

Carb Counting Guide

			
Starches	Fruit	Milk	Others
15 g per serving	15 g per serving	12 g per serving	15 g per serving
*Bread, 1 oz, one slice *Bagel, 4 oz, $\frac{1}{4}$ *Cooked cereal, $\frac{1}{2}$ cup *English muffin, $\frac{1}{2}$ *Hot dog bun, $\frac{1}{2}$ *Hamburger bun, $\frac{1}{2}$ *Rice, cooked, $\frac{1}{3}$ cup * Pasta, cooked, $\frac{1}{3}$ cup *Spaghetti sauce, $\frac{1}{2}$ cup *Potatoes: $\frac{1}{2}$ medium or $\frac{1}{2}$ cup mashed *Starchy vegetables, $\frac{1}{2}$ cup: Corn, peas, dry beans, lentils *Pop corn, 3 cups *Pancake, 4" across *Waffle, 1 small *Tortilla or Taco shell, 6" across *Cassava, $\frac{1}{3}$ cup *Plantain, $\frac{1}{3}$ cup *French fries, $\frac{1}{2}$ of small	*Apple, small, 4 oz *Banana, 4 inches/4oz *Berries, $\frac{3}{4}$ cup *Whole Strawberries 1 $\frac{1}{4}$ cup *Cherries, fresh, 12 *Peach, medium, 6 oz *Pear, $\frac{1}{2}$ large (7 oz) *Grapes, 17 *Kiwi, 3.5 oz *Mango, $\frac{1}{2}$ small, 5.5oz *Orange, 1small, 6.5oz *Tangerines, 2 small *Fresh Pineapple, $\frac{1}{2}$ cup *Raisins, 2 Tbsp. *Plums, 2 small, 5 oz *Melon, 1 cup cubed, 13 oz *Juice, $\frac{1}{3}$ to $\frac{1}{2}$ cup *Dried fruit, $\frac{1}{4}$ cup	1 CUP: Skim, 1%, 2%, whole, soy, buttermilk, goat's milk $\frac{1}{2}$ Cup: evaporated milk *Plain yogurt, $\frac{2}{3}$ cup *Yogurt, light, low fat, $\frac{3}{4}$ cup *Non-fat, dry milk, $\frac{1}{3}$ cup	*Cake, no frosting, 2 inch square *Cake, frosted, 1 inch square *Brownie, 1 $\frac{1}{4}$ inch Square *Cookies: Choc. Chip: 2(2 $\frac{1}{4}$ ") Vanilla wafers, 5 Ginger snaps, 3 *Pudding: Regular, $\frac{1}{4}$ cup Sugar-free, $\frac{1}{2}$ *Ice cream, $\frac{1}{2}$ cup *Glazed donut, $\frac{1}{2}$ *Barbeque sauce, 3 Tbsp *Pancake syrup: Regular, 1 Tbsp Light, 2 Tbsp *Honey, Jam, or Sugar, 1 Tbsp
Calories ~80 Protein 3 g Fat, 0-1 g	Calories ~60 Protein 0g Fat, 0 g	Calories ~100 Protein 8 g Fat, 0-8 g	Calories, protein, fat varies

Recommended carb levels PER MEAL:

Sedentary Woman: 30-45 g Average Woman: 45 g More Active Woman: 45-60g
 Sedentary Man: 45-60 g Average Man: 60 g More Active Man: 60-75 g
SNACKS: 15-20 g

Low Carb Choices

			
Vegetables	Meat	Fat/oil	Free Foods
5g of carbs	0g of carbs	0g of carbs	0g of carbs
<p>Serving: $\frac{1}{2}$ cup cooked or 1 cup raw</p> <ul style="list-style-type: none"> *Artichoke *Asparagus *Beans (green, wax, Italian) *Beets *Broccoli *Brussels sprouts *Cabbage *Carrots *Cauliflower *Celery *Cucumber *Eggplant *Greens *Mushrooms *Okra *Onions *Peppers *Salad greens *Summer squash *Tomatoes *Turnips 	<p>Serving: 1 oz Usual Portion, 3-4 oz</p> <p>Lean Meat: 0-3g fat</p> <p>Fish, plain: catfish, cod, flounder, haddock, halibut, salmon, tilapia, trout, tuna</p> <p>Lamb: chop, leg, roast</p> <p>Pork: Canadian bacon, rib or loin chop/roast, ham, tenderloin</p> <p>Poultry: without skin</p> <p>Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp</p> <p>Medium Fat, 4-7g</p> <p>*Egg, Poultry with skin, cheese (feta, mozzarella, reduced fat cheese)</p> <p>High Fat, 8+ g</p> <p>Bacon, sausage, cheese (American, Bleu, cheddar, Swiss, Monterey Jack), Bologna, salami, pastrami, hot dogs</p>	<p>Monounsaturated:</p> <ul style="list-style-type: none"> *Avocado, 2Tbsp *Nuts *Oils: Canola, olive, peanut, 1 tsp *Olives, 8-10 <p>Polyunsaturated:</p> <p>Margarine, low fat, 1Tbsp., Regular 1 tsp.</p> <p>Mayonnaise: regular 1 tsp, low fat, 1 Tbsp</p> <p>Nuts: pine nuts.</p> <p>Walnuts</p> <p>Oil: Carn, flaxseed, grape seed, safflower, soybean, sunflower, 1 tsp</p> <p>Saturated:</p> <ul style="list-style-type: none"> *Fats in Meat *Butter, 1 tsp *Coconut, 2 Tbsp *Cream, 1-2 Tbsp *Lard, 1 tsp *Oil: Coconut, palm, 1 tsp *Sour Cream, 2Tbsp <p>Trans: Hydrogenated oils</p>	<ul style="list-style-type: none"> *Bouillon or broth *Club soda *Coffee or tea *Sugar free soda *Sugar free gelatin *Mustard *Spices *Sugar substitutes *Tabasco sauce *Tonic water <p>Limit to 3 servings per day:</p> <ul style="list-style-type: none"> *Hard candy, 1 *Ketchup, 1 Tbsp *Cream Cheese, Fat free, 1 Tbsp *Dill pickle, 1 med. *Jam/jelly, low sugar, 1 tsp *Mayonnaise, light, 1 Tbsp *Salsa, $\frac{1}{4}$ cup *Salad dressing, low (1 Tbsp) or fat free, 2 Tbsp *Syrup, sugar free, 2 Tbsp
Calories, 25	Calories per 1 oz: lean, 45; medium, 75; high, 100+	Calories, 45	Calories, < 20