

CARB COUNTING USING CARBOHYDRATE PERCENTAGES

Food is made up of carbohydrates, proteins, fats, water and other nutrients (such as vitamins and minerals). Carbohydrate percentages represent the portion (percentage) of a food's weight that is carbohydrate. It stands for the actual concentration of carbohydrate in a gram of that particular food. Using carbohydrate percentages involves weighing a portion of food and then multiplying the weight of that food (in grams) by its carbohydrate percentage.

Carbohydrate percentages are helpful with:

- foods that are eaten at home (unless you carry around a food scale all the time)
- foods that are of odd shapes or variable sizes (e.g. fresh fruits, berries)
- foods with variable density within a volume measure (for example, packed rice versus loosely-scooped up rice in a measuring cup)
- a food item that is a mixture of several ingredients (e.g. stews, stir-fries, pastries)

To carb count using carbohydrate percentages, you will need:

- a digital food scale
- the carbohydrate percentages list
- a food that is in its edible form (without the peel, rind, seeds, packaging or other parts that are not consumed)

To find out how much carbohydrate you are eating in a particular food, you will need to do a simple calculation. The instructions follow:

Instructions	Example
1. Weigh the food on a gram scale to get its total weight.	You place an apple on a scale and see that it weighs 185 grams.
2. Find that food's carbohydrate percentage in one of the food groups listed below.	You look up the carbohydrate percentage of an apple and see that it is 0.12.
3. Multiply the food's weight in grams by its carbohydrate percentage.	You then multiply the weight of the apple (185 grams) by the carbohydrate percentage of the apple (0.12).
4. The answer is the number of grams of carbohydrate you are eating.	185 grams of apple \times 0.12 = 22 grams of carbohydrate.

Grain Products

Breads & Grains			
Bagel, onion, poppy or sesame	.51	Noodles, cooked	
Biscuits, plain or buttermilk	.47	Egg noodles	.24
Bread		Japanese soba	.21
Italian	.47	Japanese somen	.28
Rye	.42	Rice noodles	.24
Wheat	.39	Pancakes, buttermilk	.29
White	.49	Pasta, cooked	.25
Bread crumbs	.67	Ravioli, Chef Boyardee™	.15
Bread sticks, plain	.65	Rice	
Cornstarch	.90	Brown	.22
Couscous, cooked	.22	White	.29
English muffin	.43	Wild	.19
Flour		Rolls, dinner	
White	.78	Plain	.51
Barley	.65	Whole wheat	.22
Whole wheat	.61	Spaghetti	
French toast	.49	Plain	.26
Macaroni, cooked	.27	Whole wheat	.22
Muffin		Tortellini with cheese filling	.45
Blueberry	.45	Tortillas	
Corn	.48	Corn	.42
Oat bran	.43	Flour	.53
Plain	.38	Waffles, plain	.33

Cold Cereals, Dry (Average All Brands)

Cereal names and varieties change frequently. To get the most up-to-date carbohydrate count for cereals, please make use of household measures (measuring cups) and the information on the nutrition label. If you are using carbohydrate percentages, below is a rough guide.

Bran Flakes	0.80	Raisin Bran	0.73
Corn Flakes	0.80	Rice Crisps	0.80
Granola	0.53	Shredded Wheat	0.67
Oat Bran Cereal	0.56	Sugar-frosted Flakes	0.93
Puffed Rice	0.87	Wheat Flakes	0.80
Puffed Wheat	0.67		

Hot Cereals, Cooked

Corn grits	.13	Oatmeal	.09
Cream of Wheat	.11		

Fruits & Vegetables

Fruits (fresh, dried, or canned in juice or light syrup)			
Apple	.12	Grapes	
Applesauce, unsweetened	.10	American	.16
Apricot	.09	European	.17
Canned in juice	.10	Honeydew melon	.08
Canned in syrup	.14	Kiwi	.12
Banana	.23	Mango	.15
Berries		Nectarine	.09
Blackberries	.05	Orange	.10
Blueberries	.12	Papaya	.08
Cranberries	.07	Peach	.09
Raspberries	.06	Canned in juice	.11
Strawberries	.06	Canned in light syrup	.14
Cantaloupe	.12	Pear	.12
Cherries		Canned in juice	.11
Sweet	.14	Canned in light syrup	.13
Sweet, canned in juice	.13	Persimmons	
Sweet, canned in light syrup	.16	Japanese	.15
Sour	.10	Native	.33
Sour, canned in light syrup	.18	Pineapple	.12
Crabapple	.20	Canned in juice	.15
Cranberry sauce, sweetened	.39	Plum	.10
Dates	.68	Canned in juice	.10
Figs	.16	Pomegranate	.16
Canned in light syrup	.16	Prunes	
Dried	.54	Dried	.57
Fruit cocktail		Stewed	.25
Canned in juice	.11	Raisins	.75
Canned in light syrup	.14	Tangerines	.09
Grapefruit	.09	Watermelon	.08

Juice (no sugar added or unsweetened)			
Apple	.12	Lemon, fresh	.09
Apple cider	.14	Canned, bottled or frozen	.06
Cranberry	.12	Orange, fresh or canned	.10
Grape	.15	Frozen	.11
Grapefruit, fresh	.09	Pineapple	.14
Frozen	.10	Prune	.16
		Tomato or tomato-based mixed veggie	.04

