

CARBOHYDRATES IN INFANT FOOD AND DRINK

Breast Milk (BM) or Formula =

2 oz (60 mL) = 4 g

3 oz (90 mL) = 6 g

4 oz (120 mL) = 8 g

Starch =

Rice cereal (prepared with water)

1 Tbsp (15 mL)

3 Tbsp (45 mL)

2 g

6 g

Rice cereal (prepared with BM or formula)

2.5 g

7.5 g

Oatmeal (prepared with water)

1 g

4 g

Wheat-based noodles (cooked)

2 g

6 g

Rice/rice Noodles (cooked)

2.5 g

7.5 g

Cereal (e.g. Cheerios®)

1 g

3 g

Starchy Vegetables =

Peas

1 g

3 g

Butternut squash

1 g

3 g

Creamed corn

2 g

6 g

Mashed potato

2 g

6 g

Sweet potato

2 g

6 g

Mixed Foods =

Potato and meat and veggie casserole

1 g

3 g

Spaghetti, meat and veggie casserole

1 g

3 g

Rice, meat and veggie casserole

1 g

3 g

Fruit =

Pureed fruit

2 g

6 g

Medium banana

1/6 whole = 4 g

Other Common Foods =

Bread

1/3 piece = 5 g

Crackers (e.g. Goldfish)

3 small crackers = 1 g

Cookie (e.g. Arrowroot)

1 cookie = 5 g

* Please double check the carbohydrate value in the specific product that you are giving your child. The amount varies depending on the ingredients and brand*

How to determine the amount of carbohydrate in 1 Tbsp when given the value in 1 cup =

1 Tbsp = 15 mL (½ ounce)

1 cup = 250 mL (8 ounces)

→ 1 Tbsp (15 mL) divided by 1 cup (250 mL) = 0.06

→ If the carbohydrate value for 1 cup is 25 g, multiply this value by 0.06

→ Example: 25 g × 0.06 = 1.5 g, so there are 1.5 g carbohydrate in 1 Tbsp of this product