

# Counting Carbohydrates

# Dietitian's Tips

**CHO = Carbohydrate Choice**  
**15 grams of carbohydrates = 1 CHO**

**Please work with your dietitian and your doctor to determine how many carbohydrates you should have during meals and snacks**

*\*Always check the nutrition facts panel for specific carbohydrate and nutrition information. Grams of carbohydrates vary based on brand and variety.*

## **NON-STARCHY VEGETABLES**

**All servings are approximately (0 CHO)**

- 1 c. kale, raw or cooked
- ½ c. asparagus, cooked
- ½ c. broccoli, raw or cooked
- ½ c. cauliflower, raw or cooked
- ½ c. carrots, raw
- 1 c. lettuce or spinach, raw
- ½ c. tomatoes, raw
- ¼ c. onions, raw or cooked
- 1 c. summer squash (yellow), raw or cooked
- 1 c. zucchini squash (green), raw or cooked
- ½ c. spaghetti squash, cooked
- ½ c. white mushrooms, raw or cooked

## **STARCHY VEGETABLES**

**All servings are approximately (1 CHO)**

- ⅓ c. beans (kidney, black, garbanzo, pinto)
- ½ c. green peas, cooked
- ½ c. corn, cooked
- ½ c. sweet potatoes, cooked
- ½ c. acorn squash, cooked
- ¾ c. butternut squash, cooked
- 1 small baked potato (3 oz.)
- ½ c. lentils, cooked
- ½ c. shiitake mushrooms, cooked

## **FRUITS**

**All servings approximately to (1 CHO)**

- 1 small fresh fruit (4 Oz.)
- ½ c. canned fruit
- ½ c. dried fruit
- 15 grapes
- 1 c. melon
- 1 Tbsp. raisins
- 1 small banana
- ¾ c. blueberries
- ½ c. fruit juice
- 1 Tbsp. grape jelly

## **GRAINS**

**All servings are approximately (1 CHO)**

- 1 slice bread
- 1 tortilla, 6-inch
- ¼ large bagel
- ½ hamburger or hot dog bun
- ¾ c. ready-to-eat cereal, dry
- ⅓ c. pasta or rice, cooked
- ¾ oz. of pretzels or chips
- 3 c. popcorn
- ½ c. oatmeal, cooked
- 1 pancake, 4-inch diameter

## **PROTEIN**

**All servings are approximately (0 CHO)**

- 3 oz. tilapia, non-breaded
- 1 egg, medium
- 3 oz. white meat, non-breaded
- 3 oz. lean ground beef
- 3 oz. roast beef
- 3 oz. pork

## **FATS**

**All servings are approximately (0 CHO)**

- 1 Tbsp. butter or margarine
- 1 Tbsp. mayonnaise
- 1 Tbsp. French dressing
- 1 Tbsp. cream cheese
- ¼ avocado
- 2 Tbsp. nut butter
- 1 oz. nuts/seeds

## **DAIRY**

**All servings are approximately (1 CHO)**

- 8 oz. fat free or reduced fat-milk
- 8 oz. soy milk, unsweetened
- 4 oz. chocolate milk
- ⅔ c. (6 oz.) plain, yogurt

**All servings are approximately (0 CHO)**

- 1 slice (23 grams) cheese, all varieties
- 1 oz. (2-3 cubes) cheese, all varieties
- ½ c. 1/2% low fat cottage cheese