

# Simply Counting Carbohydrates



The following servings each contain about **15 grams of carbohydrate**.  
Each serving counts as **ONE CARB PORTION**.

## Milk Group

- 1 cup of milk
- 1 cup of soy milk
- 1 cup of buttermilk
- 2/3 cup of plain yogurt
- 2/3 cup of aspartame sweetened yogurt

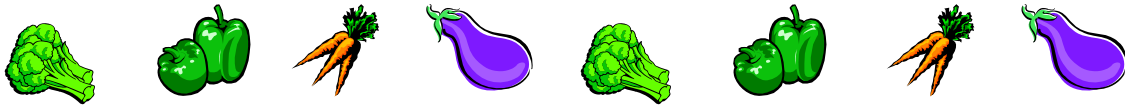
1 cup = 8 fluid ounces

## Starch Group (measured after cooking)

- 1 slice of bread (weighing 1 ounce)
- 1/4 large bagel
- 1/2 hamburger bun, hot-dog bun, pita bread, English muffin
- 1/3 cup rice, pasta, millet, couscous
- 1/2 cup beans (pinto, kidney, garbanzo, lentils)
- 1/2 cup starchy vegetable (potato, corn, peas, sweet potato, yam)
- 1/2 cup oatmeal, kasha, grits, bulgur
- 1 small tortilla (flour or corn, 6 inch size)
- 6 saltine crackers
- 3 graham cracker squares
- 3 cups popcorn

## Fruit Group

- 1 small apple, orange, peach, pear, or nectarine (1/2 if large fruit)
- 1 small banana (1/2 of average banana)
- 1/2 grapefruit
- 1/2 cup unsweetened applesauce
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 grapes
- 3 prunes
- 1 1/4 cups strawberries, or watermelon
- 1 cup cantaloupe, honeydew, or papaya
- 1 large kiwi
- 2 tablespoons raisins
- 1/2 cup orange juice, apple juice, or grapefruit juice



## Non-Starchy Vegetables

The following non-starchy vegetables contain about **5 grams** of carbohydrate per **1/2 cup cooked, or 1 cup raw**.

Artichokes, asparagus, green beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, greens, kohlrabi, leeks, okra, onions, pea pods, peppers, spinach, summer squash, tomato, tomato sauce, turnips, and zucchini.



## Meats, Proteins, and Fats

The following meats, protein foods, and fats contain **little or no carbohydrate**.

meat  
 chicken  
 fish  
 tuna  
 cheese  
 cottage cheese  
 tofu  
 eggs  
 nuts

margarine  
 butter  
 oil  
 mayonnaise  
 avocado  
 cream cheese  
 seeds  
 olives  
 sour cream



## Free Foods

The following foods are insignificant sources of calories and carbohydrate.

diet soda	lettuce	lemons/limes	artificial sweeteners
mineral water	broth	spices	Crystal Light
coffee	salsa	ginger	sugar-free Jello
tea	garlic	Diet Snapple	nonstick cooking spray