Carb Counting Using Carbohydrate Percentages (continued)

Starchy Vegetables (fresh, frozen or canned in water)			
Beans, kidney, lima, pinto, red or white	.21	Potato	
Coleslaw	.11	Baked	.21
Corn, canned	.13	Boiled	.18
Sweet, creamed	.17	French fries	.35
Parsnip	.13	Hash browns	.24
Peas, green, cooked	.11	Mashed, homemade	.16
		Sweet potato	.22

Free Vegetables * (less than 5% carb)		Free Vegetables * (5-10% carb)	
Asparagus, cooked and canned	.02	Artichoke	.06
Avocado	.02	Bean sprouts, cooked	.06
Bamboo shoots, cooked and canned	.02	Beets, canned	.06
Beans, green, raw	.04	Bell peppers, green, red or yellow	.06
Cooked	.05	Carrots, raw	.07
Broccoli, raw or cooked	.04	Cooked	.05
Brussels sprouts, cooked	.04	Eggplant, cooked	.06
Cabbage, common or Chinese, cooked	.02	Mixed vegetables	.09
Cauliflower, cooked	.01	Onions, cooked	.09
Celery, raw	.01	Peas and carrots	.07
Cooked	.02	Soybeans, green, cooked	.07
Cucumber	.04	Mature seeds, cooked	.06
Lettuce		Squash, winter, baked	.06
Green leaf	.02		
Red leaf	.01		
Romaine	.01		
Mushrooms, raw	.02		
Enoki, raw	.04		
Portobello	.04		
Okra	.02		
Pumpkin, canned	.05		
Radish, oriental, raw or cooked	.01		
Sauerkraut, canned	.02		
Spinach, raw or cooked	.02		
Squash, summer, cooked	.03		
Tomato, raw or cooked	.03		
Turnip	.03		

Milk & Dairy Products

Milk & Dairy			
Cheese*		So Good™ Soy milk	
Cheddar*	.01	Chocolate	.11
Cottage*	.04	Original	.06
Mozzarella*	.02	Strawberry	.10
Ricotta*	.03	Vanilla	.10
Milk			
Reduced fat	.05	Yogurt, plain	.07
Chocolate	.10	Yogurt fruit variety	.19
		Frozen yogurt	.24

Other Foods

Desserts			
Brownies	.50	Doughnuts	
Cake		Cake, chocolate, sugared or glazed	.55
Angel food	.57	Cream-filled	.29
Banana bread	.54	Jelly-filled	.38
Carrot	.78	Ice cream	
Chocolate, with frosting	.52	Chocolate	.20
Chocolate, without frosting	.51	Chocolate chip cookie dough	.28
Fruit	.58	Coffee	.20
Butter pound cake	.49	Cookies & cream	.23
Sponge	.58	Rocky road	.28
White, without frosting	.56	Strawberry	.22
Danish pastries		Vanilla	.22
Fruit	.46	With nuts	.20
Nut	.44	Pie	
Cookies		Apple	.32
Animal	.73	Blueberry	.34
Chocolate chip	.58	Cherry	.39
Fig Newton	.66	Lemon Meringue	.46
Gingersnap	.75	Pecan	.53
Oatmeal raisin	.68	Pumpkin	.24
Vanilla or chocolate wafers	.69	Pudding, chocolate	.22
Cheesecake	.26	Sherbet	.27

Carb Counting Using Carbohydrate Percentages (continued)

Snack Foods			
Almonds	.20	Granola bar, hard, plain	.60
Candy		Marshmallows	.81
Hard	.98	Mixed nuts, roasted with peanuts	.21
Caramel	.76	Roasted without peanuts	.22
Fudge with nuts	.65	Peanuts, roasted	.15
Jelly beans	.94	Pecans, roasted	.13
Peanut brittle	.68	Pistachios, roasted	.27
Gum drops	.99	Popcorn, air-popped, without butter	.78
Cashews, roasted	.30	Oil-popped	.57
Corn chips	.57	Potato chips, plain	.53
Chocolate syrup	.63	Pretzels, hard	.79
		Sunflower seeds, shelled	.21
		Walnuts	.14

Dressings, Sauces & Condiments			
Bacon bits	.19	Jam or preserves	.69
BBQ sauce	.13	Salad dressing*	
Cheese sauce*	.07	Blue cheese*	.07
Chili sauce	.29	Caesar*	.03
Hollandaise sauce*	.05	French*	.16
Horseradish*	.11	Italian*	.10
Ketchup	.24	Soy sauce, soy and wheat *	.09
Mayonnaise*	.04	Tamari *	.06
Mustard*	.02	Spaghetti sauce	.08
Olives*	.06	Sweet & sour sauce, dehydrated	.96
Peanut butter, smooth	.19	Tartar sauce *	.04
Chunky	.22	Tomato paste	.19
Pickles, dill*	.04	Worcestershire sauce	.19
Pickle relish, sweet	.35		

Beverages			
Eggnog	.14	Punch, frozen, prepared with water	.12

Items in list marked with a () are those you generally do **not need to count** the carbohydrates for these items as they provide negligible carbohydrates. If you are having them in large quantities you may find benefit to counting them.