

Carb Count Cheat Sheet

Food	Type/Brand	Serving/Size	Carb Count
Slice of bread	White	Slice (0.9 oz)	12
Oatmeal	Oats, Regular or Instant, cooked with water	Cup (8.3 oz)	28
Cheerios	Honey Nut, dry	Cup (1.3 oz)	29
Waffle - without syrup	Eggo, Homestyle - No Syrup	1 Waffle	14
Waffle - with syrup	Eggo, Homestyle + Maple Syrup	1 Waffle + 1 Tbsp Syrup	25
Glass of orange juice	Fresh	8 fl. Oz (1 cup)	26
Banana	Raw	Medium (6.5 oz)	27
Spoonful of sugar in your coffee	Granulated	1 Tablespoon (0.4 oz)	12
Deli bag of potato chips	Lay's Classic	1 oz Bag	15
Subway sandwich	Blackforest Ham	6"/246 g Sub	46
Tortilla	Mission, Corn Tortilla, White	1 Tortilla (0.7 oz)	9
12 oz Coke	Classic Coke	Can (12 fl.oz)	25
Serving size of rice	White, medium grain	1 Cup, cooked	53
Rice dish	Pei Wei Asian Diner; Rice, Fried, original	Meal	127
Pita	Thomas' Sahara Pita Pocket, White	Loaf (2.0 oz)	41
Ritz crackers	Ritz, original	5 Crackers (0.6 oz)	10
Saltines	Nabisco, Original Premium	5 Crackers (16 g)	11
Pretzel sticks	Rold Gold; Sticks, classic style	53 Pretzels (1.0 oz)	23
Snickers bar	Snickers	1 Bar, 1.9 oz	33
Donut	Krispy Kreme; original, glazed	1 Donut (1.7 oz)	21
Cookies	Subway; chocolate chip cookie	1 Cookie (1.6 oz)	30
Mashed potatoes	Home prepared	1 Cup (8.8 oz)	28
Sweet potatoes	Sweet Potato, baked (in skin)	Medium (5 oz with skin)	23
Olive Garden Bread sticks	Olive Garden; Breadstick	1 Stick	25
Dinner roll	Sara Lee; white	Roll (1.4 oz)	21
French bread	Panera Bread; french baguette, white	Side portion (2.4 oz)	36
Pasta	Average All Brands; plain, cooked	Cup, small shells (4.1 oz)	35
Lasagna	Olive Garden; Dinner, Classic Recipe, Lasagna Classico	Dinner	39
Beans	Average All Brands; Pinto, boiled	Cup (6.0 oz)	45
Beer	Heineken (5% alc.)	Can or bottle (12.0 fl.oz)	11
Wine	Average All Brands; white	Glass (5.2 oz)	4
Popcorn	Orville Redenbacher's; Microwave, Light Butter, popped	Cup (8.0 oz)	3
Ice cream	Ben & Jerry's; Original, Vanilla	Serving, 1/2 cup (4.0 fl.oz)	23
Pecan pie	Average All Brands; Pecan, commercially prepared	Piece, 1/6 of 8" pie (4.7 oz)	76

Healthier Choices

Scrambled eggs	Average All Brands; Scrambled Eggs, 1 large egg w. 1 tbsp non-fat milk, no added fat	1 Large egg	1
Plain yogurt	Average All Brands; plain	Cup (8.6 oz)	11
Berries	Average All Brands; blueberries, raw	50 Blueberries (2.4 oz)	10
Cheese	Average All Brands; Cheddar	1 Slice	0.4
Half-and-half (for coffee)	Average All Brands; plain	1 Tablespoon (0.5 fl.oz)	1
Nuts	Average All Brands; Almonds, raw	23 Almonds (1.0 oz)	6
Nut butter	Average All Brands; Almond Butter, Unsalted	1 Tablespoon (0.6 oz)	3
Turkey slices	Farmer John; Lunch Meat, Sliced Turkey	1 Slice (1.0 oz)	1
Roast beef	Hillshire Farm; Deli Select, Thin Sliced, Roast Beef	Serving, 7 slices (2.0 oz)	0
Shrimp scampi	Red Lobster; Classic, Garlic Shrimp Scampi, without side or sauce	1 Serving	0

