

# Counting Carbs with a Scale and Carb Factors

Few foods are totally carbohydrate (exceptions include sugar and lollipops). The Carb Factors provided in this handout give the amount of carbohydrate in 1 gram of that particular food. To find out how much carbohydrate you are eating in a particular food, do a simple calculation:

1. Weigh the food on a gram scale to get its total weight (only weigh the part you are going to eat), or check the label to find the weight in grams.
2. Find that food's and its Carb factor in one of the Food Groups listed.
3. On a calculator, multiply the food's weight in grams by its Carb factor.
4. The answer is the number of grams of carbohydrate in that food portion.

Example: Let's say you place a small potato on a gram scale and find that it weighs 100 grams. You look up its Carb factor and find that it is 0.21. Multiply 100 grams by 0.21 to get the carbohydrate content of the potato:

$$100 \text{ grams} \times .21 = 21 \text{ grams of carbohydrate}$$

## Carb Factors for Foods

Food	Carb Factor
<b>Breads and grains:</b>	
Bagel, plain	.51
Biscuits	.47
Bread, french	.49
Bread, white	.48
Bread, whole grain	.40
Bread crumbs	.48
Bread sticks	.65
English muffin	.46
French toast	.25
Lentils	.12
Macaroni, plain, cooked	.27
Muffins	.45

<b>Food</b>	<b>Carb Factor</b>
Pancakes and waffles, prepared	.35
Rice, brown, cooked	.21
Rice, white, cooked	.28
Rolls, french	.47
Rolls, wheat	.42
Spaghetti: plain	.26
Toast	
Tortillas: corn	.41
flour	.52
<b>Combination dishes</b>	
Beef stew	.07
Burrito with beans	.33
Burrito with beans and meat	.29
Burrito with meat	.27
Chicken pie	.20
Chili with beans	.08
Chili, no beans	.06
Coleslaw	.11
Lasagna	.11
Macaroni and cheese	.20
Pizza, cheese	.30
Pizza, sausage	.30
Potato salad	.10
Spaghetti with meatballs and tomato sauce	.16
Tossed salad	.03
Tuna casserole	.13
<b>Desserts and sweets</b>	
Banana bread	.54
Brownie with nuts	.50
Cakes: angel food	.59
chocolate, no frosting	.52
coffee, cinnamon	.52
fruit	.58
sponge	.58
yellow, with frosting	.54

<b>Food</b>	<b>Carb Factor</b>
Candies: caramel	.75
fudge with nuts	.66
hard	.99
jelley beans	.93
lollipops	1.0
milk chocolate	.56
peanut brittle	.68
Cookies: animal	.74
chocolate chip	.58
oatmeal	.69
peanut butter	.59
sugar	.69
Danish pastries, cinnamon	.43
Doughnuts: cake, plain, glazed	.49
raised, glazed	.43
jelly-filled	.38
Fruit turnovers	.33
Ice cream: chocolate	.27
vanilla	.23
Pies: apple	.37
blueberry	.34
cherry	.39
coconut creme	.28
lemon meringue	.39
pecan	.52
pumpkin	.26
<b>Fruits (edible portion)</b>	
Apple, with skin	.11
Applesauce, sweetened	.19
Applesauce, unsweetened	.10
Apricots: fresh	.09
canned in extra light syrup	.11
canned in juice	.11
dried	.55
Banana	.20
Blackberries	.04
Cantaloupe	.07



<b>Food</b>	<b>Carb Factor</b>
Tangerines	.09
Watermelon	.08
<b>Vegetables</b>	
Artichoke	.06
Asparagus, cooked	.02
Avocado	.02
Bamboo shoots, cooked	.01
Beans, cooked, green	.05
Beans, kidney	.16
Beans, lima	.14
Beans, pinto	.17
Beans, white	.19
Beets, cooked	.08
Beet greens, cooked	.03
Broccoli flowers, raw	.05
Broccoli, cooked	.04
Brussels sprouts, cooked	.06
Cabbage: raw	.03
cooked	.03
Chinese, raw	.02
Chinese, cooked	.01
Carrots: raw	.07
cooked	.05
Cauliflower: raw	.03
cooked	.01
Celery	.01
Chard: cooked or raw	.02
Corn: canned	.18
steamed, off cob	.22
sweet, creamed	.17
Cucumber	.02
Eggplant, cooked	.06
Lettuce, iceberg, green leafy	.01
Mushrooms: cooked	.03
raw	.02
Okra	.02

<b>Food</b>	<b>Carb Factor</b>
Onions, raw or cooked	.09
Parsnips, cooked	.13
Peas, green	.10
Peppers, sweet green, raw	.03
Pickle: dill	.03
sweet	.31
Potato: baked with skin	.19
boiled with skin	.14
hash browns	.32
french fries	.36
mashed	.15
scalloped	.09
Potato chips	.48
Radishes	.02
Sauerkraut, canned	.02
Spinach, cooked or raw	.01
Squash: summer, cooked	.03
winter, cooked	.06
Sweet potato, cooked, baked in skin	.17
Tomatoes	.04
Turnips, cooked	.03