

Carbohydrate Counting Food List



Carbohydrate (or carb) Counting is a method of meal planning that can help control blood sugar levels. This guide lists the average carb amounts in various foods & beverages. Because carb amounts vary, please double check using the food label.

Most meal plans have 3-4 carb choices (45-60 grams of carbs) per meal and 1-2 carb choices (15-30 grams of carbs) per snack. Please ask a registered dietitian about the right food plan for you. Call the Fort Berthold Diabetes Program at 701-627-7931 to speak with a dietitian and for assistance with carb counting and meal planning.

1 carb choice = 15 grams of carbohydrates

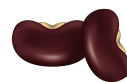
Bread & Tortillas








Food	Serving Size	Carb Choices	Grams Carbs
Bread, wheat or white	1 slice	1	14
Bread, reduced calorie or "light"	1 slice	1/2	7-9
English Muffin	1 whole	2	26
Bagel, 4 inches	1 whole	3 to 4 1/2	48-66
Corn Bread	2 in. square	1 1/2	25
Raisin Bread	1 slice	1	15
Dinner Roll or Biscuit	1 small	1	13-18
Tortilla, flour, 8 inches	1 tortilla	1 1/2	24
Tortilla, corn, 4 inches	2 tortillas	1	16-18
Hot dog/hamburger Bun	1 bun	1	13
Fry Bread, 6 inch piece	1 piece	3	40-45
Pita, 6 inches	1 pita	2	34
French Toast	1 slice	1	15
Waffle or pancake, 4 inches	1 each	1	15
Muffin, 2 inches	1 small	1 1/2 to 2	23-30



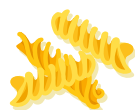
Beans, Peas, & Lentils







Food	Serving Size	Carb Choices	Grams Carbs
Beans (black, pinto, refried), cooked 	1/2 cup	1	13-18
Baked Beans  	1/2 cup	2	28
Hummus 	1/4 cup	1/2	8
Split peas or lentils, cooked 	1/2 cup	1	18-20



Grains & Cereals











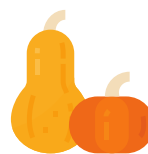
Food	Serving Size	Carb Choices	Grams Carbs
Oatmeal, cooked, plain 	1/2 cup	1	14
Oatmeal, instant, flavored	1 packet	2	26-30
Pasta, cooked	1 cup	3	42-45
Rice (white, brown, or wild) cooked	1 cup	3	45
Grits, cooked	1/2 cup	1	16
Quinoa, cooked 	1/2 cup	1	20
Dry Cereals, unsweetened	1 cup	1 1/2 to 2	24-28
Dry Cereals, sweetened	1 cup	2	29-32
Raisin Bran Cereal 	1 cup	3	47
Shredded Wheat Cereal 	1 cup	3	42
Granola	1/2 cup	1 1/2 to 2	18-32



Starchy Vegetables



Food	Serving Size	Carb Choices	Grams Carbs
Corn 	1/2 cup	1	14
Corn on the Cob 	1 ear	2	28-33
Mixed Vegetables with Corn & Peas 	1 cup	1	14-16
Peas 	1/2 cup	1	13-15
Potato, baked or roasted 	1 small (5 oz)	2	28-32
Potato, mashed 	1/2 cup	1	15-18
Squash (acorn, butternut, etc.) 	1/2 cup	1	13-15
Yams or Sweet Potatoes 	1 small (5 oz)	2	28-32



Milk & Yogurt



Food	Serving Size	Carb Choices	Grams Carbs
Dairy Milk, white	1 cup	1	12
Dairy Milk, chocolate	1 cup	2	7-9
Soy, Almond, Rice Milks, unsweetened	1 cup	1/2	4-10
Soy, Almond, Rice Milks, sweetened	1 cup	1	11-20
Yogurt, plain	6 oz	1/2	6-10
Yogurt, light	6 oz	1	15-18
Yogurt, sweetened	6 oz	2	27-30



Fruit (fresh or frozen)



