

CARBOHYDRATE COUNTING INSTRUCTIONS

Carbohydrate counting is a meal planning method where you count the grams of carbohydrates in the meal rather than the exchanges, fat grams, calories, or points. Foods are organized into groups by their appropriate carbohydrate content.

1. Choose between 45 to 60 grams of carbohydrates per meal. Start with 45 gms per meal, if you are still hungry, increase to 60gms per meal. The maximum recommendation is 75 gms per meal.
[Check with Dr. Muhrez before increasing to this amount].
2. **You must eat three meals per day.** The goal is to evenly distribute your Daily carbohydrate intake throughout the day.
3. Once you have chosen your carbohydrates for a meal, **add your protein [meat] and vegetables.** Your protein serving should be between 3-5 oz [precooked], or the size of a deck of cards after cooking.
4. If you are planning to eat more than 1½ cups of vegetables, you must count this as 10 gms of carbohydrates.
5. Baking, grilling, broiling or boiling meat choices is still recommended.

“Carb” Counting Food List

Breads: 15 g Carb

1 slice bread (white, whole wheat, rye)
6 small breadsticks (4” long)
½ bagel, English muffin, hot dog,
or hamburger bun
1 small croissant*
1 matzo ball
1 small muffin*
1 5” pancake/waffle*
½ pita (6 inches)
1 small plain roll
1 slice fruit breads (banana, etc*)
1 tortilla (6 inches)
⅓ c stuffing*

Cereals: 15g Carb

½ c bran cereal
¼ c granola*
½ c cooked cereal
¾ c other dry cereals (unsweetened)
½ c sugar frosted cereal
1½ c puffed cereal

Crackers/snack foods: 15g Carb

8 animal crackers
3 Graham crackers
4-6 round crackers*
¾ oz. pretzels
1 oz. snack chips*
6 saltine type crackers

Pasta/grains: 15g Carb

½ c Chow mein products
½ c pasta, other grains (cooked)
½ c rice (cooked)
½ c fried rice*

Vegetables/beans: 15g Carb

⅓ c beans (kidney, pinto) cooked
¼ c baked beans (canned)
½ c corn, hominy, peas
1 small potato
10 French fries*
½ c hash brown, au gratin*
1 c winter squash
½ c spaghetti pasta sauce

Fruits: 15g Carb

1 small apple, orange, tangerine,
pear, peach
½ c applesauce (unsweetened)
4 apricots (medium, fresh)
7 apricot halves (dried)
½ banana
¾ c blackberries, blueberries
½ cantaloupe
1 c melon cubes
½ c cherries
2 figs, plums
½ c canned fruit (unsweetened)
½ grapefruit
15 grapes
½ c juice (unsweetened)
1 large kiwi
¾ c pineapple, fresh
½ mango, papaya
3 medium prunes
2 tbsp. Raisins
1¼ c strawberries

Milk/yogurt: 15g Carb

1c skim, 2%*, whole*, buttermilk
½ c evaporated skim milk
⅓ c nonfat dry milk powder
1 c plain yogurt

Soups: 15g Carb

1 c broth base (chicken/beef noodle)
½ c bean, split pea
1 c cream soup*

Vegetables: 5g Carb

(count if serving size>15g)

½ c cooked vegetables (asparagus,
green beans, bean sprouts,
broccoli, cabbage, carrots,
cauliflower, eggplant, spinach,
tomato, turnips, waterchestnuts,
zucchini)
1 c raw vegetables
½ c tomato or vegetable juice
¼ c tomato puree

Combination foods: 30g Carb

1 c beef stew*
1 meat burrito*
2 stuffed cannelloni*
12 chicken nuggets*
1 c chili with beans*
1 small beef enchilada*
13” x 4” piece lasagna*
1 c macaroni & cheese*
¼ 10 inch pizza*
1 pot pie (7oz)
1 c ravioli*
2 soft tacos*
1 tostada with beans*

Sweets: 15g Carb

(limit to 10% of calories)

2” square piece cake (no icing)*
2 small fat free cookies
2” brownie (unfrosted)
½ c custard*
1 plain donut*
⅓ c frozen fat free fruit yogurt
1 small granola bar*
½ c ice cream* or ice milk
¼ pumpkin or custard pie*
½ twin popsicle bar
½ c sugar free pudding
5 vanilla wafers
2 Tbsp light maple syrup

Sweets: 30g Carb

2” square piece of cake with icing
cupcake, frosted*
½ c regular pudding*
Granola bar, fat free
1 c chocolate milk*
small soft serve cone

Sweets: 45g Carb

1/6 piece 2 crust pie*
Sweet roll or Danish*
1 c low fat yogurt with fruit
2 Tbsp. regular maple syrup

* contains fat