

Basic Carbohydrate Counting

TIME: _____

MEAL: **Breakfast** **Snack** **Lunch** **Snack** **Dinner** **Snack**

CARBS: _____g _____g _____g _____g _____g _____g

On the Nutrition Facts panel of the food label, look at **servings size** or **servings per container**.

Count the **Total Carbohydrate** in grams. You do not need to count sugar grams as these are part of the carbohydrate total.

Weigh and measure your portions to become more familiar with serving sizes and to be more accurate in counting your carbohydrates.

RESOURCES:

- ▶ *The Calorie King: Calorie, Fat & Carbohydrate Counter*, by Allan Borushek
- ▶ CalorieKing.com and Calorie King app
- ▶ MyFitnessPal.com and My Fitness Pal app
- ▶ Go Meals app

Nutrition Facts	
Serving Size 1 cup (4 oz)	
Servings Per Container 3	
Amount Per Serving	
Calories 75	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 2g	
Vitamin A	80%
Vitamin C	60%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- The serving size for this food is 1 cup.
- There are three servings, or 3 cups, in this container.
- The total carbohydrates amount tells how many grams of carbohydrates are in one serving.
- Sugar is already included in the total carbohydrate amount. This value shows the amount of natural or added sugar.

Carbohydrate Choices

Starches – (15 grams carbs per serving)

- ▶ 1 slice (1 oz.) bread, white or whole grain
- ▶ ½ hamburger bun, hot dog bun
- ▶ ½ english muffin or pita
- ▶ ¼ large or ½ small bagel
- ▶ 1 waffle or pancake (4 inches)
- ▶ 1 (6-inch) tortilla
- ▶ Dry cereal (such as Cheerios, corn flakes) – see label for amount
- ▶ ½ cup cooked cereal (oatmeal)
- ▶ ⅓ cup cooked rice or pasta
- ▶ 3 graham cracker squares
- ▶ 4 – 7 crackers
- ▶ ½ cup corn, peas, potatoes, dried beans
- ▶ 1 small (3 oz.) baked potato
- ▶ 3 cups popped popcorn
- ▶ 9 – 13 potato or tortilla chips
- ▶ 15 mini twist pretzels (¾ oz.)
- ▶ 2 (4-inch) rice cakes

Nonstarchy vegetables – (5 grams carbs per serving)

- ▶ 1 cup raw (such as broccoli, cauliflower, carrots, lettuce, tomato, celery, onion, peppers and cucumber)
- ▶ ½ cup cooked (such as green beans, beets, broccoli, cauliflower, carrots, asparagus and cabbage)
- ▶ ½ cup tomato or vegetable juice

Combination Foods

- ▶ 1 cup of soup = 15 grams
- ▶ 1 cup of casserole, chili or lasagna = 30 grams
- ▶ ¼ of 12-inch thin pizza = 30 grams
- ▶ ⅙ of 8-inch fruit pie = 45 grams
- ▶ 6-inch sub sandwich = 45 grams
- ▶ 1 taco = 15 grams

Free Foods – (0 grams carbs)

- ▶ Coffee
- ▶ Tea
- ▶ Diet soda
- ▶ Sugar-free Kool-Aid®/Crystal Light®
- ▶ Water
- ▶ Seasoning
- ▶ Sugar substitutes
- ▶ Sugar-free gum or gelatin
- ▶ Mustard, taco sauce

One serving of the foods listed below is free per meal. (5 grams carbs per serving)

- ▶ 1 tbsp ketchup
- ▶ 1 – 2 tsp low-sugar jam or jelly
- ▶ 1 tbsp fat-free salad dressing
- ▶ 1 tbsp fat-free cream cheese
- ▶ 2 tbsp sugar-free syrup
- ▶ ¼ cup salsa

Milk Choices – (12 grams carbs per serving)

- ▶ 1 cup milk (1%, skim, soy)
- ▶ 6 oz. yogurt – read label carefully (5 – 45 grams)
- ▶ 1 cup coconut milk = 7g
- ▶ 1 cup almond milk = 5 – 19g

Fruit – (15 grams carbs per serving)

- ▶ Small piece of fresh fruit, 4 oz.
(weigh fresh fruit for more accuracy in carb content)
- ▶ ½ cup unsweetened frozen or canned
- ▶ ¾ – 1 cup of fresh berries or melon
- ▶ 2 tbsp dried fruit or raisins
- ▶ ½ cup fruit juice
- ▶ 1 cup reduced-calorie/carb juice

Sweet and Desserts – (15 grams carbs per serving)

- ▶ 2 small cookies
- ▶ 2-inch square cake or brownie without icing
- ▶ 1 tbsp sugar, honey, jelly, syrup
- ▶ ½ cup ice cream
- ▶ ½ cup sugar-free pudding
- ▶ ¼ cup sherbet or sorbet

Meat and fat have minimal carbohydrates. For a heart-healthy diet, limit these foods as they are often high in calories and saturated fat.

Meat and Meat Substitute – (0 grams carbs)

Limit meat to 4 – 6 oz. per day.

3 oz. of meat is about the size of a deck of cards.

- ▶ 1 oz. cheese
(limit to 3 grams of fat per ounce)
- ▶ ¼ cup cottage cheese or tuna
- ▶ 1 egg or ¼ cup egg substitute
- ▶ 1 tbsp peanut butter
- ▶ ½ cup tofu

Fats – (0 grams carbs)

Limit to 3 – 5 servings a day.

- ▶ 1 tsp margarine, butter, oil
- ▶ 1 tbsp salad dressing, sour cream
- ▶ 2 tbsp reduced-fat salad dressing or sour cream
- ▶ 1 tbsp seeds (pumpkin, sesame, sunflower)
- ▶ 6 almonds, cashews or mixed nuts
- ▶ 4 pecans or walnut halves

Choose healthy fats:

Monosaturated fatty acids – nuts, avocado and healthy oils (olive, canola and peanut)

omega-3 fatty acids – salmon, tuna, mackerel, herring, sardines, trout, flax seed, walnuts, tofu and soy

Limit saturated and trans fats:

Saturated fat grams + trans fat grams = 3 grams or less per serving



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