

What is a carbohydrate choice or serving? Carbohydrate counting

ONE (1) CARBOHYDRATE CHOICE OR SERVING (15 grams of carbohydrates)	
1 slice of high fiber bread (whole wheat)	1 small fresh fruit (size of a tennis ball)
½ small whole wheat bagel	½ cup cooked, unsweetened oatmeal
½ cup potatoes or 1/3 cup of pasta	½ whole wheat English muffin
½ hamburger or hot dog bun	¾ cup unsweetened dry high fiber cereal
1 cup milk or 6 oz. of lite yogurt	Three 4" graham cracker squares
½ cup corn, peas or lima beans	½ cup sweet or mashed potatoes or yams
½ cup dried beans	½ cup regular or no sugar added ice cream
4 – 6 whole wheat crackers	Granola bar*
1/3 cup of brown rice	15 medium grapes

TWO (2) CARBOHYDRATE CHOICES OR SERVINGS (30 grams of carbohydrates)	
2 slices of whole wheat bread	8-12 whole wheat crackers
2/3 cup of whole wheat pasta	6 cups of low fat popcorn
1 cup potatoes or 1 small baked potato	1 whole wheat English muffin
1 hamburger or hot dog bun	Six 4" graham cracker squares
1 cup corn or peas	2/3 cups sweet potatoes or yams
1 cup cooked beans	1 cup cooked unsweetened oatmeal

THREE (3) CARBOHYDRATE CHOICES OR SERVINGS (45 grams of carbohydrates)	
1 cup milk, ¾ cup unsweetened dry cereal, and 1 small banana	
2/3 cup whole wheat pasta and ½ cup of spaghetti sauce*	
2 slices of whole wheat bread and 1 cup of vegetable soup	
2 slices of whole wheat bread and 1 small fresh fruit	
½ cup potatoes, ½ cup corn, and 1 slice of whole wheat bread	
½ cup cooked beans, 1/3 cup brown rice, and 1 small corn muffin	

CARBOHYDRATES CONVERSION GUIDE	
Total Carbohydrate (grams)	Carbohydrate Choices
0-5	0
6-10	½
11-20	1
21-35	1 ½
26-35	2
36-40	2 ½

Rev. 10/13

*Read all labels for total number of carbohydrates