

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

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

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



$\frac{3}{4}$ cup

Cantaloupe



1 cup cubes

Grapes



15 medium (3 oz)

Orange



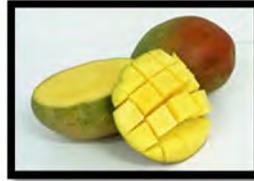
1 small

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

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

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)