

Carb Counts for Common Foods



If you don't see a food you eat often, you can download an app like "mySugr," "One Drop," or ask your therapist for an app recommendation.

* = Foods high in carbohydrates for their size. Be mindful of your consumption of them.

Proteins

Food	Serving Size	Carb Count (g)
Beef	1 cup ground beef, cooked	0 g
Chicken	1 large piece	0 g
Eggs	1 large egg	0.4 g
Fish	1 filet, baked or broiled	0 g
Pork	1 cup, cooked	0 g
Shrimp	5 cooked shrimp	0 g
Turkey	1 thin-sliced breast	4 g

Fruits

Food	Serving Size	Carb Count (g)
Apple*	1 whole, large	30 g
Avocado	1 whole	17 g
Banana*	1 whole, medium	27 g
Berries (rasp-, black-, blue-)	1 cup	15 g
Coconut*	1 cup/ 1 whole	12 g/ 60 g
Grape	1 grape/ 1 cup	0.5 g/ 16 g
Lemon/Lime	1 whole	2 g
Melon	1 cup	14 g
Orange*	1 whole, large	22 g
Papaya	1 whole, medium	30 g
Peach	1 whole, medium	15 g
Pineapple*	1 cup/ 1 whole	20 g/60 g
Strawberry	1 whole	1.5 g
Watermelon	1 cup	12 g

Vegetables

Food	Serving Size	Carb Count (g)
Asparagus	1 stalk/ 1 cup	0.5 g/ 5 g
Beans (Black)*	1 cup (cooked)	40 g
Beans (Pinto)*	1 cup (cooked)	36 g
Bell Pepper	1 whole/1 cup, small	3 g/ 4 g
Broccoli	1 floret / 1 cup	2 g/ 5 g
Cabbage	1 cup/1 whole, small head	4 g/ 40 g
Carrot*	1 whole/1 cup medium	5 g/ 12 g
Cauliflower	1 cup/1 whole, small head	5 g/ 14 g
Celery	1 stalk/ 1 cup	1 g/ 4 g
Cilantro	1 cup	0.5 g
Corn*	1 ear/1 cup	17 g/ 30 g
Cucumber	1 cup/ 1 whole	4 g/ 11 g
Eggplant	1 cup/ 1 whole	5 g/ 30 g
Garlic	1 clove	1 g

Food	Serving Size	Carb Count (g)
Ginger	1 piece/ 1 cup (1")	0.5 g/ 4g
Green Beans	10 beans/ 1 cup	4 g/ 7 g
Lentils	1 cup	17 g
Lettuce*	1 cup/ 1 whole head	1 g/ 4g
Mushrooms	1 whole/ 1 cup	0.5 g/ 3 g
Nopales*	1 cup, raw or cooked	3 g/ 5 g
Onion	1 whole/ 1 cup, medium	11 g/ 16 g
Potato*	1 cup/ 1 whole, medium	13 g/ 37 g
Radish	1 whole/ 1 cup, medium	0 g/ 4 g
Spinach	1 cup/ 1 packet (10 oz.)	1 g/ 10 g
Squash	1 cup/ 1 whole, medium	4 g/ 7 g
Sweet Potato	1 cup or whole	30 g
Tomato	1 cup/ 1 whole, medium	6 g/ 9 g
Yuca/Cassava*	1 cup/ 1 whole	78 g/ 155 g
Zucchini	1 cup/ 1 whole, medium	4 g/ 6 g

Grains

Food	Serving Size	Carb Count (g)
Bagel*	1 whole	46 g
Bread (Wheat)*	1 slice	11 g
Bread (White)*	1 slice	15 g
Cereal*	1 cup (Special K)	22 g
Chips (Tortilla)*	10 chips	20 g
Crackers*	1 cracker	2 g
French Roll*	1 whole	20 g
Oatmeal*	1 cup (cooked)	25 g
Pasta*	1 cup (cooked)	40 g
Rice*	1 cup (cooked)	45 g
Tortilla (Corn)*	1 medium (6")	10 g
Tortilla (Flour)*	1 medium (8")	27 g

Dairy

Food	Serving Size	Carb Count (g)
Cheese (Monterey Jack)	1 cup (shredded)	1 g
Cheese (Mozarella)	1 cup (shredded)	4 g
Cheese (Queso Fresco)	1 cup	7 g
Cream Cheese	1 tablespoon	0.5 g
Sour Cream	1 tablespoon/ 1 cup	1 g/ 10 g
Yogurt (Flavored)	1 cup	20 g
Yogurt (Plain)	1 cup	16 g

Other Foods

Food	Serving Size	Carb Count (g)
Potato Chips	1 small bag (1 oz.)	20 g
Salsa	1 tablespoon	1 g
Tomato Sauce*	1 cup	18 g
Honey*	1 tablespoon	17 g

Desserts

Food	Serving Size	Carb Count (g)
Cake*	1 small piece	37 g
Candies*	1 piece	10 g
Chocolate*	1 bar	27 g
Cookies*	1 cookie	10 g
Donuts*	1 donut	30 g
Ice Cream*	1 cup	35 g

Drinks

Food	Serving Size	Carb Count (g)
Coffee (Black)	1 cup (12 oz.)	0 g
Milk*	1 cup (12 oz.)	12 g
Juice*	1 cup (12 oz.)	20-30 g
Soda*	1 can	35-45 g
Beer*	1 can/ bottle (12 oz.)	15 g

Nutrition Facts

4 servings per container

Serving size 1/2 cup (114g)

Amount per serving

Calories **90**

% Daily Value*

Total Fat: 3g **5%**

Saturated Fat: 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

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.