

# How much carbohydrate is contained in the foods you eat every day?

Carbohydrates are an important part of your nutrition plan, because they are one of the body's main sources of energy. Carbohydrates also have the greatest effect on your blood glucose levels. The Diabetes Canada clinical practice guidelines recommend that **45% to 60%** of a person's daily calories should come from carbohydrate. As well, the guidelines recommend that **women should consume between 45 to 60 grams of carbohydrate per meal**, while **men should consume 60 to 75 grams of carbohydrate per meal**.

Your healthcare team—which includes a dietitian—can help you determine the right amount of carbohydrates for you.

BEANS, GRAINS AND PASTA		
Food	Serving size	Carbs (grams)
Tortilla, corn, 7 inches	1	11
Bread, white or whole wheat	1 slice	12 to 20
Oatmeal, quick, cooked	½ cup	13
Beans, legumes and lentils	½ cup	15 to 20
Pasta, cooked	½ cup	15 to 20
Hamburger or hotdog bun	1	15 to 30
Rice, white or brown, cooked	½ cup	22
English muffin, plain	1	25
Bagel, medium	1/2	25
Pita bread, 7 inches, white	1	35

VEGETABLES, STARCHY		
Food	Serving size	Carbs (grams)
Peas, cooked	½ cup	10
Parsnips, cooked	½ cup	12
Corn, cooked	½ cup	15
Butternut squash	1 cup	16
Potato, mashed with milk	½ cup	17
Sweet potatoes or yams, baked without skin	1 medium	25
Potato, medium, baked with skin	1 medium	30

DAIRY PRODUCTS AND MILK ALTERNATIVES		
Food	Serving size	Carbs (grams)
Milk	1 cup	12
Yogurt, plain	¾ cup	13
Soy milk, plain	1 cup	15
Yogurt, flavoured	1/3 cup	15
Rice milk, plain	1 cup	26

FRUITS		
Food	Serving size	Carbs (grams)
Avocado	½ cup	8
Watermelon, diced	1 cup	11
Cantaloupe, diced	1 cup	13
Blackberries	1 cup	15
Cherries	12	15
Grapes	15	15
Nectarine, medium	1	15
Orange, medium	1	15
Raspberries	1 cup	15
Strawberries, sliced	1 cup	15
Blueberries	1 cup	18
Apple, small	1	21
Banana, 6 inches	1	23

SNACKS AND BAKED GOODS		
Food	Serving size	Carbs (grams)
Saltine crackers	5	11
Melba toast	4	15
Popcorn, air popped	3 cups	15
Pretzels, small	30	15
Tortilla chips	10 to 15	20
Donut, plain	1	25
Potato chips	30	33

CONDIMENTS		
Food	Serving size	Carbs (grams)
Ketchup	1 tablespoon	4
White sugar	1 tablespoon	13
Jam and jelly	1 tablespoon	15
Honey	1 tablespoon	17