sodium, and other nutrients. Always check the labels. Source: The Official Pocket Guide to Diabetic Exchanges, 3rd edition. American Diabetes Association, 2011.