

CARB COUNTER CHART

Breakfast Foods

FOOD	SERVING SIZE	CARB SERVINGS
Bagel, large	1 bagel	4
Cereal bar	1 bar	2
Cereal, cooked, unsweetened	1/2 cup	1
cereal, raisin bran	1 cup	3
Cereal, sweetened	3/4 cup	1
Doughnut, cake, 3 across	1 doughnut	2
Doughnut, yeast or raised, 4 across	1 doughnut	2
English muffin	1 muffin	2
French toast	1 piece	1
Honey or table sugar	1 tbsp	1
Hot cocoa, regular, prepared with water	1 packet	1 1/2 - 2
Hot cocoa, sugar free, prepared with water	1 packet	1/2
Jam or jelly, regular	1 tbsp	1
Muffin, small	1 muffin	2
Oatmeal or cream of wheat instant flavored, prepared with water	1 packet	2
Pancake, 4 across	1 pancake	1
Syrup, light	1 tbsp	1/2
Syrup, regular	1 tbsp	1
Toaster pasty, fruit	1 pastry	2
Waffle, frozen, 4 across	1 waffle	1

Combination Foods

FOOD	SERVING SIZE	CARB SERVINGS
Burrito, bean, flour, tortilla, frozen 7 long	1 burrito	3
Burrito, meat, flour, tortilla, frozen 7 long	1 burrito	2
Casserole or hot dish	1 cup	2
Chicken nuggets	6 nuggets	1 1/2
Chili	1 cup	1 - 2
Fish sticks breaded	6 sticks	1
Hamburger with bun, regular	1 hamburger	2
Ketchup	1/4 cup	1
Lasagna, 3x4	1 piece	1 - 2
Lunch kit with dessert, pre-packaged	1 kit	4 - 5
Macaroni and cheese	1 cup	2 - 3
Pasta salad	1 cup	2 - 3
Pizza, frozen, thin crust, medium	1 slice (1/8 pizza)	1 1/2 - 2
Pizza, frozen, thin crust, medium	2 slice (1/4 pizza)	2
Ravioli, cheese or meat	1 cup	2 - 3
Sandwich, cheese or meat	1 sandwich	2
Sandwich, chicken, breaded	1 sandwich	3
Sandwich, chicken, grilled	1 sandwich	2
Sandwich, peanut butter and jelly, regular	1 sandwich	3
Sauce, tomato/marinara, canned	1/2 cup	1
School lunch	1 lunch	4 - 5
Soup (cream, noodle, rice, or vegetable)	1 cup	1
Taco, corn shell, 5 across	1 taco	1/2