



Carbohydrate Content by Weight



Fruits	Serving Size = 15 g Carb	Weight (ounces) = 15 g Carb	Grams of Carb per Ounce (g/oz) FACTOR
Apple	1 small	4	3.75
Apricots	4 whole	5.5	2.73
Banana	1 small	4	3.75
Cantaloupe	1 cup cubes	11	1.36
Cherries, fresh	12 each	3	5
Figs	2 medium	3.5	4.29
Grapefruit	½	11	1.36
Grapes	17 small	3	5
Honeydew	1 cup cubes	10	1.5
Kiwi	1	3.5	4.29
Mango	½	5.5	2.73
Nectarine	1 small	5	3
Orange	1 small	6.5	2.31
Papaya	1 cup cubes	8	1.88
Peaches	1 medium	6	2.5
Pear	½ large	4	3.75
Plums	2 small	5	3
Tangerines	2 small	8	1.88
Watermelon	1¼ cup cubes	13.5	1.11

Excerpts from *Choose Your Foods, Exchange Lists – 2008 edition*

To calculate the grams of carbohydrate for your food:

1. Weigh your food (in ounces) using a food scale.
2. Multiply the weight of your food times the FACTOR for the food.

Example:

A 10-ounce orange (times 2.3 grams carb per oz) is 23 grams of carbohydrate.

- ✓ The weight includes the peeling, skin, core, seeds, and rind.
- ✓ Weights cannot be used for cubed fruits with the rind removed.

Food	Serving Size = 15 g Carb	Weight (ounces) = 15 g Carb	Grams of Carb per Ounce (g/oz) FACTOR
Angel Food Cake	1/24 cake	1	15
Bagel	1/4	1	15
Bread	1 slice	1	15
Brownie	1 1/4 in sq, 7/8 ht	1	15
Bun, Roll	1/2 bun, small roll	1	15
Chips	15-20	.75	20
Corn on the Cob	1/2 large ear	5	3
Cornbread	1 3/4 inch cube	1.5	10
Crackers	2-5	.75	20
French Fries	1 cup	2	7.5
Potato, Baked	1/4 large, 1/2 med	3	5

Excerpts from *Choose Your Foods, Exchange Lists – 2008 edition*

Carbohydrate Counting Resources:

Choose Your Foods: Exchange Lists for Diabetes; *American Diabetes Association 2008*

Calorie King; *A. Borushek*

The Complete Book of Food Counts; *C. Netzer*

Complete Guide to Carb Counting; *H. Warshaw*

Bowes and Church, Food Values of Portions Commonly Used; *J. Pennington*

Websites:

www.calorieking.com

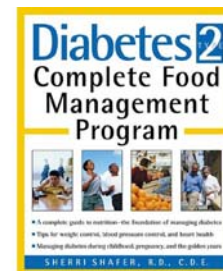
www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

www.mypyramid.gov

www.nutritiondata.com

www.nutrihand.com

www.nat.uiuc.edu/



Diabetes Type 2 Complete Food Management Program, Sherri Shafer