

HAND JIVE TO MEASURE AND COUNT CARBS

| HANDFUL | FINGERS ARE | APPROX. NUMBER OF <i>NON-SUGARY CARB</i> SERVINGS | APPROX. NUMBER OF <i>SUGARY CARB DESSERT</i> SERVINGS | APPROX. NUMBER OF <i>CANDY CARB</i> SERVINGS |
|---------|---------------|---|---|--|
| large | not touching | 2 (30 grams) | 4 (60 grams) | 8 (120 grams) |
| medium | just touching | 1 (15 grams) | 2 (30 grams) | 4 (60 grams) |
| small | overlapping | 1/2 (8 grams) | 1 (15 grams) | 2 (30 grams) |
| | | | | |
| | | bread, potato, rice, barley | cake, pie, cookies, bars | chocolate |
| | | pasta, starchy beans, grits, yams | pastries, donuts | gummy candy |
| | | oatmeal, non-sugary cereals | cake muffins | caramels, taffy |
| | | corn, peas, winter squash | sherbet, frozen yogurt | hard candy |
| | | popcorn, crackers, pretzels, chips | ice cream | marshmallows |
| | | fruit, juice, nectars | pudding, custard | syrup, honey |
| | | milk, non-sugary yogurt | sugary yogurts | jelly, jam |