Basic Carbohydrate (Carb) Counting

Carb counting is important for a healthy meal plan. Eating a diet that contains a consistent amount of carbohydrates throughout the day is optimal and will help you achieve your blood glucose (sugar) targets. One carb choice equals 15 grams of carbohydrate. Choosing 3–4 carb choices per meal and 1–2 carb choices per snack works well for many people.*

*Check with your Registered Dietitian Nutritionist for an individualized meal plan that best meets your specific needs. This handout is designed for people with diabetes or problems with blood sugar control.

Note: the food and drink photos may not portray actual survey sizes desirable – ask your dietitian.

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Starches/Grains (1 carb choice)

<table>
<thead>
<tr>
<th>Whole wheat bread</th>
<th>Oatmeal</th>
<th>Pancake</th>
<th>Sweetened cereal</th>
<th>Pasta</th>
<th>Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice (1 oz.)</td>
<td>½ cup</td>
<td>4” diameter</td>
<td>½ cup</td>
<td>1/3 cup</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Rice noodles</td>
<td>Somen</td>
<td>Udon</td>
<td>Breadfruit</td>
<td>Macaroni salad</td>
<td>Unsweetened cereal</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>1/3 cup</td>
<td>1/3 cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>
Starchy Vegetables (1 carb choice)

- Baked beans: 1/3 cup
- Corn: 1/2 cup
- Peas: 1/2 cup
- Baked potato: 1/2 cup
- Mashed potato: 1/2 cup
- Okinawan sweet potato: 1/2 cup
- Yam: 1/3 cup
- Taro: 1/3 cup
- Poi: 1/2 cup

Milk (1 carb choice)

- Whole, 2%, Skim: 1 cup
- Chocolate milk: 1/2 cup
- Plain yogurt: 2/3 cup
- Soy milk (plain): 1 cup
- Almond milk (plain): 2 cups
- Rice Milk (plain): 3/4 cup
Fruit (1 carb choice)

- **Apple banana**: 1 small
- **Blueberries**: ¾ cup
- **Cantaloupe**: 1 cup cubes
- **Grapes**: 15 medium (3 oz)
- **Orange**: 1 small
- **Papaya**: ½ medium
- **Mango**: ½ medium
- **Pineapple**: ¾ cup
- **Canned fruit**: ½ cup
- **Raisins**: 2 Tbsp
- **Juice**: ¼ - ½ cup
Other (1 carb choice)

<table>
<thead>
<tr>
<th>Brownie</th>
<th>Cookies</th>
<th>Grape jelly</th>
<th>Vanilla ice cream</th>
<th>Unfrosted cake</th>
<th>Potato chips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unfrosted 2”</td>
<td>Unfrosted 2”</td>
<td>1 Tbsp</td>
<td>½ cup</td>
<td>2” square</td>
<td>1 single-serving bag</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chocolate bar</th>
<th>Chi-chi dango</th>
<th>Arare</th>
<th>Shrimp chips</th>
<th>Smoothie</th>
<th>Malasada</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 mini bars</td>
<td>3 cubic inches</td>
<td>1 handful</td>
<td>7 chips</td>
<td>¼ cup</td>
<td>1 malasada</td>
</tr>
</tbody>
</table>


Photo References
Hawaiifoods.hawaii.edu (Majority of images)
Kingarthurlfour.com (pancake img)
Eataly.com (pasta img)
Favfamilyrecipe.com (baked potato img)
Steamy kitchen.org (mashed potato img)
Health.com (plain yogurt img)
Juice-queen.com (almond milk img)
Oatmealwithafork.com (rice milk img)
Myjpc.org (cookie img)
Superjellyhoneywall.blogspot.com (grape jelly img)
Simplyscratch.com (vanilla ice cream img)
Crosbys.com (unfrosted cake img)