

Carb Counting



Breads:	Fruits/Juices:
½ (1 oz.) Bagel/Bun/Croissant, medium/ English Muffin/ ½ Pita 6"/6" Taco Shell	1 Apple, Peach, Pear, Plum, Orange, Kiwi, Nectarine, Tangerine, Tangelo
2.5 " Biscuit	1/2 Banana, Grapefruit, Mango, Papaya
1 slice Bread, Whole Grain	1/2 c. Berries, Melon, Pineapple
2 Bread Sticks-4" x ½"	3 Apricots or 1/2 Pomegranate
2" cube Cornbread	Grapes-20 small, 10 large
1 small Muffin	2 Plums or Figs
4" Pancake	3 Prunes or Dates
4.5" Waffle	2 T. Raisins, Dates, Dried Fruit or Currants
Cereals:	1 cup Melon
1/2 c. Bran, Raisin Bran or Oatmeal, Cooked	Fruits/Juices:
¼ c. Granola	1/2 c. Apple, Pineapple, Grapefruit, Orange
1 ½ c Puffed Cereal	1/2 c. Cranberry Juice, Fruit Blend, Grape, Prune
¾ c. Ready to Eat Cereal, Unsweet	Milk/Yogurt:
Crackers/Snacks:	1 c. Fat Free Milk, 1%, 2%, Buttermilk,
8 Animal Crackers	1 c. Yogurt- Sugar Free, Fat Free, Plain Yogurt
3 Graham Crackers 2.5" sq.	Soups:
3 c. Popped Popcorn, Air Popped	1 c. Broth, Bouillion
¾ oz. Pretzels, Chips, Matzoh	1/2 c. Split Pea Soup or Bean
2-4" Rice Cakes	1 Frozen Yogurt on a Stick
6 Saltines or Butter Type Cracker	Sweets:
3 Gingersnaps	1 1/4 inch sq. Angel Food Cake or Sponge Cake
5 Whole Wheat Crackers	1 slice Cake, Unfrosted
6 Vanilla Wafers	3 Lorna Doones
1/2 c. Corn Chips	4 Social Tea Biscuits
1 c. Cheese Puffs	1 Plain Doughnut
6 -3 Ring Pretzels, Whole Grain	1/2 c. Vanilla Frozen Yogurt
7 Ritz Crackers	1/2 c. Vanilla Ice Cream
Pasta/Grains:	1 Dairy Queen small Ice Cream Cone
1/2 c. Chow Mein Noodles	1/2c. Sherbet
3 T. Cornflake Crumbs	2 Lady Fingers
Vegetables/Beans/Rice:	2 T. Malted Powder
1/2 c. Beans, Grains, Lentils, Peas, Potatoes, Yam	1/2 c. Gelatin, Regular
1/2 c. Corn, Peas, Whole Grain Pastas	1/2 c. Sorbet
1/2 c. Fries, Grits, Pasta	1 T. Honey, Jelly, Jam, Preserves