

COUNTING CARBOHYDRATES

The following servings each contain about **15 grams of carbohydrates**.
Each serving counts as **ONE CARB UNIT**.

Allotted CHO grams and units per DAY _____

Allotted CHO grams and units per MEAL _____

Allotted CHO grams and units per SNACK _____

Milk Group- 1 cup = 8 fluid ounces

- 1 cup of milk
- 1 cup of soy milk
- 1 cup of buttermilk
- ~2/3 cup of plain or flavored Greek yogurt (refer to label)

Starch Group (measured after cooking)

- 1 slice of bread (weighing 1 ounce)
- 1/4 large bagel
- 1/2 hamburger bun, hot-dog bun, pita bread, English muffin
- 1/3 cup rice, pasta, millet, couscous
- 1/2 cup beans (pinto, kidney, garbanzo, lentils)
- 1/2 cup starchy vegetable (potato, corn, peas, pea pods, sweet potato, yam)
- 1 cup beets (9g)
- 1/2 cup oatmeal, kasha, grits, bulgur
- 1 small tortilla (flour or corn, 6 inch size)
- 6 saltine crackers
- 3 graham cracker squares
- 3 cups popcorn

Fruit Group

- 1 small apple, orange, peach, pear, or nectarine (1/2 if large fruit)
- 1 small banana (1/2 of average banana)
- 1/2 grapefruit
- 1/2 cup unsweetened applesauce
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 grapes
- 3 prunes
- 1 1/4 cups strawberries, or watermelon

1 cup cantaloupe, honeydew, or papaya
1 large kiwi
2 tablespoons raisins
1/2 cup orange juice, apple juice, or grapefruit juice

Non-Starchy Vegetables- The following non-starchy vegetables contain about **5 grams** of carbohydrate per **1/2 cup cooked, or 1 cup raw**.

Artichokes, asparagus, green beans, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, greens, kohlrabi, leeks, okra, onions, peppers, spinach, summer squash, tomato, tomato sauce, turnips, and zucchini.

Meats, Proteins, and Fats- The following meats, protein foods, and fats contain **little or no carbohydrate**.

Meat- margarine- chicken- butter -fish -oil -tuna -mayonnaise -cheese -avocado -cottage cheese -cream cheese -tofu -seeds -eggs -olives -nuts -sour cream

Empty Foods -The following foods are insignificant sources of calories and carbohydrate.

diet soda/ tea (carbonated flavored water) -lettuce -lemons/limes -artificial sweeteners -mineral water -broth -spices -Crystal Light
-coffee -salsa -ginger -sugar-free Jello -tea -garlic -nonstick cooking spray