Food	Serving Size	Carb Choices	Grams Carbs
Apple, unpeeled	1 large	1 1/2 to 2	18-29
Apricots	4 whole	1	14-18
Banana	1 medium	2	27-31
Blackberries	1 cup	1	11-20
Blueberries	1 cup	1	11-20
Cantaloupe, cubed	1 cup	1	12-15
Cherries	15 cherries	1	16
Grapefruit	1 large	2	26-32
Grapes, small	17 grapes	1	15
Honeydew Melon, cubed	1 cup	1	42
Kiwi	1 kiwi	1	11
Mango	1/2 cup	1	15
Nectarine, small	1	2	14-17
Orange	1 large	1 1/2 to 2	22-32
Papaya, cubed	1 cup	1	15
Peach	1 medium	1	15
Pear	1 medium	2	26-32
Pineapple, cubed	3/4 cup	1	15
Plums, small	2 plums	1	16
Raspberries	1 cup	1	15
Strawberries, halves	1 cup	1	12
Tangerines / Clementines	2 small	1	18
Watermelon, cubed	1 1/2 cup	1	16-18



Other Fruits













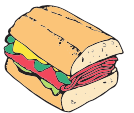
Food	Serving Size	Carb Choices	Grams Carbs
Juice (Apple, Orange, Cranberry, etc.)	1/2 cup	1	15-18
Applesauce, unsweetened	1/2 cup	1	14
Canned Fruit, in fruit juice	1/2 cup	1	14-17
Mandarin Oranges, in juice	1/2 cup	1	12-15
Raisins	2 tablespoons	1/2	15
Prunes	3 prunes	1	14-16
Dates	1 large/2 small	1	14-16
Dried Cranberries (Craisins)	2 tablespoons	1	16



Combination Foods




Food	Serving Size	Carb Choices	Grams Carbs
Asian Entrée (meat & veggies) 	1 cup	1 to 1 1/2	11-24
Burrito (6 inches)	1 burrito	2 to 3	30-45
Casserole or Hotdish	1 cup	2	28-34
Chili (meat & bean)  	1 cup	2	28-30
Burger (fast food) 	1 small	2	28-34
Lasagna, 3 x 4 inch piece	1 piece	2	30
Macaroni & Cheese	1 cup	3	45
Pasta or Potato Salad	1/2 cup	1 to 2	19-28
Pizza, frozen, 1/8 of pizza 	1 slice	1 1/2 to 2	24-30
Pizza, take out, 1/8 of large pizza 	1 slice	2 to 2 1/2	30-36
Sandwich (meat & cheese)	1	2	28-30
Sandwich (PB & J)	1	2 1/2 to 3	38-45
Sub Sandwich 	6 inches	3 to 3 1/2	44-55
Soup, broth based 	1 cup	1/2 to 1	7-17
Soup, creamy 	1 cup	1 to 1 1/2	13-24
Spaghetti with meatsauce	1 cup	3	42-48
Taco, fast-food (hard or soft shell) 	1 taco	1	11-20



Snacks & Sweets



Food	Serving Size	Carb Choices	Grams Carbs
Brownie or Cake, frosted	2 inch piece	1 1/2 to 2	23-29
Candy, hard	3 pieces	1	15
Candy Bar, snack size (2 inches)	1 piece	1	13-15
Chips, potato/tortilla or French Fries 	10 chips/fries	1	14-19
Coffee Creamer (liquid & flavored)	1 tablespoon	1/2	6-7
Cookie (1 cookie/2 sandwich cookies)	1 large/2 small	1	14-19
Crackers (5 snack or 1/2 cup Goldfish)	1 serving	1	11-14
Doughnut	1 medium	2	25-30
Frozen Yogurt	1/2 cup	1 to 2	15-26
Granola Bar	1 bar	1 to 2	15-28
Ice cream	1/2 cup	1 to 2	15-26
Popcorn	3 cups	1	13-17
Pretzels, mini twists	17 pretzels	1	16
Syrup (maple, chocolate, etc.)	2 tablespoons	2	26-30



Low Carb Foods

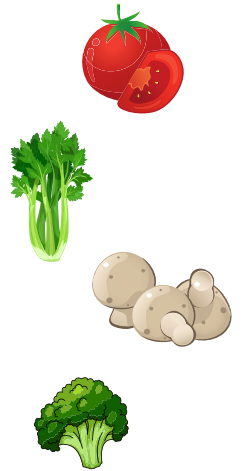
Low carb foods have **5 or less grams of carbs per serving**. One serving will have a minimal effect on blood sugar levels. These foods still contain calories and other nutrients like fats, protein, and vitamins and minerals.

