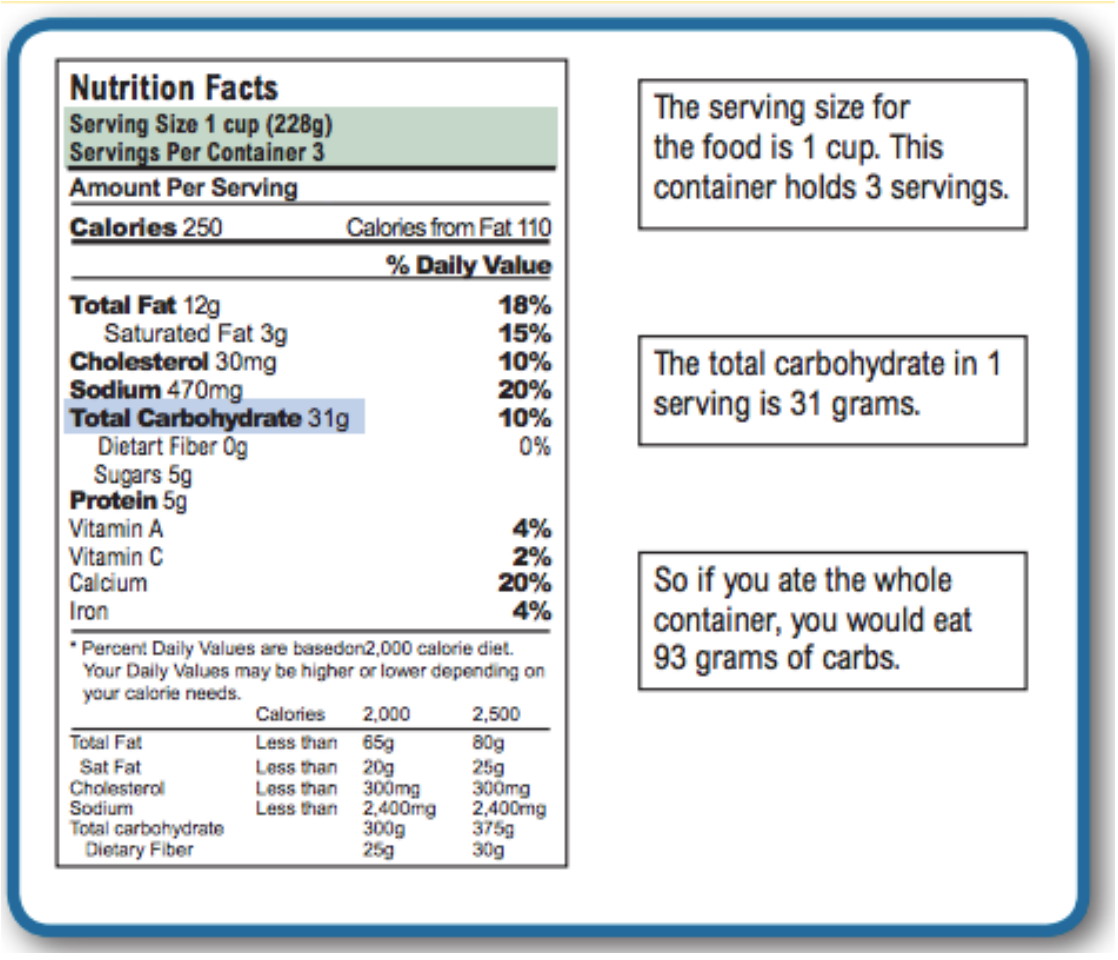
Carbs by the Numbers

Reading food labels like the one below is an effective way to find the amount and type of carbs in food which might be important for those with diabetes or pre-diabetes. Here's how: First, look at the serving size. This tells you how many servings are in one package of this item.

Next, look at the total carbohydrates. This tells you how many grams of carbs are in one serving of this item. Consider the size of one serving and compare to the size you serve yourself. This container holds three servings. So if you eat the whole container, you would eat three times the number of carbs on the label.

It's also important to check the fiber content of your foods. Fiber comes from plant foods, so anytime you are buying cereal, a baked good, bread, pasta, or any other grain-based food, be sure to check the fiber content. The amount of fiber can vary greatly in these items based on what kind of flour is used.

Because fiber is a type of carbohydrate, it will be listed under the Total Carbohydrate. A food must contain at least 5g of fiber per serving to be considered a good source of



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Other ways to find the amount of carbs in food include:

- Apps for smartphones or computers
- Websites

Source: American Diabetes Association

One serving of carbohydrates:
Each of these items has 15 grams of carbs. Although the amount of carb you need depends on your height, weight, and goals, 30-45 grams of carb/ meal is about average.

- 1 small piece fresh fruit (4 oz)
- ½ cup canned or frozen fruit
- 1 slice bread (1 oz) or 1 (6 inch) tortilla
- ½ cup prepared oatmeal
- 1/3 cup pasta or rice
- 4 to 6 crackers
- ½ English muffin or hamburger bun
- ½ cup black beans or starchy veggies
- ¼ large baked potato (3 oz)
- 1/3 cup plain nonfat yogurt
- 2 small cookies 2-¼ inch diameter
- 2-inch square brownie or cake without frosting
- ½ cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar, or honey
- 2 Tbsp light syrup
- 6 chicken nuggets
- 1 cup soup
- ¼ serving medium fries
- 1 chapati, 6 inch diameter
- 1 Dosa, approx 10 inch diameter
- 1 idli, small (1.5 oz)
- Naan, 1⁄4th of 8 inch x 2 inch
- 2 mini rava idlis, (11⁄2 oz)
- 1 roti (bajra, makai, jowar, multigrain), 3⁄4 inch of 6 inch diameter
- 1/2 cup khichri, cooked
- 1 dhokla, 1 inch square
- 1 uttapam, vegetable or mini uttapam, 4 inch
- 1 cup lassi lowfat, sweetened with artificial sweetener