

Counting Your Carbs

Counting carbohydrates (carbs) can help you control your blood sugar, which can help heal your wound. Talk to your doctor about a daily carb goal and a meal plan that aligns with your medicines and level of physical activity.

CEREALS AND GRAINS* (Including Pasta and Rice)

Barley, couscous, millet, pasta (white or whole-wheat, all shapes and sizes), polenta, quinoa (all colors), or rice (white, brown, and other colors and types)	1/3 cup
Bran cereal (twigs, buds, or flakes), shredded wheat (plain), or sugar-coated cereal	1/2 cup
Bulgur, kasha, tabbouleh (tabouli), or wild rice	1/2 cup
Hot cereal (oats, oatmeal, grits)	1/2 cup
Unsweetened, ready-to-eat cereal	3/4 cup

* Serving sizes for all grains and pasta measure cooked foods.

 1 CARB CHOICE = 15 GRAMS CARBS

STARCHY VEGETABLES*

Cassava, dasheen, or plantain	1/3 cup
Corn, green peas, mixed vegetables, or parsnips	1/2 cup
Marinara, pasta, or spaghetti sauce	1/2 cup
Mixed vegetables (with corn or peas)	1 cup
Potato, baked with skin	1/4 large (3 oz.)
Potato, mashed with milk and fat	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam or sweet potato, plain	1/2 cup (3½ oz.)

* Serving sizes for all starchy vegetable measure cooked vegetables.

 1 CARB CHOICE = 15 GRAMS CARBS

NON-STARCHY VEGETABLES

Vegetables, cooked	1/2 cup
Vegetables, raw	1 cup

Non-starchy vegetables include asparagus, beets, broccoli, carrots, cauliflower, eggplant, green beans, greens, collard, dandelion, mustard, purslane, turnip, mushrooms, onions, pea pods, peppers, spinach, squash (summer, crookneck, zucchini), and tomatoes. Some vegetables, such as salad green (lettuce, romaine, spinach, and arugula), have so little carbohydrate that they are considered free foods.

 1 SERVING = 5 GRAMS CARBS

STARCH

Bagel	1/4 large bagel (1 oz.)
Biscuit	1 biscuit (2½ inches across)
Bread, reduced-calorie, light	2 slices (1½ oz.)
Cornbread	1¾ inch cube (1½ oz.)
English muffin	1/2 muffin
Hot dog or hamburger bun	1/2 bun (¾ oz.)
Naan, chapati, or roti	1 oz.
Pancake, waffle	1 pancake (4 inches across, 1/4 inch thick), 1 waffle (4-inch square or 4 inches across)
Pita (6 inches across)	1/2 pita
Tortilla, flour (white or whole-wheat) or corn	1 small tortilla (6 inches across) or 1/3 large tortilla (10 inches across)

 1 CARB CHOICE = 15 GRAMS CARBS

CRUNCHY SNACKS

Granola or snack bar	1 bar (¾ oz.)
Popcorn	3 cups, popped
Pretzels	¾ oz.
Rice cakes	2 cakes (4 inches across)
Snack chips, baked (potato, pita)	About 8 chips (¾ oz.)
Snack chips, regular (tortilla, potato)	About 13 chips (1 oz.)

 1 CARB CHOICE = 15 GRAMS CARBS

BEANS AND LENTILS

Baked Beans	1/3 cup
Beans (black, garbanzo, kidney, lima, navy, pinto, white), lentils (any color), or peas (black-eyed and split), cooked or canned, drained and rinsed	1/2 cup

 1 CARB CHOICE = 15 GRAMS CARBS

FRUITS*

Banana	1 extra-small banana (4-inches long, 4 oz.)
Fruit, canned	1/2 cup
Fruit, whole, small (apple)	1 small fruit (4 oz.)
Fruit, whole, medium (nectarine, orange, pear, tangerine)	1 medium fruit (6 oz.)
Fruit juice, unsweetened	1/2 cup
Grapes	17 small grapes (3 oz.)
Melon, diced	1 cup
Strawberries, whole	1 1/4 cup

* The weights listed include skin, core, and seeds.

 **1 CARB CHOICE = 15 GRAMS CARBS**

MILK AND MILK SUBSTITUTES

Milk (nonfat, 1%, 2%, whole)	1 cup
Rice drink, plain, fat-free	1 cup
Yogurt (including Greek), plain or sweetened with an artificial sweetener*	2/3 cup (6 oz.)

*Yogurt is highly variable in carbohydrate content, so check the food label to be sure.

 **1 CARB CHOICE = 12 GRAMS CARBS**

SWEETS AND DESSERTS

Brownie, small, unfrosted	1 1/4 in square, 7/8 in high (about 1 oz.)
Candy, hard	3 pieces
Ice cream, regular	1/2 cup
Pudding, sugar-free or sugar-and fat-free (made with fat-free milk)	1/2 cup
Sandwich cookie with crème filling	2 small cookies (about 3/4 oz.)

 **1 CARB CHOICE = 15 GRAMS CARBS**

Cupcake, frosted	1 small cupcake (about 1 1/4 oz.)
Doughnut, yeast-type, glazed	1 doughnut - 3/4 in across (2 oz.)

 **2 CARBS CHOICE = 30 GRAMS CARBS**

Flan	2/3 cup
Fruit pie, commercially prepared with two crusts	1/6 of 8-inch pie

 **3 CARBS CHOICE = 45 GRAMS CARBS**

COMBINATION FOODS

Soup (tomato, cream, broth-types)	1 cup (8 oz.)
Stew (beef/other meats and vegetables)	1 cup (8 oz.)

 **1 CARB CHOICE = 15 GRAMS CARBS**

Casserole-type entrees (tuna noodle, lasagna, spaghetti and meatballs, chili with beans, macaroni and cheese)	1 cup (8 oz.)
Pizza, thin crust	1/4 of 12-inch pizza (5 oz.)
Potato or macaroni/pasta salad	1/2 cup

 **2 CARBS CHOICE = 30 GRAMS CARBS**

Burrito (beef and bean)	1 burrito (5 oz.)
Dinner-type healthy frozen meal (includes dessert and is usually less than 400 calories)	1 meal (about 9-12 oz.)

 **3 CARBS CHOICE = 45 GRAMS CARBS**

FAST FOODS

Chicken breast, breaded and fried	1 chicken breast (about 7 oz. with bone and skin)
Chicken nuggets or tenders	6 pieces (about 3 1/2 oz.)
Meat, fish, or poultry stir-fried with vegetables	1 cup (about 6 oz.)
Taco, crisp, with meat and cheese	1 small taco (about 3 oz.)

 **1 CARB CHOICE = 15 GRAMS CARBS**

Breakfast sandwich, biscuit or English muffin variety (with egg, meat, and cheese)	1 sandwich
Hamburger, regular	1 burger (3 1/2 oz.) with bun
Noodles and vegetables in sauce (chow mein, lo mein)	1 cup

 **2 CARBS CHOICE = 30 GRAMS CARBS**

Chicken sandwich, grilled (with lettuce, tomato, spread)	1 sandwich (about 7 1/2 oz.)
French fries	1 medium order (about 5 oz.)
Submarine sandwich	1 6in sub

 **3 CARBS CHOICE = 45 GRAMS CARBS**

For more information, call: