

Carbohydrate Counts for Common Foods and Beverages

GRAINS & STARCHY VEGETABLES

FOOD ITEM	CARBOHYDRATES (grams)
1 slice of bread	15 grams
1 tortilla (6-inch size)	15 grams
2 hard taco shells (5-inch size)	15 grams
1 bagel	50 grams
1 hamburger bun	30 grams
1 hot dog bun	15 grams
1/4 cup plain oatmeal (dry)	15 grams
4-6 small crackers	15 grams
1/2 cup pasta or rice (cooked)	20 grams
1 large baked potato (3 ounces)	60 grams
1/2 cup beans	15 grams
1/2 cup peas	15 grams
1/2 cup corn	15 grams
1 ear of corn	30 grams
1/2 cup winter squash	15 grams
1/2 cup mashed potatoes	15 grams
3 cups popcorn (popped)	15 grams
1 cup of pretzels	15 grams
15 potato chips	15 grams
7 tortilla chips	15 grams

FRUIT

FOOD ITEM	CARBOHYDRATES (grams)
1 small piece of fruit	15 grams
1/4 cup dried fruit	30 grams
17 small grapes	15 grams
1 cup melon	15 grams
1 cup berries	15 grams
1 banana	30 grams

DAIRY PRODUCTS

FOOD ITEM	CARBOHYDRATES (grams)
1 cup milk (unflavored)	15 grams
1 cup soy milk (unflavored)	10 grams
2/3 cup light yogurt	15 grams
2/3 cup sweetened yogurt	30 grams
1 cup Greek yogurt (plain)	10 grams
6 oz. Greek yogurt (flavored)	15 grams
1 cup chocolate milk	20 grams
1 cup cottage cheese	5 grams

SWEETS AND DESSERTS

FOOD ITEM	CARBOHYDRATES (grams)
2 small cookies or 1 large cookie	15 grams
1 cup ice cream or frozen yogurt	30 grams
1/2 cup sherbet or sorbet	30 grams
1 tablespoon syrup, jam, jelly, table sugar or honey	15 grams
2 tablespoons light syrup	15 grams

DRINKS

FOOD ITEM	CARBOHYDRATES (grams)
1 regular soda (12 fl oz)	40 grams
1 diet soda (12 fl oz)	0 grams
1 regular soda (20 fl oz)	70 grams
1 diet soda (20 fl oz)	0 grams
1 regular beer (12 fl oz)	15 grams
1 light beer (12 fl oz)	5 grams
1 glass wine (5 fl oz)	5 grams
1 chocolate milk shake (12 fl oz)	100 grams
1 cup fruit smoothie (8 fl oz)	30 grams
1 cup 100% fruit juice (8 fl oz)	30 grams
1 cup light fruit juice (8 fl oz)	0 grams
1 cup Gatorade (8 fl oz)	15 grams
1 cup Kool-Aid, prepared (8 fl oz)	15 grams
1 cup Crystal Light, prepared (8 fl oz)	0 grams