



## CARBOHYDRATE PORTION CHART

PORTIONS ARE EQUIVALENT TO 1 SERVING OF CARB OR 15 GRAMS OF CARB

Starches	Snacks	Fruits	Juices
1 slice of bread ½ (half of the bun) hamburger bun 1 pc pancake or waffle ½ cup of sugared cereal including with honey or frosting ¾ cup plain cereal ½ cup cooked oatmeal 1/3 cup of rice 1/3 cup plain pasta OR ½ cup of pasta with meat sauce ½ cup of corn 1 cup of mixed vegetables (broccoli, carrots)– corn, peas, and pasta ½ sweet potatoes ½ medium potatoes	3 square of graham crackers 6 square pieces saltines 3 cups popcorn 1 cup french fries ¾ oz. pretzels (small handful) ¼ cup dried fruit or trail mix	1 small apple or orange or peaches ½ large banana 12 pieces cherries 3 pieces dates 17 pieces grapes ½ piece of grapefruit 1 cup cubed watermelon or cantaloupe or honeydew ½ piece of mango ½ of a large pear 2 small pieces plum 3 pieces of prunes 1¼ cup whole strawberries	½ cup juice

Milk	Sweets	Non-starchy vegetable	Other
1 cup of fat free milk ½ cup chocolate milk	1 pc. cookie (medium size – not bigger than the palm of your hand) ½ of donut with glaze or ¾ piece of plain donut ½ cup ice cream 1 tablespoon of honey 1 tablespoon regular jam or jelly 2 tablespoons sugar free jam or jelly 1 tablespoon regular syrup 2 tablespoon light syrup	3 cups of raw or 1½ cup cooked carrots, cauliflower, broccoli, cucumber, cabbage, leafy salad – lettuce or spinach, tomatoes.	1 slice of bread