

# BC Children's Hospital Diabetes Carbohydrate Counting Resource

Foods that contain **carbohydrates raise your blood sugar**. These include grains & starches, fruits, milk & alternatives, and other foods. Carbohydrates provide energy, help with growth and contain many vitamins and minerals that are important for overall health. Carbohydrates can contain starch, sugar, and fibre.

1. One portion of any of these food groups contains approximately 15 grams (g) of **available** carbohydrate or **net** carbohydrate.
2. These amounts are just a measurement for carbohydrate counting. These amounts are not the portions your child has to be eating. Your dietitian can help you find the right amount of carbohydrate that is right for your health and lifestyle.
3. The carbohydrate amount for each food example is the average of all brands. Please refer to actual food label if available for more accurate available carbohydrate count.
4. All grains and pasta reference examples are measured as “cooked” for consistency.

Legend	
1 tsp	
1 tbsp	
¼ cup	
⅓ cup	
½ cup	
¾ cup	
1 cup	

**1 serving = approx. 15 grams available carbohydrate**  
or 1 carbohydrate choice

## Grains & Starches



<b>Bagel</b>	¼ large or ½ small	
<b>Barley/bulgur/ couscous</b>	½ cup <b>cooked</b>	
<b>Bannock</b>	1.5 x 2.5"	
<b>Bread</b>	1 slice	
<b>Cereal (dry, flaked)</b>	½ cup *look at label for specific cereals	
<b>Cereal (hot, oatmeal)</b>	¾ cup <b>cooked</b> *look at label for specific cereals	
<b>Chapatti/roti/whole wheat tortilla</b>	1 x 6"	
<b>Corn</b>	½ cup	
<b>Cornstarch</b>	2 tbsp	
<b>Croutons</b>	¾ cup	
<b>Dosa</b>	1 x 10"	
<b>English muffin</b>	½ muffin	
<b>Flour</b>	3 tbsp	
<b>French fries</b>	10 or ½ cup	
<b>Hamburger bun/ hotdog bun</b>	½ bun	
<b>Naan</b>	¼ of 8"x2" (6" diameter)	
<b>Pancakes/waffles</b>	1 x 4" or ¼ cup batter	
<b>Pasta</b>	½ cup <b>cooked</b>	
<b>Potato or sweet potato</b>	½ cup cubed/baked or ⅓ cup mashed	
<b>Pita</b>	½ 6"	
<b>Pizza crust</b>	⅓ of 12" (medium) or ½ large slice regular crust or 1 slice (¼ pizza) personal pizza	
<b>Quinoa</b>	½ cup <b>cooked</b>	
<b>Rice</b>	⅓ cup long grain <b>cooked</b> , ¼ cup short grain <b>cooked</b>	
<b>Soda crackers</b>	7	
<b>Noodles (rice, egg)</b>	⅓ cup <b>cooked</b>	
<b>Taco shells (hard)</b>	2 x 5"	
<b>Sushi roll</b>	3 pieces	

## Fruit



<b>Apple</b>	1 medium or 1 cup slices	🍵
<b>Applesauce (unsweetened)</b>	½ cup	🍵
<b>Apricot</b>	4 whole	
<b>Banana</b>	½ large, ⅓ cup mashed	🍵
<b>Blackberries, Raspberries, strawberries</b>	2 cups	🍵
<b>Blueberries</b>	1 cup	🍵
<b>Cherries</b>	12-15	
<b>Dates</b>	1	
<b>Figs</b>	2 medium	

<b>Fruit juice</b>	½ cup	🍵
<b>Grapefruit</b>	½	
<b>Grapes</b>	12-15	
<b>Kiwis</b>	2 medium	
<b>Mango</b>	½ medium or ½ cup	🍵
<b>Melon</b>	1 cup (cubed)	🍵
<b>Orange</b>	1 medium	
<b>Peach/nectarine</b>	1 large	
<b>Pear</b>	1 medium	
<b>Pineapple</b>	¾ cup	🍵
<b>Watermelon</b>	1 cup (cubed)	🍵

## Starchy Vegetables



<b>Beets</b>	1 cup	🍵
<b>Peas</b>	1 cup	🍵
<b>Carrots</b>	2 cups, or 15 baby carrots	🍵
<b>Squash (acorn/ butternut)</b>	1 cup	🍵
<b>Tomato sauce</b>	1 cup	🍵

## Legumes



<b>Beans/lentils</b>	½ cup	🍵
<b>Chickpeas</b>	⅓ cup	🍵
<b>Dahl (cooked—thick consistency)</b>	½ cup	🍵
<b>Edamame</b>	1 ½ cups	🍵

## Milk & Alternatives



<b>Buttermilk</b>	1 cup	🍵
<b>Chocolate milk</b>	½ cup	🍵
<b>Evaporated, canned milk</b>	½ cup	
<b>Fruit yogurt tubes</b>	2 tubes	
<b>Goats milk</b>	1 ½ cups	🍵
<b>Yogurt drinks</b>	2 drinks	
<b>Lassi</b>	¾ cup	🍵

<b>Milk</b>	1 cup	🍵
<b>Soy beverage (flavoured/original)</b>	1 cup	🍵
<b>Yogurt (flavoured)</b>	½ cup or 1 x 100g yogurt cup	🍵
<b>Yogurt (plain)</b>	¾ cup	🍵
<b>Oat milk (unsweetened)</b>	¾ cup	🍵

## Other Choices



Arrowroot/gingersnap cookies	3	
Brownie/cake (square, unfrosted)	2"	
Honey/syrup	1 tbsp	☹
Ice cream	½ cup	☹
Jam	1 tbsp	☹
Ketchup	3 tbsp	☹☹☹
Muffin	½ small	
Melba toast	4 slices	
Popcorn (cooked/popped)	3 cups	☹☹☹
Pretzels	7 large / 30 sticks	
Sugar	1tbsp	☹
Sweetened shredded coconut	½ cup	☹

The following foods have little to no carbohydrates, and don't typically need to be counted.

## Low / Zero Carbohydrate Foods



These foods can help balance/stabilize blood glucose.

### Dietary Fats

- Avocado
- Bacon
- Butter or margarine
- Ghee
- Cream cheese
- Mayonnaise
- Nuts and seeds
- Oils
- Salad dressing
- Sour cream

### Protein

- Cheese, paneer, cottage cheese
- Egg
- Unsweetened soy milk
- Peanut butter
- Hummus
- Chicken, poultry
- Beef, pork, wild game
- Fish, shellfish
- Plain, greek yogurt\* does contain some carbohydrate, look at label

### Vegetables

- Asparagus
- Broccoli
- Mushrooms
- Cucumber
- Tomatoes
- Lettuce
- Celery
- Peppers
- Green beans
- Eggplant

### Other

- Lemon/lime
- Dill pickle
- Mustard
- Sparkling water/club soda
- Diet pop

### Sauces

- Vinegar
- Hot sauce
- Soy sauce
- Fish sauce

# Label Reading

## 3 Key Components to look at:

1. Serving Size
2. Carbohydrate (g)
3. Fibre (g)

Fibre does not raise blood sugar and should be subtracted from carbohydrate

**Example:** 37g carbohydrate - 4g fibre = 33g available carbohydrate

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Notes