

Carbohydrate Reference Guide



Carb List



Prepared Foods	Carb Content / Serving Size
Beans, baked, in tomato sauce (Heinz brand)	26 g / 1/2 can
Chicken, crunchy, with soy garlic sauce, Korean style (bibigo brand)	23 g / 1 cup
Biscuits and Sausage Gravy (Jimmy Dean brand)	46 g / 1 bowl
Casserole, tuna noodle (Stouffer's brand)	40 g / 1 package
Chow Mein Noodles, Teriyaki Beef Flavor (Nissin brand)	63 g / 1 package
Congee, multigrain mixed (Taisun brand)	57 g / 1 can
Curry, Indian - Chicken, with rice and naan (Sukhi's brand)	62 g / 1 package
Curry, Indian - Fish	15.8 g / 1 cup
Curry, Indian - Roasted Tomato with Kale and Chickpeas (Sukhi's brand)	21 g / 1/2 cup
Deviled Eggs	0.3 g / 1 egg
Dosa, plain	29.6 g / 1 medium (80 g)
Dumplings, Potstickers, pork and vegetable, without sauce (Ling Ling brand)	40 g / 5 dumplings
Egg Roll, vegetable (Tai Pei brand)	22 g / 1 piece
French Fries, oven baked, Gold Fries (Ore-Ida brand)	14 g / 14 pieces
Fried Catfish, coated, made with butter	14 g / 1 piece
Fried Steak, country style, without sauce (Fast Fixin' brand)	23 g / 1 piece
Fried Okra, battered	19.9 g / 1 cup
Gnocchi, potato (De Lallo brand)	50 g / 1 cup
Gyoza, Chicken (Shirakiku brand)	34 g / 7 pieces
Hummus, classic (Sabra brand)	9 g / 2 oz
Idli, Mix, uncooked (Deep brand)	18 g / 1/4 cup

Prepared Foods	Carb Content / Serving Size
Instant Noodles, Masala Style (Maggi brand)	43 g / 1 package
Instant Noodles, Mi Goreng (Har Mee brand)	50 g / 1 package
Instant Noodles, Ramen, Raoh Tonkotsu (Nissin brand)	68 g / 1 package
Instant Noodles, Jjajangmen (Paldo brand)	91 g / 1 package
Jambalaya, Shrimp Rice Bowl (Scott & Jon's brand)	44 g / 1 package
Latkes, Potato Pancakes (Golden brand)	10 g / 1 piece
Lumpia, Beef and Vegetables (Family Loompya brand)	16 g / 1 piece
Mixed vegetables w/ corn, peas, carrots, green beans (Bird's Eye brand)	10 g / 2/3 cup
Muesli, Old Country Style (Bob's Red Mill brand)	19 g / 1/4 cup
Pancit, Instant, Canton, citrus flavor (Lucky Me! brand)	35 g / 1 pack
Pho, Vietnamese style soup bowl (Annie Chun's brand)	62 g / 1 bowl
Pizza, Pepperoni, Rising Crust (DiGiorno brand)	37 g / 1/6 of 1 pizza
Poha	15 g / 1/2 cup
Poi, powder, unprepared (Taro brand)	23 g / 28 g
Pork Bun, Cabbage & Pork, steamed (Wei-Chuan brand)	28 g / 1 bun
Potato Bake, loaded (Bird's Eye brand)	11 g / 1/2 cup
Potatoes, mashed, dry, Buttery Homestyle (Idahoan brand)	20 g / 1/4 cup
Raita, Cucumber (Prayati brand)	4 g / 45 g
Rajma Masala (Kitchens of India brand)	19 g / 1/2 cup
Red Beans and Rice, prepared (Zatarain's brand)	34 g / 1 cup

Prepared Foods	Carb Content / Serving Size
Sambar, Madras (Jyoti brand)	13 g / 1/3 cup
Shrimp and Grits, Bowl (Aquastar brand)	22 g / 1 bowl
Shrimp Chips (Nong Shim brand)	30 g / 45 g
Sorullos (Kikuet brand)	24 g / 75 g
Sushi, California Roll (Banzai brand)	27 g / 5 pieces
Tamales, Beef (El Monterey brand)	28 g / 1 piece
Tempura, Shrimp (Seapak brand)	17 g / 4 pieces
Samosa, Potato and Pea, without sauce (Sukhi's brand)	29 g / 3 pieces
Wontons, Mini, Vegetable Spicy (Annie Chun's brand)	11 g / 4 pieces
Nuts & Seeds	Carb Content / Serving Size
Almonds, dry roasted	21.9 g / 1 cup
Coconut Milk, canned, unsweetened (Thai Kitchen brand)	2 g / 1/3 cup
Coconut, shredded, unsweetened (Bob's Red Mill brand)	4 g / 3 tbsp
Peanut Butter, chunky, with salt	5 g / 1 tbsp
Sauces & Condiments	Carb Content / Serving Size
Banana Sauce (Jufran brand)	9 g / 2 tbsp
Bulgogi Sauce (Born with Seoul brand)	9 g / 2 tbsp
Chutney, Coriander (Swad brand)	1 g / 1 tbsp
Chutney, Date Tamarind (Swad brand)	4 g / 1 tbsp
Chutney, Mango (Patak's brand)	12 g / 1 tbsp
Curry Paste, Mild (Patak's brand)	3 g / 1 tbsp
Doenjang (Kisoondo brand)	1 g / 1 tbsp
Green Curry Paste (Mekhala brand)	3 g / 1 tbsp
Hoisin Sauce (Lee Kum Kee brand)	18 g / 2 tbsp
Katsu Sauce (Kikkoman brand)	5 g / 1 tbsp
Ketchup, regular (Heinz brand)	5 g / 1 tbsp

