

Carbohydrate Counting 101

Grains - 15 grams



1 slice



$\frac{1}{2}$ bun



$\frac{1}{2}$ cup



$\frac{1}{2}$ cup



$\frac{1}{2}$ cup



$\frac{1}{2}$ cup (30 grams)



6



1 small ($\frac{1}{2}$ cup)



1 cup

Fruits



1 small



2 cups



1 cup



$\frac{3}{4}$ cup



2 medium



15



1 small!



1 medium



$\frac{1}{2}$ cup

Dairy



1 cup



$\frac{1}{2}$ cup (flavoured)



$\frac{3}{4}$ C - Splenda



$\frac{1}{2}$ cup