



Carbohydrate Content of Foods

BREADS / CRACKERS / GRAINS/ STARCHY VEGETABLES

* carbohydrate content may vary from brand to brand, always read the food label!

Starches	Amount	Carb grams
BREADS		
Bread (white or wheat)	1 slice (1 oz)	15 g
Light bread	1 slice (1 oz)	7-8 g
Low Carb bread	1 slice (1 oz)	9 g
Challah	1 oz	15 g
Lawash, plain	2 oz	30 g
Pita bread, all types	2 oz	30 g
Mini/Pocket	1 oz	15g
Turkish/Middle Eastern	1 oz	15 g
Hamburger or Hot dog bun	1 bun	20 g
Dinner rolls	1 small	15 g
Sandwich roll	1 medium (2 oz)	30 g
Bagel	1 (Deli style)	60-70g
Mini bagel	1 (1 oz)	15 g
Croissant, plain	1 mini (1 oz)	15 g
	1 medium (1 ½ oz)	20 g
	1 large (2 ½ oz)	35 g
Danish, fruit	1 regular	30 g
Doughnut	1 medium	25 g
Pancake or waffle (frozen)	1 small	15 g
English muffin, plain	1	30 g
Muffin, blueberry	1 small (2 oz)	30 g
Dunkin Donuts	1 regular	75 g
Tortilla, corn, 6"	1.2 oz, each	10 g
Soft Taco	1	15 g

Flour Tortilla	1 (1.7 oz)	30 g
Burritos Tortilla	1	30 g
Wraps, plain		
Regular size	1	75 g
Large size	1	120 g
CRACKERS		
Saltine	1 cracker	2 g
Cheese	1 crackers	2 g
Graham	1 cracker	5 g
Wheat Thins	1 cracker	1 g
Soda	1 cracker	10 g
Peanut Butter	1 cracker	4 g
CEREALS		
(check the label!)	1 serving (1 cup)	15-45g
Oatmeal	1 cup (cooked)	30 g
Farina	1 cup (cooked)	25 g
GRAINS		
Rice, white or brown	1 cup (cooked)	45 g
Spaghetti	1 cup (cooked)	40 g
Elbows/spirals	1 cup (cooked)	40 g
Small Shells	1 cup (cooked)	30 g
Mac & Cheese	1 cup (cooked)	30 g
Grits	1 cup (cooked)	30 g
Corn	$\frac{1}{2}$ cup	15 g
Corn on the cob	1 medium	20 g
Popcorn	3 cups	15 g
STARCHY VEGETABLES		
Potatoes		
Plain (baked)	small (3 oz)	15g
Plain (baked)	large (Wendy's)	60-70g
Mashed	$\frac{1}{2}$ cup	15g
Plantain	1 medium	30 g
Yam	$\frac{1}{2}$ cup (mashed)	15 g
Yucca	$\frac{1}{2}$ cup (mashed)	15 g
Hash browns	$\frac{1}{2}$ cup (mashed)	10 g
French Fries		
<i>Mc Donald's</i>	small	25 g
	medium	60 g

	large	70 g
<i>Restaurant style</i>	15 fries	25 g
Kugel	5 oz	25 g

BEANS

Beans from dry:

Black-eyed peas	1 cup (cooked)	30 g
Lentils or peas	1 cup (cooked)	40 g
Navy beans	1 cup (cooked)	45 g
Pinto or Black beans	1 cup (cooked)	45 g

Beans canned:

Backed in sweet sauce	1 cup	50 g
Black or Kidney beans	1 cup	40 g
Chili with beans	1 cup	30 g
Garbanzo beans	1 cup	50 g
Lima beans	1 cup	30 g
Refried beans	1 cup	40 g

FRUIT/ FRUIT JUICES

* Use a Food Scale to measure carbohydrate content of fruit per amount (oz.)

Food	Amount	Carb grams
FRESH FRUIT		
Apple		
Small	4 oz *	15 g
Medium	6 oz	25 g
Large	8 oz	35 g
Apricots	1 medium(2oz)	6 g
Applesauce	$\frac{1}{2}$ cup unsweetened	15g
Banana		
1 medium	5 oz	20 g
1 large	7 oz	25 g
Berries	1 cup	20 g
Cantaloupe/Honeydew		

Flesh/no skin	1 oz	2 g
	1 cup (cubes)	15 g
Cherries	10 pieces	10 g
Clementine	1 medium (3 oz)	15 g
Grapefruit	$\frac{1}{2}$ fruit	15 g
Grapes	15 pieces	15 g
Kiwifruit	1 medium (3 oz)	10 g
Mandarin	1 small(3 oz)	6 g
Oranges		
Small	1 (5 oz with skin)	12 g
Medium	1 (7 oz)	18 g
Papaya	$\frac{1}{2}$ cup (cubed)	8 g
Medium	1 (with skin)	30 g
Peaches	1 medium (4 oz)	8 g
Plumb	1 small (2 oz)	6 g
Pear	1 medium (6 oz)	22 g
Pineapple	1 thick slice (3 oz)	10 g
Strawberries	1 cup (sliced)	10g
	3 large (2 oz)	3 g
Watermelon	1 cup cubes	12 g

CANNED FRUIT

(check the label!)

DRIED FRUIT

Apricots	8 halves (1 oz)	15 g
Prunes	3 medium	15 g
Raisins	2 Tbsp.	15 g

FRUIT JUICE

Apple juice	4 oz (1/2 cup)	15 g
Grape juice	4 oz (1/2 cup)	20 g
Orange juice	4 oz (1/2 cup)	12 g
Vegetable juice	4 oz (1/2 cup)	6 g

MILK / YOGURT

Food	Amount	Carb grams
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MILK

Whole, low-fat or skim	8 oz (1 cup)	12 g
Chocolate milk	8 oz	26 g
Soy milk (plain)	8 oz	8-10 g

YOGURT

Yogurt (plain)	8 oz (1 cup)	12-14 g
Yogurt (light)	8 oz	16-20 g
Yogurt with fruit	8 oz	32-40 g

CONDIMENTS / SWEETENERS

Food	Amount	Carb grams
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SUGARS

Table sugar	1 Tbsp	15 g
Honey	1 tsp	6 g
Jam or preserve	1 Tbsp	15 g
Syrup, Regular	1 Tbsp	15 g
Syrup, Light	1 Tbsp	7 g

CONDIMENTS

BBQ sauce	1 Tbsp	6 g
Ketchup	1 Tbsp/ 1 pkt	5 g
Spaghetti sauce	$\frac{1}{2}$ cup	10 g
Cranberry sauce	$\frac{1}{4}$ cup	25 g

FAST FOODS

* Ask for nutritional information where you buy/eat fast food

New York style pizza	1 slice	45 g
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