



Goal is 60 to 90 gm carbs per day. Each portion listed in these carb counting charts = 15 gm carbs.

Dairy Foods	Portion
Milk, skim, 1%, whole	1 cup
Evaporated Milk	½ cup
Nonfat Dry Milk	⅓ cup dry
Soy Milk	1 cup
Yogurt, plain	⅔ cup
Yogurt, frozen	⅓ cup
Ice cream	½ cup

Fruits	Portions
Apple, small 4 oz	1
Banana, small 6 in	1
Blueberries/Blackberries	¾ cup
Cantaloupe	1 cup cubes
Cherries, large	15
Grapefruit, large	½
Grapes, small	15
Orange, small	1
Peach, medium fresh	1
Peaches, canned	½ cup
Pear, large fresh	½
Plum, small	2
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries, whole	1 ¼ cup
Watermelon	1 ¼ cup cubes

Breads, Grains	Portion
Bagel, small or bakery	½ or ¼
Bread, white, wheat, rye	1 slice
English Muffin	1/2
Tortilla, corn or flour	1
Pita, 6 inch diameter	1/2
Hamburger bun	1/2
Roll, small	1
Cornbread, 2 in cube	1
Muffin, small plain	1
Waffle, 4 inch	1
Pancake, 4 inch	2
Couscous	⅓ cup
Pasta (cooked)	⅓ cup
Rice, white or brown	⅓ cup
Wheat germ	3 Tbsp.

Starchy Veggies & Beans	Portion
Baked Beans	⅓ cup
Lentil Beans	½ cup
Corn	½ cup
Corn on cob, medium	1 ear
Peas, green	½ cup
Potato, baked 3 oz	1
Sweet potato, Yam, plain	½ cup
Squash, winter	1 cup
Lima or butter beans	⅔ cup

Crackers, Cereals	Portion
Popcorn, popped	3 cups
Pretzels	3/4 oz
Rice cakes, 4 inch diam.	2
Saltine crackers	6
Graham Crackers	3 squares
Cream of Wheat	1/2 cup
Granola	1/4 cup
Cereal, unsweetened	3/4 cup
Grape Nuts	1/4 cup
Grits, cooked	1/2 cup
Oats, cooked	1/2 cup
Puffed Cereal, unfrosted	1 1/2 cups
Shredded Wheat	1/2 cup

Sweets	Portion
Fruit Juices	1/3 cup
Honey or Syrup	1 Tbsp
Jam or Jelly	1 Tbsp
Sugar	1 Tbsp
Cake	2 inch square
Gelatin, regular	1/2 cup
Ginger Snaps	3
Pudding, sugar free	1/2 cup
Sherbet or Sorbet	1/4 cup
Vanilla Wafers	5

### Protein Portions by Grams

Food	portion size	gm protein
Egg	one	6 gm
Tofu	1/2 cup	10
Almonds	10 nuts	2.5
Almond butter	2 Tbsp	7
Peanut butter	2 Tbsp	7
Hazelnuts	10 nuts	2.1
Cod	4 oz	26
Salmon	6 oz	33
Cheddar cheese	1 oz	7
Muenster cheese	1 oz	6.5
cream cheese	1 oz	2
Chicken	8 oz	12
Turkey	4 oz	33
Steak	8 oz	44
Ground Beef	8 oz	40
Ham	8 oz	40
Bacon	2 oz	5

Goal to strive for is roughly equal grams daily of protein, carbs, and healthy fats.

The smart phone app called "Lose It!" can help with tracking your carb, protein, and fat by calories and grams.