

# What is a Carb Serving?

Use this chart to look up serving sizes of many common foods. Some foods, such as fresh fruit, don't have labels. Also, when you eat away from home, food may be removed from its packaging.

**Remember: One carb serving = 15 grams of carbohydrate**

Fruit			
Apple	1 small, 4 oz.	Melon	1 cup
Apricots	4 fresh	Mixed fresh fruit	1 cup
Applesauce ( <i>unsweetened</i> )	½ cup	Nectarine	1 medium
Banana	1 small, 4 oz.	Orange	1 small, 6.5 oz
Berries	1 cup	Papaya cubes	1 cup
Cantaloupe	1/3 small	Peach	1 medium
Canned fruit ( <i>drained</i> )	½ cup	Pear	½ large
Dried Fruit	Check label	Pineapple, fresh	¾ cup
Figs, fresh	2 medium	Pineapple, canned ( <i>drained</i> )	½ cup
Grapefruit	½ large	Plums	2 small
Grapes or Cherries	6-10 large/12-18 small	Prunes, dried	3 each
Juice ( <i>100% fruit, check label</i> )	3-4 oz	Raisins	2 Tablespoons
Kiwi	1 large	Tangerine	2 small
Mango	½ large/cup	Watermelon	1 cup

STARCHES/BREAD			
Bagel ( <i>check label</i> )	¼ large/ ½ medium	Pasta, cooked	1/3 cup
Barley	1/3 cup	Pita Bread	½, 6" across
Beans, peas, lentils, corn ( <i>cooked</i> )	½ cup	Popcorn, no added fat	3 cups
Biscuit	2 ½ dia.*	Potato, 1 small	3 oz
Bread ( <i>check label</i> )	1 oz. slice	Potato, mashed	½ cup
Bun, hot dog/hamburger	½ (1 oz)	Pretzels	¾ oz
Cereal, cold flaked or cooked	½ cup	Rice, brown/wild/white ( <i>cooked</i> )	1/3 cup
Couscous	½ cup	Squash (winter)	1 cup
Crackers	4 to 5 each	Sweet potato/yam	½ cup
English Muffin	½	Tortilla	6" across
Graham Crackers	3 squares	Waffle	4" square
Melba Toast	5 slices	Whole Grain Bread ( <i>check label</i> )	1 slice (1 oz.)
Pancake	1 – 4" across*		

MILK PRODUCTS		OTHER CARBS	
Buttermilk, low/non-fat	1 cup/8 oz	Sugar	1 Tablespoon
Evaporated/skim milk	½ cup	Honey Syrup	1 Tablespoon
Nonfat yogurt (plain/light)	6 oz (cup)	Ice Cream, light	½ cup
Fat Free/Nonfat milk	1 cup/8 oz	Ice Cream, no sugar added	½ cup
Low Fat/1% Milk	1 cup/8 oz	Pudding, sugar free	½ cup
Soy Milk	1 cup/8 oz	Soup, cream type	1 cup

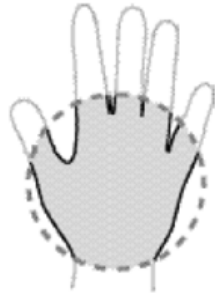
\* includes 1 fat serving

# Estimating Portion Sizes



**Fist** = 1 cup

Example: three servings of pasta or two servings oatmeal (one cup pasta = three servings)



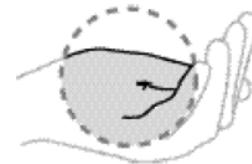
**Palm** or deck of cards = 3 oz.

Example: a cooked serving of meat



**ThumbTip** = 1 teaspoon

Example: a serving of mayonnaise or margarine



**Handful** = 1 or 2 oz. snack food

Example: One ounce nuts = one handful  
Two ounces pretzels = two handfuls



**Thumb** = 1 oz.

Example: a piece of cheese

## Carbs on a Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (8 oz)	
Servings per container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 163	<b>Calories from fat</b> 27
% Daily Value	
<b>Total Fat</b> 3 g	4%
Saturated Fat 0 g	0%
<b>Cholesterol</b> 10 mg	3%
<b>Sodium</b> 300mg	12%
<b>Total Carbohydrates</b> 32 g	10%
Dietary Fiber 5 g	20%
Sugars 3 g	
<b>Protein</b> 2 g	

**Step 1:** Look at the serving size.

**Step 2:** Look at the total grams (g) of carbohydrate only. Sugars are already counted in the total carbohydrate.

**Step 3:** Use the scale below to know how many carb servings you're eating.

Close to 15 g	1 carb serving
Close to 30 g	2 carb servings
Close to 45 g	3 carb servings
Close to 60 g	4 carb servings
Close to 75 g	5 carb servings