

Carb Counting Quick Reference

Find carbohydrate information (in grams) on the Nutrition Facts label on packaged foods. This reference can also help. (Carbs vary, so check labels when you can.)

Grains (starches)	1 carb serving	Fruits	1 carb serving
Bagel	¼ large (1 oz)	Apple or pear (unpeeled)	4 oz
Bread (most types)	1 oz	Applesauce (unsweetened)	½ cup
Chips (tortilla or potato)	9–13 chips (¾ oz)	Banana	4 oz
Crackers (saltine)	6 crackers	Blackberries or Blueberries (whole)	¾ cup
Matzo	¾ oz	Canned fruit (without added sugar)	½ cup
Muffin (4 oz)	¼ muffin (1 oz)	Cantaloupe or honeydew melon (cubed)	1 cup
Oats (cooked)	½ cup	Fruit juice (100%)	½ cup
Pasta (cooked)	⅓ cup	Grapes	17 small (3 oz)
Pita bread (6-inch)	½ pita	Mango	5½ oz or ½ cup
Popcorn	3 cups	Nectarine	5 oz
Pretzels	¾ oz	Orange	6½ oz
Rice (white or brown, cooked)	⅓ cup	Peach	6 oz
Snack foods (most types)	¾–1 oz	Plum	5 oz
Tortilla (6-inch, corn or flour)	1 tortilla	Raisins or other dried fruit	2 tbsp
		Raspberries (whole)	1 cup
		Strawberries (whole)	1¼ cups
Starchy Vegetables & Beans	1 carb serving		
Beans (such as pinto) and peas (such as black-eyed)	½ cup	Dairy and Dairy Substitutes	1 carb serving
Baked beans	⅓ cup	Ice cream	½ cup
Corn	½ cup	Milk (fat-free, 1%, 2%, whole)	1 cup
Lentils (cooked)	½ cup	Rice milk (sweetened, low-fat)	½ cup
Peas (green)	½ cup	Rice milk (plain, fat-free)	1 cup
Potato (baked with skin)	¼ large (3 oz)	Soy milk (fat free, plain or sugar free)	1 cup
Potato (boiled or mashed)	½ cup (3 oz)	Yogurt (fat free, plain or sugar free)	6 oz
Winter squash	1 cup	Yogurt (whole, plain or sugar free)	1 cup
Remember			
Amounts listed	=	1 carbohydrate serving	=
		about 15 grams of carbohydrate	=
			1 carb