

# Carb Counting Cheat-Sheet

## Soups

### 15g Carbs

- 1 cup broth base (chicken or beef noodle)
- 1/2 cup bean or split pea soup
- 1 cup cream soup

## Breads

### 15g Carbs

- 1 slice bread (1oz rye, white, or whole wheat) 6 small bread sticks (4")
- 1/2 English muffin or hot dog/hamburger bun 1 small croissant
- 1 matzo ball
- 1 small muffin (1 oz)
- 1 small pancake or waffle (4")
- 1/2 pita (6")
- 1 small plain roll (1 oz)
- 1 slice fruit bread (1/4" thick)
- 1 small tortilla (6")
- 1/3 cup stuffing
- 1 small cornbread or biscuit (2" square)

## Dairy

### 15g Carbs

- 1 cup milk
- 1/2 cup evaporated skim milk
- 1/3 cup nonfat dry milk powder
- 1 cup plain yogurt
- 1 cup artificially sweetened yogurt

## Cereal

### 15g Carbs

- 1/2 cup bran cereal
- 1/4 cup granola
- 1/2 cup cooked cereal
- 3/4 cup other dry cereals
- 1/2 cup sugar frosted cereal
- 1 1/2 cup puffed cereal

## Pastas/Grains

### 15g Carbs

- 1/2 cup chow mein noodles
- 1/3 cup cooked pasta
- 1/3 cup cooked rice (white or brown)
- 1/2 cup fried rice

## Fruits & Veggies

### 15g Carbs

- 1 small apple
- 1 small orange/tangerine
- 1 small pear
- 1 small peach
- 1/2 cup applesauce (unsweetened)
- 4 fresh medium apricots
- 1/2 banana
- 2 tbsp dried fruit
- 1/3 cup cantaloupe
- 1 cup melon cubes
- 1/2 cup cherries
- 2 figs or plums
- 1/2 cup canned fruit (unsweetened)
- 1/2 grapefruit
- 15 grapes
- 1 large kiwi
- 3/4 cup fresh pineapple
- 1/2 mango or papaya
- 3 medium prunes
- 1 cup berries

### 5g Carbs

- 1/2 cup cooked asparagus
- 1/2 cup cooked green beans
- 1/2 cup cooked bean sprouts
- 1/2 cup cooked broccoli
- 1/2 cup cooked cabbage
- 1/2 cup cooked carrots
- 1/2 cup cooked cauliflower
- 1/2 cup cooked eggplant
- 1/2 cup cooked spinach
- 1/2 cup cooked tomato
- 1/2 cup cooked turnips
- 1/2 cup cooked water chestnuts
- 1/2 cup cooked zucchini
- 1 cup raw vegetables
- 1/4 cup tomato puree
- 1/2 cup vegetable juice

### 15g Carbs

- 1/3 cups cooked beans (kidney, pinto)
- 1/4 cup canned baked beans
- 1/2 cup corn, peas, or hominy
- 1 small white or sweet potato
- 10-15 french fries
- 1/2 cup hash browns
- 1/2 cup au gratin potatoes
- 1/2 cup mashed potatoes
- 1 cup winter squash
- 1 cup marinara sauce

## Crackers/Snacks

### 15g Carbs

- 6-7 animal crackers
- 3 graham crackers
- 3 cups popcorn
- 4-6 round crackers
- 3/4 oz pretzels
- 10-15 chips
- 6 saltine crackers

## Sweets

### 15g Carbs

- 2" brownie (unfrosted)
- 2" square piece of cake (unfrosted)
- 2 small fat-free cookies
- 1/2 cup custard
- 1/3 cup fat-free frozen fruit yogurt
- 1 small granola bar
- 1/2 cup ice cream
- 1/2 twin popsicle
- 1 fudgesicle
- 1/2 cup sugar free pudding
- 5 vanilla wafers
- 2 tsp light maple syrup
- 1 tbsp all fruit jam
- 1 cookie (3")

### 30g Carbs

- 2" square piece of cake (frosted)
- 1 frosted cupcake
- 1 plain donut
- 1/8 piece pumpkin or custard pie
- 1/2 cup regular pudding
- 1 cup chocolate milk
- 1 small soft serve cone
- 1/2 large bagel (2 oz)

