

SIMPLY COUNTING CARBS



The following servings each contain about **15 grams of carbohydrate.**
Each serving counts as **ONE CARB PORTION.**

Milk Group

- 1 cup of milk
- 1 cup of soy milk
- 1 cup of buttermilk
- 2/3 cup of plain yogurt
- 2/3 cup of aspartame sweetened yogurt

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, pasta, millet, couscous
- 1/2 cup beans (pinto, kidney, garbanzo, lentils)
- 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)
- 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
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 grapes
- 3 prunes
- 1 1/4 cups strawberries, or watermelon
- 1 cup cantaloupe, honeydew, or papaya
- 1 large kiwi
- 2 tablespoons raisins
- 1/2 cup orange juice, apple juice, or grapefruit juice



Non-Starchy Vegetables

The following non-starchy vegetables contain about **5 grams** of carbohydrate per **1/2 cup cooked, or 1 cup raw**.

Artichokes, asparagus, green beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, greens, kohlrabi, leeks, okra, onions, pea pods, peppers, spinach, summer squash, tomato, tomato sauce, turnips, and zucchini.



Meats, Proteins, and Fats

The following meats, protein foods, and fats contain **little or no carbohydrate**.

meat	margarine
chicken	butter
fish	oil
tuna	mayonnaise
cheese	avocado
cottage cheese	cream cheese
tofu	seeds
eggs	olives
nuts	sour cream



Free Foods

The following foods are insignificant sources of calories and carbohydrate.

diet soda	lettuce	lemons/limes	artificial sweeteners
mineral water	broth	spices	Crystal Light
coffee	salsa	ginger	sugar-free Jello
tea	garlic	Diet Snapple	nonstick cooking spray