

Simply Counting Carbohydrates



The following servings each contain about 15 grams of carbohydrate.

Milk Group

- 10 oz of milk
- 1 cup of soy milk
- 10 oz of buttermilk
- 16 oz of plain whole milk yogurt (see box)

Carbs in Yogurt

Flavored yogurt contains added sugars, averaging 35 per cup
Plain yogurt will contain fewer net carbs than what is listed here *IF* it tastes very sour, indicating bacteria have fermented the sugar, and in so doing created more nutrition for you.

Starch Group (measured after cooking)

- 1 slice of bread (weighing 1 ounce)
- 1/4 large bagel OR large muffin
- 1/2 hamburger bun, hot-dog bun, pita bread, English muffin
- rice, pasta, millet, couscous 1/3 cup
- beans (pinto, kidney, garbanzo, lentils) 1/2 cup
- starchy vegetable (potato, corn, peas, sweet potato, yam), 1/2 cup
- tortilla, flour or corn, 6 inch size
- crackers, 6 saltine or 3 graham squares
- popcorn, 3 cups
- oatmeal, kasha, grits, bulgur 1/2 cup
- boxed cereal (cheerios 3/4 cup, raisin bran 1/2 cup)

Fruit Group

- 1 small apple, orange, peach, pear, or nectarine (1/2 if large fruit)
- 1 small banana (1/2 of average banana)
- 1/2 grapefruit
- 1/2 cup unsweetened applesauce
- 3/4 cup fresh pineapple chunks, blueberries, or blackberries
- 17 grapes
- 3 prunes
- 1 date
- 1 1/4 cups strawberries, or watermelon
- 1 cup cantaloupe, honeydew, or papaya
- 1 large kiwi
- 2 tablespoons raisins, dried and sweetened cranberries
- 1/2 cup orange juice, apple juice, or grapefruit juice

Sweets Group

- Cookie 2/12 inch
- Ice cream 1/2 cup
- Chocolate or candy bar 1 oz

FatBurn Factory



Non-Starchy Vegetables, Nuts, and Seeds

The following non-starchy vegetables contain about **5 grams** of carbohydrate per **1/2 cup cooked, or 1 cup raw**.

Artichokes, asparagus, green beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, greens, jicama, kohlrabi, leeks, okra, onions, pea pods, peppers, pumpkin, spinach, summer squash, tomato, tomato sauce, turnips, and zucchini.

Nuts and seeds contain about **5 grams** of carbohydrate per ounce (handful)



Meats, Proteins, and Fats

The following meats, protein foods, and fats contain **little or no** carbohydrate.

meat
chicken
butter
fish
liver/liverwurst

marrow bones
oil
tuna
mayonnaise
cheese
avocado
cottage cheese

cream cheese
tofu
eggs
olives
sour cream
oyster
shellfish



Free Foods

The following are insignificant sources of carbohydrate.

coffee
tea (green, black, herbal)
lettuce, salad greens
broth
salsa
garlic
lemons/limes
cinnamon
nutmeg
allspice

tumeric
vanilla bean
spices in general (dried and fresh)
ginger
mineral water
sprouts
radish
basil
parsley

thyme
oregano
tarragon
herbs in general (dried or fresh)