

Simply Counting Carbs

Each item listed on the front side of this handout contains about **15 grams of carbohydrate** in the serving size listed.

Milk Group

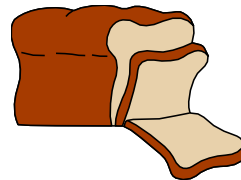
- 1 cup of milk: nonfat- 1% - 2% - whole
- 1 cup of soy milk
- 2/3 cup of plain yogurt
- 2/3 cup of yogurt sweetened with artificial sweeteners

1 cup = 8 fluid ounces



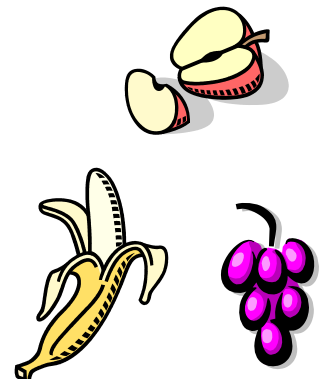
Starch Group (*measured after cooking*)

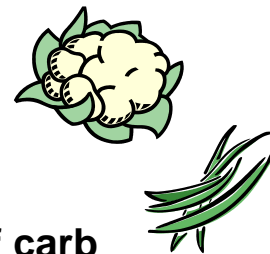
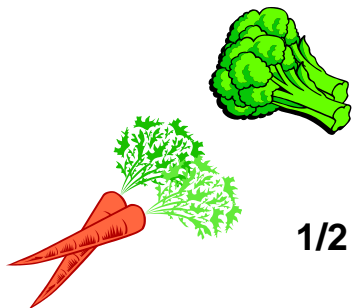
- 1 slice of bread (weighing 1 ounce)
- 1/4 large bagel
- 1/2 hamburger bun, hot-dog bun, pita bread, English muffin
- 1/3 cup rice, noodles, millet, couscous, quinoa, polenta, stuffing
- 1/2 cup beans (pinto, kidney, garbanzo) lentils or split peas
- 1/2 cup starchy vegetable (potato, corn, peas, sweet potato, yam)
- 1/2 cup oatmeal, kasha, grits, bulgur
- 1 small tortilla (flour or corn, 6-inch size)
- 1/3 large flour tortilla (10-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 or mango
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 small grapes
- 3 prunes or dates
- 1 1/4 cups strawberries, or watermelon
- 1 cup cantaloupe, honeydew, raspberries, or papaya
- 1 large kiwi
- 2 small tangerines or plums
- 2 tablespoons raisins
- 1/2 cup orange juice, apple juice, or grapefruit juice





Non-Starchy Vegetables

1/2 cup cooked, or 1 cup raw, has about 5 grams of carb

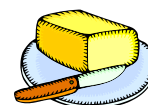
Artichokes, asparagus, bamboo shoots, beans (green, wax, Italian), bean sprouts, beets, bitter melon, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, cucumber, eggplant, greens (kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, okra, onions, mushrooms, pea pods, peppers, radish, rutabaga, snap peas, spinach, summer squash, Swiss chard, tomatoes, tomato sauce, turnips, vegetable juice, water chestnuts and zucchini.

Meats, Proteins, and Fats

These foods have no carbohydrate, or are too low to count:



meat: beef, pork, lamb	vegetable oils: all types
poultry: chicken, turkey	cooking sprays
seafood: fish, shellfish	butter
seeds: sunflower, pumpkin	margarine
peanut butter: unsweetened	mayonnaise
nuts	cream cheese
eggs	sour cream
cheese	cream, half and half
cottage cheese	avocado, guacamole
tofu	olives



Other no-carb items:

diet drinks
mineral water

lettuce
broth

lemons and limes
sugar-free Jell-O

artificial sweeteners
sugar-free gum