### 45g Carbs

- 1/6 piece double crust pie
- 1/6 piece chocolate cheesecake
- 1 small sweet or Danish
- 1 cup low fat yogurt with fruit
- 2 tsp regular maple syrup



# Vegetables

## Free-Fillers

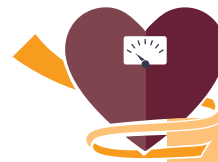
### Eat as much as you like

Alfalfa Sprouts  
Bamboo Shoots  
Celery  
Greens (chicory, mustard, Swiss chard, spinach Bok choy)  
Lettuces (arugula, green leaf, red leaf, romaine, butter Frisee, radicchio and endive)  
Mushrooms (raw)

## Preferred Vegetables

### Serving size 1 cup

Artichoke hearts - 13g carbs  
Artichoke (½ medium sized) - 10g carbs  
Asparagus, raw or cooked (15 spears) - 5g carbs  
Bean sprouts (Mung), raw - 6g carbs  
Bell peppers sweet (all colors), raw or cooked - 4g carbs  
Broccoli, raw or cooked - 6g carbs  
Brussel sprouts, raw or cooked - 8g carbs  
Cabbage, raw or cooked - 4g carbs  
Cucumber - 3g carbs  
Eggplant, cooked - 5g carbs  
Green beans, cooked - 7g carbs  
Jicama, raw - 11g carbs  
Kale, raw - 7g carbs  
Leeks, bulb and leaf, cooked - 13g carbs  
Mushrooms, cooked - 4g carbs  
Okra, cooked - 5g carbs  
Radishes, raw - 4g carbs  
Sauerkraut, drained - 6g carbs  
Snow peas, raw or cooked - 7.4g carbs  
Spaghetti squash, cooked - 7g carbs  
Squash, summer and zucchini, cooked - 4g carbs  
Tomatoes, raw - 6g carbs  
Turnips, cooked - 8g carbs



### Tip

To find preferred vegetables on your app or online, make sure to put the word “nutrition” in your search.

## Vegetables To Limit

*(They are higher in sugar content)*

### Serving size ½ cup or as noted otherwise

Beets, raw or boiled - 9g carbs  
Carrots, raw or boiled - 6g carbs  
Celery root, cooked – 1 cup - 6g carbs  
Onions, raw or cooked - 7g carbs  
Pumpkin (fresh) cooked & mashed – 1 cup - 8g carbs  
Rutabaga, raw or boiled – 1 cup - 12g carbs

## Fruit

One serving per day, serving sizes vary

Apple – ½ regular sized - 25g carbs  
Apricots – 2 small - 32 carbs  
Blackberries – ½ cup - 14g carbs  
Blueberries – ½ cup - 11g carbs  
Cantaloupe – ½ cup - 6.5g carbs  
Clementine – 1 medium - 9g carbs  
Honeydew melon – ½ cup - 8g carbs  
Kiwi – 1 medium - 10g carbs  
Nectarine – ½ small - 7g carbs  
Orange – ½ small - 5g carbs  
Papaya – ½ medium - 15g carbs  
Passion fruit – 1 medium - 4g carbs  
Peach – ½ small - 7g carbs  
Pear – ½ medium - 14g carbs  
Pineapple – ½ cup - 11g carbs  
Plum – 1 medium - 8g carbs  
Raspberries – ½ cup - 7g carbs  
Rhubarb – 1 cup - 6g carbs  
Strawberries – 1 cup - 12g carbs  
Tangerine – 1 medium - 12g carbs  
Watermelon – 1 cup - 12g carbs

## Free Foods and Flavor Enhancements

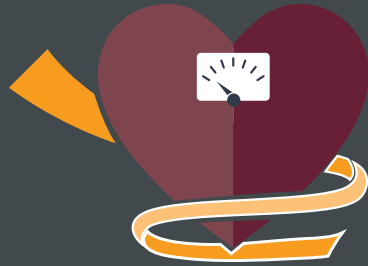
Cinnamon  
Extracts (lemon, vanilla and almond)  
Garlic – fresh, powdered, or salt  
Ginger, dried  
Ginger, pickled  
Horseradish  
Hot sauce  
Hummus  
Ketchup, no sugar added  
Lemon or lime juice  
Mayonnaise, full-fat  
Mustard  
Natural herbs & spices – fresh or dried  
Olives  
Pickles (dill, not sweet)  
Salad dressing, no sugar added  
Salsa  
Vinegar, balsamic  
Wasabi  
Worcestershire sauce



# Reading Nutrition Label

1. Check serving size to ensure count is accurate
2. Check TOTAL fat
3. Check TOTAL carbs, not net carbs
4. Check TOTAL protein

That's it! You only need these four things in order to track your macronutrients. Record the numbers in your log and be sure you are keeping within your provider's suggested range as often as possible. Those who track their food are significantly more likely to reach their goal.



