

# COUNTING CARBOHYDRATES

1 SERVING = 15 GRAMS (CARBS)

## FRUITS



1 small Apple



1 small Orange



1 Large Kiwi



1 Nectarine



1 Large Plum



3/4 Cup Cherries



1/2 Pear



1/2 Grapefruit



1/2 Banana



1/2 Mango



1 Cup Papaya



15 Grapes



3/4 Cup Berries



1/2 Cup Pineapple



1 Cup Melon

Limit or Avoid



1/2 Cup Juice



2 Tbsp Dried Fruit

## GRAIN/STARCH



1 Corn Tortilla (6")



1/4 Bagel



6 Crackers



1/3 Cup Rice



1/2 Cup Beans



1/2 Cup Oatmeal



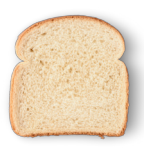
3 Cups Popcorn



1 Waffle (4")



1/3 Cup Pasta



1 Slice Bread



9-13 Tortilla Chips



1/2 Bun

## DAIRY



1/2 Cup Ice Cream



1 Cup Milk



6 oz Yogurt

## STARCHY VEGETABLES



1/2 Cup Corn



1/2 Cup Potato



1/2 Cup Peas

## VEGETABLES AND LEGUMES

### Starchy vegetables

- ½ cup cooked green peas
- ½ cup cooked corn or hominy
- ½ corn on the cob, large (5 oz)
- ½ cup cooked sweet potatoes
- ½ cup cooked potatoes
- 1 small potato or sweet potato
- ½ cup hash browns or au gratin potatoes
- 10 to 15 French fries
- 1 cup winter squash (pumpkin, acorn, butternut)
- 1 cup marinara or pasta sauce
- ½ cup tomato juice
- ¼ cup tomato puree

### Beans and Legumes

- ½ cup cooked beans (kidney, pinto, black, etc)
- ½ cup cooked lentils
- ¼ cup baked beans

## BREADS

- 1 slice bread
- ½ English muffin
- 1 small croissant
- 1 small muffin (1 oz)
- 1 pancake or waffle (4")
- ¼ of a large bagel
- ½ hot dog bun or burger bun
- 1 tortilla (6")
- 1 small cornbread or biscuit (2" cube, 2 oz)
- 1 small plain roll (1 oz)
- ½ small pita (6")

## FRUITS

- 1 small fresh fruit (apple, orange, pear, peach, tangerine, nectarine)
- ½ cup applesauce, unsweetened
- 4 fresh apricots
- ½ banana
- 1 date
- 1 cup melon cubes (cantaloupe, watermelon, honeydew)
- ¾ cup cherries
- 1 large plum
- ½ cup canned fruit, unsweetened
- ½ grapefruit
- 15 grapes
- large kiwi
- ¾ cup pineapple
- ½ mango or papaya
- 3 medium prunes
- 1 cup berries
- ½ cup juice
- 2 Tbsp dried fruit

## CEREALS, PASTA AND RICE

- ½ cup cereal
- ¼ cup granola
- ½ cup cooked cereal
- ⅓ cup cooked pasta
- ⅓ cup cooked white or brown rice
- ½ cup chow mein noodles
- ⅓ cup quinoa
- ½ cup couscous

## CRACKERS, CHIPS, POPCORN

- 6 Saltine or Ritz crackers
- 3 Graham crackers
- 6 to 7 animal crackers
- ¾ oz pretzels (15 mini twists)
- 1 oz potato chips
- 9 to 13 tortilla chips
- 3 cups popcorn