

Carb Counter for Diabetics

Starches

- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- ¼ large bagel (1 ounce)
- 2 taco shells (5-inch size)
- ½ hamburger or hot dog bun (1 ounce)
- ¾ cup ready-to-eat cereal
- ½ cup cooked cereal
- 1 cup broth-based soup
- 4-6 small crackers
- ⅓ cup pasta or rice (cooked)
- ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- ¼ large baked potato (3 ounces)
- ¾ ounce pretzels, potato chips, or tortilla chips
- 3 cups popcorn (popped)

Fruit

- 1 small fresh fruit (4 ounces)
- ½ cup canned fruit
- ¼ cup dried fruit (2 tablespoons)
- 17 small grapes (3 ounces)
- 1 cup melon or berries
- 2 tablespoons raisins
- ½ cup fruit juice

Milk

- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- ⅔ cup (6 ounces) fat-free yogurt sweetened with sugar-free sweetener

Sweets and Desserts

- 2-inch square cake (unfrosted)
- 2 small cookies (⅔ ounce)
- ½ cup ice cream or frozen yogurt
- ¼ cup sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey
- 2 tablespoons light syrup

Other Foods

- Count 1 cup raw vegetables or ½ cup cooked nonstarchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving.
- Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.
- Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings.