

Client Name:

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Carbohydrate Counting for People with Diabetes

Foods with carbohydrates make your blood glucose level go up. Learning how to count carbohydrates can help you control your blood glucose levels. First, identify the foods you eat that contain carbohydrates. Then, using the Foods with Carbohydrates list, determine about how much carbohydrates are in your meals and snacks. Make sure you are eating foods with fiber, protein, and healthy fat along with your carbohydrate foods.

Foods with Carbohydrates

The following list shows carbohydrate foods that have about 15 grams of carbohydrate each. Using measuring cups, spoons, or a food scale when you first begin learning about carbohydrate counting can help you learn about the portion sizes you typically eat. The following foods have 15 grams carbohydrate each:

Grains

- 1 slice bread (1 ounce)
- 1 small tortilla (6-inch size)
- ¼ large bagel (1 ounce)
- ⅓ cup pasta or rice (cooked)
- ½ hamburger or hot dog bun (¾ ounce)
- ½ cup cooked cereal
- ½ to ¾ cup ready-to-eat cereal
- 2 taco shells (5-inch size)

Fruit

- 1 small fresh fruit (¾ to 1 cup)
- ½ medium banana
- 17 small grapes (3 ounces)
- 1 cup melon or berries
- ½ cup canned or frozen fruit
- 2 tablespoons dried fruit (blueberries, cherries, cranberries, raisins)
- 1/2 cup unsweetened fruit juice

Starchy Vegetables

- ½ cup cooked beans, peas, corn, potatoes/sweet potatoes
- ¼ large baked potato (3 ounces)
- 1 cup acorn or butternut squash

Snack Foods

- 3 to 6 crackers
- 8 potato chips or 13 tortilla chips (¾ ounce to 1 ounce)
- 3 cups popped popcorn