Sauces & Condiments	Carb Content / Serving Size
Mirin, Aji-Mirin (Kikkoman brand)	15 g / 2 tbsp
Miso Paste, mellow white (Miso Master brand)	3 g / 2 tsp
Mustard, yellow	0.3 g / 1 tsp
Oyster Sauce (Lee Kum Kee brand)	5 g / 1 tsp
Peanut Sauce (House of Tsang brand)	9 g / 2 tsp
Pesto, Basil (Buitoni brand)	5 g / 1/4 cup
Plum Sauce (Dynasty brand)	15 g / 2 tbsp
Ponzu (Kikkoman brand)	2 g / 1 tbsp
Red Curry Paste (Mekhala brand)	4 g / 1 tbsp
Sesame Paste (Lian How brand)	4 g / 1 tbsp
Sriracha (Huy Fong brand)	1 g / 1 tbsp
Sweet Chili Sauce (Thai Kitchen brand)	18 g / 2 tbsp
Tahini	3.18 g / 1 tbsp
Teriyaki (Kikkoman brand)	2 g / 1 tbsp
Vegetables	Carb Content / Serving Size
Broccoli, raw, chopped	6.04 g / 1 cup
Collard Greens, raw	1.95 g / 1 cup
Mung Bean Sprouts, raw	6.18 g / 1 cup
Nopales, raw, sliced	1.86 g / 1 cup
Okra, raw	7.45 g / 1 cup
Summer Squash, raw, sliced	3.78 g / 1 cup
Starchy Vegetables	Carb Content / Serving Size
Lotus Root, raw	19.8 g / 1 root
Pumpkin, raw, cubed	7.54 g / 1 cup
Squash (winter, acorn), raw, cubed	14.6 g / 1 cup
Sweet potato/Yam, plain, raw, cubed	26.7 g / 1 cup
Taro, raw, sliced	27.6 g / 1 cup
Yuca / Cassava Root, raw	78.5 g / 1 cup

Fruit	Carb Content / Serving Size
Apple	15.6 g / 100 g
Banana, ripe or slightly ripe	26.4 g / 1 medium
Banana, green, cooked	28.6 g / 1 medium
Berries (black or blue)	21.8 g / 1 cup
Breadfruit, Tostones (Goya brand)	6.19 g / 100 g
Canned Fruit, Peach, sliced, drained (Del Monte brand)	25 g / 1/2 cup
Durian, raw or frozen, chopped	65.9 g / 1 cup
Grapefruit, white, raw	9.92 g / 1/2 fruit (118 g)
Grapes, red or green, raw	8.87 g / 10 pieces
Guava, raw	23.6 g / 1 cup
Lychee, raw	31.4 g / 1 cup
Melon, Watermelon, cubed	11.5 g / 1 cup
Orange	24.6 g / 1 piece
Peach, yellow, fresh	14.3 g / 1 medium
Pear, raw	27.1 g / 1 medium
Pineapple, raw, chunks	21.6 g / 1 cup
Plantain, green, raw	98 g / 1 piece
Raisins	34.1 g / 1 small box (1.5 oz)
Salmonberries, raw	10 g / 100 g
Strawberries, fresh, halves	11.7 g / 1 cup
Cereal, Grains & Beans	Carb Content / Serving Size
Beans, cooked from dry (kidney, pinto, black, white)	40.7 g / 1 cup
Black-eyed Peas, canned (Eden brand)	16 g / 1/2 cup
Bran cereal, Original, dry (Fiber One brand)	34 g / 2/3 cup
Cellophane Noodles (Ty Ling brand)	48 g / 1/4 package
Cereal, Rice, puffed (Kellogg's brand)	36 g / 1/2 cup

