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# CARBOHYDRATE PER CUP

This list shows the approximate carbohydrate counts for 1 measured cup or 1 serving of some common foods. If you eat more or less than 1 cup or 1 serving, use this formula to get your carbohydrate count: grams of carbohydrate per cup/serving  $\times$  number of cups/servings in your portion = carbohydrate grams in your portion.

FOOD	GRAMS OF CARBOHYDRATE IN 1 CUP
Potato	40 g
Pasta	40 g
White rice	50 g
Vegetables (raw)	5 g
Vegetables (cooked)	10 g
Mixed corn and peas	30 g
Beans	40 g
Fruit	20 g
Popcorn	5 g
Ice cream	35 g
Dry cereal	25 g
Milk	12 g
Juice	30 g
Tomato sauce	20 g
Soft drinks	30 g
Sports drinks	15 g

FOOD	GRAMS OF CARBOHYDRATE IN 1 SERVING
Soft breads	14 g per slice
Dense breads	25–30 g per slice
Pancakes	14 g per 4-inch pancake
Frozen waffles	15 g per 4-inch waffle
Doughnuts	25–50 g per doughnut
Pretzels	23 g per ounce
Potato chips	14 g per ounce

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*Diabetes Self-Management*, "Counting Carbohydrates Like a Pro: Practical Tips for Accurate Counts" by Gary Scheiner, M.S., C.D.E.

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