

# CARBOHYDRATE COUNTING CHART

1 Serving = 15g Carbohydrates

FOOD GROUP	SERVING SIZE (15G CARBS)	EXAMPLE ITEMS
<b>Grains &amp; Starches</b>		
Bread	1 slice	Whole wheat, White, Rye
Rice/Pasta (Cooked)	1/3 cup	Brown rice, Spaghetti, Quinoa
Cereal (Unsweetened)	1/2 cup	Oatmeal, Bran flakes
<b>Fruits</b>		
Fresh Fruit	1 small piece	Apple, Orange, Peach
Berries	3/4 cup	Blueberries, Raspberries
Melon (Cubed)	1 cup	Cantaloupe, Honeydew
<b>Vegetables &amp; Legumes</b>		

<b>FOOD GROUP</b>	<b>SERVING SIZE (15G CARBS)</b>	<b>EXAMPLE ITEMS</b>
Starchy Veg	1/2 cup	Corn, Peas, Mashed Potato
Beans/Lentils	1/2 cup	Black beans, Chickpeas
Non-Starchy Veg	3 cups raw	Leafy greens, Broccoli, Peppers
<b>Dairy</b>		
Milk	1 cup (8 oz)	Skim, 1%, Whole, Soy
Yogurt	2/3 cup (6 oz)	Plain, Low-fat

*\* This chart is a general guide. Always check nutrition labels for exact fiber and sugar content. Consult with a registered dietitian for personalized meal planning.*