Non-Starchy Vegetables



For non-starchy vegetables, 1 serving = 1/2 cup cooked or 1 cup raw. Each serving has about 5 grams carbs, 2 grams protein, and 25 calories. 3 servings of non-starchy vegetables at a meal or snack equals 1 carb choice (or 15 grams of carbs).

Artichokes	Cauliflower	Leeks	Sauerkraut
Asparagus	Celery	Lettuce	Salad Greens
Bean Sprouts	Collard Greens	Mushrooms	Spinach
Beets	Cucumber	Okra	Tomatoes
Broccoli	Eggplant	Onions	Turnips
Brussels Sprouts	Green Beans	Pea Pods	Vegetable Juice
Cabbage	Kale	Peppers (any type)	Yellow Summer Squash
Carrots	Kohlrabi	Radishes	Zucchini



Meat & Protein Foods

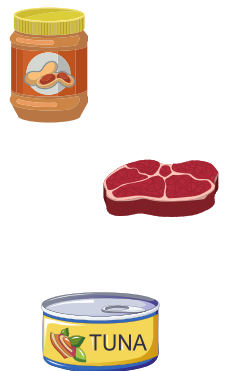


Meat and other protein foods contain little to no carbohydrates.

Recommended servings sizes: 3-4 ounces meat, fish, poultry (size of deck of cards)

1 egg or 2 egg whites
1/2 cup cottage cheese
1/2 cup tofu
1 tablespoon peanut butter
1/4 cup nuts
1 ounce of cheese (the size of 2 dice)

Beef	Egg Substitute	Lamb	Soy Protein
Bison	Egg Whites	Lunch/deli meat	Seeds
Chicken	Fish or Seafood	Nuts	Tofu
Cheese	Goat	Peanut Butter	Tuna or Salmon
Cottage Cheese	Ham	Pork	Turkey
Eggs	Hot Dogs	Sausage	Venison



Unlimited Use



These items contain minimal amounts of carbs. They have a minimal effect on blood sugar if eaten 3 or fewer times per day.

Beverages: Water, diet pop, unsweetened coffee/tea, sugar-free flavored water

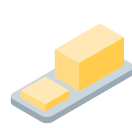
Other: herbs/spices, mustard, vinegar, salsa, hot sauce, broth, sugar-free Jell-O/Gum








Other Information

This page provides some additional information to assist with carb counting and blood sugar management. Remember to contact a Dietitian for a personalized nutrition plan.

Fats



Fats are an essential part of a healthy diet. Some fat sources are more heart healthy and others are less. Aim to consume *unsaturated fats* more often. Although fat sources have little to no carbs, they are dense in calories.

Unsaturated Fats (Healthier):		Saturated Fats (Less Healthy):	
Avocado 	Nuts & Seeds 	Bacon 	Cream Cheese
Canola Oil	Olive Oil	Butter	Lard
Margarine	Olives  	Coconut Oil	Shortening
Mayonnaise	Salad Dressing	Cream	Sour Cream

Reading Food Labels

Check the Nutrition Facts label on foods that have packages.

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.	

Serving Size

The nutrients listed on the label are what is in 1 serving. If you double the serving size, the nutrients are all doubled.

Total Carbohydrate

This is the total grams of carbs in 1 serving. Use this number for carb counting.

Dietary Fiber

Great for digestion & blood sugar regulation. Aim to pick foods with higher amounts of dietary fiber.

Carb Conversions

Range of Total Carbohydrate Grams	=	Equivalent Carbohydrate Choices
0 to 5	=	0
6 to 10	=	1/2
11 to 20	=	1
21 to 25	=	1 1/2
26 to 35	=	2
36 to 40	=	2 1/2
41 to 50	=	3
51 to 55	=	3 1/2
56 to 66	=	4
67 to 70	=	4 1/2
71 to 80	=	5

15 grams carbs = 1 carb choice

 = A good source of dietary fiber, which supports healthy digestion & blood sugar regulation

 = High in sodium (salt)

