

# 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)

**Whole wheat bread**



1 slice (1 oz.)

**Oatmeal**



½ cup

**Pancake**



4" diameter

**Sweetened cereal**



½ cup

**Pasta**



1/3 cup

**Rice**



1/3 cup

**Rice noodles**



1/3 cup

**Somen**



1/3 cup

**Udon**



1/3 cup

**Breadfruit**



¼ cup

**Macaroni salad**



½ cup

**Unsweetened cereal**



¾ cup

## 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

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## 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

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## Fruit (1 carb choice)

**Apple banana**



1 small

**Blueberries**



$\frac{3}{4}$  cup

**Cantaloupe**



1 cup cubes

**Grapes**



15 medium (3 oz)

**Orange**



1 small

**Papaya**



$\frac{1}{2}$  medium

**Mango**



$\frac{1}{2}$  medium

**Pineapple**



$\frac{3}{4}$  cup

**Canned fruit**



$\frac{1}{2}$  cup

**Raisins**



2 Tbsp

**Juice**



$\frac{1}{3}$  -  $\frac{1}{2}$  cup

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## Other (1 carb choice)

**Brownie**



Unfrosted 2"

**Cookies**



Unfrosted 2"

**Grape jelly**



1 Tbsp

**Vanilla ice cream**



½ cup

**Unfrosted cake**



2" square

**Potato chips**



1 single-serving bag

**Chocolate bar**



2 mini bars

**Chi-chi dango**



3 cubic inches

**Arare**



1 handful

**Shrimp chips**



7 chips

**Smoothie**



¼ cup

**Malasada**



1 malasada

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Designed by Andie Kida, UH Dietetic Intern (Preceptor: Cyndy Kahalewale, MPH, RD, LDN; Hawaii Foods Website, May 2015)

### Photo References

Hawaiifoods.hawaii.edu (Majority of images)  
Kingarthurfour.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)