

# Carb Cheat Sheet – *Know the Grams*

Food	Serving Size	Carbs per Serving
Apple	Medium	25.1g
Baked Beans	½ cup	29g
Baked Potato	Medium	36.7g
Banana	Medium	26.9g
Black beans	½ cup	20.4g
Cantaloupe	Medium wedge ( 2.4 oz )	6.1g
Chocolate chip cookie	2 medium cookies	13.4g
Corn	1 ear	14g
French Fries	Medium ( 4.7 oz )	50.3g
Graham Cracker	2 large rectangles	21.6g
Grapes	10 grapes	8.9g
Honeydew Melon	1 medium wedge	14.6g
Macaroni	1 cup cooked	43.3g
Mashed potato	1 cup cooked ( 7.4 oz )	31.5g
Oatmeal cookie	1 large cookie	12.4g
Orange	Medium	15.5g
Orange Juice	1 cup ( 9 oz )	28g
Peas	½ cup	11.4g
Pineapple	1 cup ( 5.8 oz )	21.6g
Saltine Cracker	4 rectangles	17.2g
Shell / Spiral Pasta	1 cup cooked	35.5g / 41.1g
Sweet Potato	Medium	23.6g
Tortilla Chips	2 oz	38g
Watermelon	1 wedge	11.8g
Wheat Bread	2 slices	23.6g
White Bread	2 slices	30g