## Nutrition Facts

8 servings per container  
**Serving size 2/3 cup (55g)**

**Amount per serving**  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

## Healthier Alternatives to High-Carb Foods

Instead of...	Let's try...
Traditional Tortillas	Mission 25 Calories Yellow Corn Tortillas (5g carbs), Mission Almond Tortillas (12g carbs), Siete Almond Flour Grain-Free Tortillas (10g carbs), Mr. Tortilla Multigrain Tortillas (3g carbs)
Pasta	It's Skinny Pasta (2g carbs), Miracle Noodle (3g carbs), Trader Joe's Hearts of Palm Pasta (4g carbs), Spaghetti Squash (1 cup, 10g carbs), Zucchini Noodles (3g carbs)
Snacks	Power Crunch Energy Bars (12g carbs), Think! Keto Cookie Dough Protein Bars (9g carbs), Trader Joe's Super Seedy Cheese Snack Bites (5g carbs), Costco Low Carb Keto Nut Granola (9g carbs), Ratio Keto Toasted Almond Granola (7g carbs), Premier Protein Mixed Berry Almond Cereal (14g carbs), Special K Zero Added Sugar (8g carbs), Wonderworks Ketp Cereal (12g carbs)
Rice	Trader Joe's Rices Hearts of Palm (4g carbs), It's Skinny Pasta Rice (5g carbs), Riced Cauliflower (4g carbs)
High-Sugar Sweets	Rebel Ice Cream (14g carbs), Sugar-Free Jell-O (carb-free), Sugar Free Jell-O Pudding Cups (10g carbs), Genius Gourmet Keto Bar (6g carbs), Mammoth Creameries Frozen Custard (6g carbs), Enlightened Ice Cream (17g carbs)
Traditional Bread	Dave's Bread Thin Sliced (13g carbs), Superior Keto Bread (11g carbs), Joseph's Flax, Oat Bran, & Whole Wheat Pita Bread (9g carbs), Sola Bread Golden Wheat (7g carbs), Carbonaut Bread (8g carbs), Crystal Farms Cheese Wraps (carb-free)

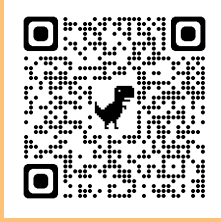
## Set Up Carb Manager

Follow QR code below to access the Carb Manager site. You will need to enter preliminary profile information such as current weight, goal weight, height, and age. You do not need to pay for the premium version unless you want to.

Once profile is complete, click the "Settings" icon in the top left corner. Select "App Settings," then "Total Carbs" under "Carbs to Track." Do not select "NET Carbs."

Next, click on "Settings" again and select "Macro-nutrient & Energy." Input the Macro values set by your practitioner (see below). Once inputted, these targets will automatically save for you.

Now that you have everything customized based on your provider's directions, use the Daily Log to track your meals. The log will show you where you fall within your macro targets.



\_\_\_\_\_ TOTAL Carbs

\_\_\_\_\_ Protein

\_\_\_\_\_ Fats

## Stay Connected, Stay Accountable

Often, the hardest part of a lifestyle change like this is trying to manage it alone. Carson Medical Group is here to help. We have compiled some of our favorite sources of additional education, recipes, and exercise plans into a convenient page on our website. You may access it using this QR code, or by going to [CarsonMedicalGroup.com](http://CarsonMedicalGroup.com) and choosing the "Diabetes Education" located in the "Patient Education" tab.



We hope that providing you with this resource will make it less daunting to track down accurate, physician-approved information. Be sure to also utilize the Patient Portal on our website or the corresponding Healow app to stay in touch with your provider in the event that you have any questions or concerns before your next appointment. We will be here to coach you and to help you take control over your health and lifestyle. Together, let's create a new you!

**Family Medicine 775-882-1324**

Monday - Friday

8:00 AM - 5:00 PM

*Working together towards a healthier you.*