

# Carbohydrate Content of Common Foods

Fruits/Fruit Juices	Carb Choices	Grams of Carb
Berries (blueberries, raspberries, strawberries), 1 cup	1	14-20
Cherries, 12 (1 cup)	1	14
Fruit, canned in light syrup or juice, ½ cup	1	15
Fruit (apple, banana, pear), large, whole	2	26-35
Fruit (kiwi, orange, peach, tangerine), medium, whole	1	11-16
Fruit (clementine, plum), small, whole	1	16
Grapefruit, ½ large	1	13
Grapes, small 17 or large 8 (½ cup)	1	15
Juice (apple, grapefruit, orange, pineapple), ½ cup	1	11-17
Juice (cranberry, grape, prune), ⅓ cup	1	15
Melon (cantaloupe, honeydew, watermelon), 1 cup	1	11-16
Raisins, cran-raisins, dried fruit, ¼ cup	2	26-32
Grains/Starchy Vegetables/Dried Beans	Carb Choices	Grams of Carb
Bagel, large, 4-5"	4-5	60-75
Baked beans, ⅓ cup	1	17
Beans (black, garbanzo, pinto, red), ½ cup	1	14-19
Bread, white or wheat, 1 slice (1 oz)	1	14
Bun, hot dog or hamburger, 1 bun	1½-2	22-30
Cereal, cooked and unsweetened ½ cup	1	11-19
Cereal, cold and unsweetened, ¾ cup	1	18
Corn, ½ cup or 5-6" cob	1	15-20
Dinner roll, 1 roll (1 oz)	1	15
English muffin, 1 muffin (2 oz)	2	27-30
French fries, regular cut, 10-15	1	15-20
Muffin, small, 2½"	2	27-34
Pancake, 4" plain	1	12
Pasta (noodles, spaghetti) cooked, ⅓ cup	1	14
Peas, green, ½ cup	1	13
Potato, whole, sweet or white, medium 4"	2-2½	30-36
Potato, mashed, sweet or white, ½ cup	1	16
Quinoa, cooked, ⅓ cup	1	15
Rice, brown or white, ⅓ cup cooked	1	14
Squash, acorn or butternut, cooked 1 cup	1	13
Tortilla, flour, 8"	1½	25
Waffle, frozen, 4"	1	15
Wild rice	1	17
Milk/Dairy	Carb Choices	Grams of Carb
Milk, skim, 1%, 2%, whole, 1 cup (8 oz)	1	12
Rice beverage, 1 cup (8 oz)	1-1 ½	18-25
Soymilk, plain or flavored, 1 cup (8 oz)	1-2	15-27
Yogurt, artificially sweetened or plain, ¾ -1 cup (6-8 oz)	1	11-19
Yogurt, sweetened, ¾ -1 cup (6-8 oz)	2-2 ½	29-36

Combination Foods	Carb Choices	Grams of Carb
Burrito, bean, flour tortilla, frozen, 7" long	3	44
Burrito, meat, flour tortilla, frozen, 7" long	2	30
Casserole or hot dish, 1 cup	2	28-35
Chili, 1 cup	1-2	18-30
Hamburger or hot dog, with bun, regular	1½-2	22-30
Lasagna, frozen, 3"x 4"	2	26
Mixed vegetables with corn, pasta or peas, 1 cup	1	16
Pasta or potato salad, ½ cup	1-1½	18-25
Pizza, frozen, thick crust, medium, 1/8 pizza	2	28-34
Pizza, frozen, thin crust, medium, 1/8 pizza	1	17
Sauce, tomato or marinara, canned, ½ cup	1	14
Soup (bean, noodle, rice, vegetable or cream), 1 cup	1	11-20
Sub sandwich, 6"	3	41-48
Taco, corn shell, 5" across	½	9
Sweets/Snacks	Carb Choices	Grams of Carb
Brownie or cake, frosted, 2" square	2	30-35
Candy, hard, round, 3 pieces (1/2 oz)	1	15
Candy bar, chocolate, snack size, about 2" (1 oz)	1	15
Chips, potato or tortilla, regular, 10-15 chips	1	17
Cookie, 3"	1	11-19
Crackers, snack, 5-6 crackers	1	13
Donut, 3" cake or 4" raised	1 ½-2	21-35
Frozen yogurt, plain, ½ cup	1-1 ½	17-23
Gelatin, regular, ½ cup	1	19
Granola bar, 1 bar (1 oz)	1	17
Honey or table sugar, 1 Tbsp	1	12-17
Ice cream, plain, ½ cup	1	15
Jam or jelly, regular, 1 Tbsp	1	13
Popcorn, microwaved or air popped, 3 cups	1	12
Pretzel twists, mini, 15 pretzels (¾ oz)	1	18
Syrup, light, 2 Tbsp	1	13
Syrup, regular, 2 Tbsp	2	27

**Low – Carbohydrate Vegetables, 5 grams per serving - Three servings = 1 carbohydrate choice**

Serving size – 1 cup raw or ½ cup cooked. No need to count if only eating one serving.

Artichokes	Brussel sprouts	Cucumbers	Mushrooms	Radishes	Tomato/ vegetable juice
Asparagus	Cabbage	Eggplant	Okra	Sauerkraut	
Beans (green, Italian, wax)	Carrots	Greens	Onions	Spinach	Turnips
Beets	Cauliflower	Kohlrabi	Pea pods	Tomatoes	Zucchini
Broccoli	Celery	Lettuce	Peppers		



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