



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.

Food	Amount	Carbs (in grams)
Beans, grains and pasta		
Bagel, large (restaurant/bakery)	1	80 to 100 g
Bagel, medium (grocery store, packaged)	1	40 to 50 g
Beans, legumes and lentils	½ cup	15 g
Bread	1 slice	15 to 25 g
English muffin	1	30 g
Hamburger or hotdog bun	1	15 to 30 g
Oatmeal, cooked	½ cup	10 g

Pasta, cooked	½ cup	15 to 20 g
Pita bread, six inches	1	30 g
Rice, white or brown, cooked	½ cup	20 to 30 g
Tortilla, corn, 7 inches	1	15 g
Vegetables – starchy		
Corn, cooked	½ cup	15 g
Parsnips, cooked	½ cup	15 g
Peas, cooked	½ cup	10 g
Potato, large, baked with skin	1	60 g
Potato, mashed with milk	½ cup	15 g

Squash	1 cup	20 g
Sweet potatoes, yams	1 medium	20 g
Dairy products		
Milk	1 cup	12 g
Rice milk, plain	1 cup	23 g
Soy milk, plain	1 cup	8 g
Yogurt, flavoured, artificially sweetened	100 g or 1/3 cup	6 g
Yogurt, flavoured	100 g or 1/3 cup	15 g
Yogurt, plain	100 g or 1/3 cup	6 g
Fruits		
Apple, small	1	15 g
Banana, six inches	1	20 g
Blackberries	1 cup	7 g
Blueberries	1 cup	15 g
Cherries	12	15 g
Grapefruit, large	1/2	15 g
Grapes	15	15 g
Nectarine, medium	1	15 g
Orange, medium	1	15 g
Raspberries	2 cups	15 g
Strawberries, halved	2 cups	15 g
Watermelon, diced	1 cup	10 g

Condiments		
Honey	1 tbsp	15 g
Jam and jelly	1 tbsp	15 g
Ketchup	1/4 cup	15 g
Sugar	1 tbsp	15 g
Snacks and baked goods		
Donut, plain	1	25 g
Melba toast	4	15 g
Popcorn, popped	3 cups	15 g
Potato chips	10 to 15	15 g
Pretzels, small	33	15 g
Saltine crackers	7	15 g
Tortilla chips	10 to 15	20 g

Visit our website to learn more about carbohydrates and diabetes management
www.diabetescarecommunity.ca