Cereal, Grains & Beans	Carb Content / Serving Size
Cereal, unsweetened (Cheerios brand)	29 g / 1 1/2 cup
Corn flour, masa, enriched, white	87.3 g / 1 cup
Corn, sweet, frozen, kernels (Bird's Eye brand)	14 g / 2/3 cup
Edamame, shelled, frozen (Seapoint Farms brand)	10 g / 1/2 cup
Egg Noodles, Chow Mein style, dry (La Choy brand)	19 g / 1/2 cup
Garbanzo or Channa, canned (Bush's Best brand)	20 g / 1/2 cup
Granola, crunchy, Oats & Honey (Nature Valley brand)	19 g / 1/4 cup
Grits, Old Fashioned (Quaker brand)	32 g / 1/4 cup
Hominy, canned, white	23.6 g / 1 cup
Lentils/Dal, brown, dry (Bob's Red Mill brand)	34 g / 1/4 cup
Oatmeal, instant, Original (Quaker brand)	18 g / 1 packet
Pasta, dry (Barilla brand)	42 g / 2 oz
Split Peas, green, dry (Bob's Red Mill brand)	32 g / 1/4 cup
Quinoa, cooked	39.4 g / 1 cup
Rice Noodles, dry	45.7 g / 2 oz
Rice Vermicelli, brown (Ka-Me brand)	43 g / 56 g
Rice, white, long-grain, dry (Ben's Original brand)	35 g / 45 g
Soba Noodles, dry (Koyo brand)	54 g / 1 bundle
Tepary Beans, dry (Ramona Farms brand)	77 g / 1/2 cup
Tteok	15.2 g / 1 oz
Udon Noodles (Koyo brand)	56 g / 1 bundle

Bread	Carb Content / Serving Size
Bagel, plain/sesame/poppy seed	55 g / 1 medium
Bread, whole wheat, commercially prepared	13.7 g / 1 slice
Biscuit, Southern Style Grands (Pillsbury brand)	24 g / 1 piece
Challah (egg bread) (Stern's brand)	24 g / 1 slice
Corn Bread, from mix, prepared (Marie Callender's brand)	28 g / 2.66" x 2" piece
Crackers, Saltines	11 g / 5 pieces
English Muffin, Whole Wheat	26.7 g / 1 piece
Hamburger Bun (Ball Park brand)	28 g / 1 piece
Injera (Sheba brand)	14.7 g / 100 g
Naan	45.4 g / 90 g (1 piece)
Pancake, plain	10.8 g / 1 piece (4 inch across)
Panko	21 g / 1 oz
Paratha, plain	36 g / 79 g (1 piece)
Pilot Bread (Sailor Boy brand)	17 g / 24 g
Pita	31.7 g / 57 g (1 medium)
Pretzels	45.8 g / 57 g (1 medium single serve bag)
Roti or Chappatti, wheat	18.4 g / 7 inches (1 medium)
Potato chips, plain	30.7 g / 57 g (1 medium single serve bag)
Stuffing, bread	43.4 g / 1 cup
Taco shell, medium (Old El Paso brand)	16 g / 1 piece
Tortilla, corn, large	19.6 g / 44 g (1 large)

Bread	Carb Content / Serving Size
Tortilla, flour, large	35 g / 71 g (1 large)
Waffle, medium size	31.1 g / 75 g (1 piece)
Dairy	Carb Content / Serving Size
Milk, reduced fat, 2% milkfat	12 g / 1 cup
Paneer	55.4 g / 1 cup
Yogurt, Greek, non-fat	5.68 g / 1 container (156 g)
Cheese, Cheddar	0.4 g / 1 slice (1 oz)
Drinks	Carb Content / Serving Size
Cuban Café con Leche	27 g / 237 ml
Fruit Juice (grape, prune, juice blend)	31.2 g / 8 fl oz
Fruit Juice (orange, apple, grapefruit, pineapple)	28.6 g / 8 fl oz
Lassi, Mango Flavor (Gopi brand)	32 g / 8 fl oz
Vanilla Latte, regular syrup (Starbucks brand)	21 g / 8 oz
Desserts, Sweets & Snacks	Carb Content / Serving Size
Arare Rice Crackers, Shoyu (Lotus brand)	40 pieces
Banana Pudding, instant, prepared with 2% fat milk (Jell-O brand)	29 g / 0.5 cup
Cookie, Chocolate Chip, Original (Chips Ahoy! brand)	22 g / 3 pieces
Ice Cream, Strawberry (Tillamook brand)	25 g / 2/3 cup
Cup Cake, Chocolate (Hostess brand)	29 g / 1 piece
Donut, cake type, with icing, regular size	38.4 g / 1 piece
Brownie, mini, sprinkled, iced (Entenmann's brand)	36 g / 1 piece
Birthday Cake Mix, Funfetti (Pillsbury brand)	43 g / 1/3 cup dry mix (1/10 of package)

Desserts, Sweets & Snacks	Carb Content / Serving Size
Baklava	30 g / 2" x 2" x 1 1/2" square
Rice Pudding	47.8 g / 1 cup
Flan, Caramel	73.3 g / 1 cup
Red Bean Bread (85 Degrees brand)	40 g / 1 piece
Saba Banana Chips, unsweetened (Sun Tropics brand)	16 g / 28 g

This reference guide provides carbohydrate content information per serving size for popular foods. Use it as a tool for carbohydrate counting or estimating at home and on the go.

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