
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

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

Copyright © 2009 R.A. Rapaport Publishing, Inc. All rights reserved.

No reproduction, distribution or transmission of any portion of this site is permitted without the express written permission of R.A. Rapaport Publishing, Inc.

Use of this site is subject to our Terms and Conditions and Privacy Policy. By using this site, you accept and agree to such Terms and Conditions and Privacy Policy.