Carbs Portion Patient Handout - English

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Description
For meal planning, this picture-based patient education handout explains how many grams of carbohydrates and the equivalent Tablespoons of sugar are found in portions of common foods.

Keywords
Carbs, carbohydrates, diabetes, nutrition, patient education

Disciplines
Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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1 portion is 15 grams of carb, which is the same as 1 tablespoon sugar.

- 1 slice bread
- 1 hamburger roll
- 1 muffin
- 7 crackers
- 1 bagel
- 1 tortilla
- 1 large hoagie roll
- 1 pancake
- 1 large burrito
- 1/3 cup rice
- 1 cup oatmeal
- 1 package oatmeal
- 3/4 cup cereal
- 1/2 cup beans, pasta, corn or potatoes
- 15 chips
- 1 small potato
- 1 medium fries
- 1 large slice pizza
- 1/2 cup juice
- 10 oz. glass of milk
- 6 oz. yogurt
- 1 small donut
- 1 small cookie
- 1 medium fries
- 1 corn on the cob
- 1 cup ice cream
- sweet coffee drink
- 1 soda
<table>
<thead>
<tr>
<th>One item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1</td>
</tr>
<tr>
<td>Banana</td>
<td>1</td>
</tr>
<tr>
<td>Pear</td>
<td>1</td>
</tr>
<tr>
<td>Orange</td>
<td>1</td>
</tr>
<tr>
<td>Small mango</td>
<td>1</td>
</tr>
<tr>
<td>Medium peach</td>
<td>1</td>
</tr>
<tr>
<td>Halfmelon</td>
<td>1/2</td>
</tr>
<tr>
<td>Strawberries</td>
<td>15</td>
</tr>
<tr>
<td>Grapes</td>
<td>15</td>
</tr>
<tr>
<td>Small plums</td>
<td>2</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1/2</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Berries or cherries</td>
<td>1</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2</td>
</tr>
</tbody>
</table>

**Some foods have no carb or very little carb**

- **Proteins have no carb**
  - Meat
  - Eggs
  - Cheese

- **Vegetables have very little carb**
  - Asparagus
  - Tomatoes
  - Leeks

- **Fats have no carb and nuts have very little carb**
  - Peanut butter
  - Nuts