

# QUICK GUIDE TO HEALTHY CARBS



\* Grams of Net Carbs (all fruit measurements in the table are raw)

	*10	*15	*20	*25	*30	*35	*40	*50
rice, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 cup	
whole grain pasta, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 cup	
oats, uncooked		1/3 Cup	1.25 oz	1/2 Cup	2/3 Cup		2.5oz	1 Cup
sweet potatoes, baked	1 small (60g)	90g	1 med (114g)	150g	1 lg (180g)	1 Cup	2 med	1.5 Cups
quinoa, cooked	1/3 Cup	3oz	2/3 Cup	5oz	6oz	1 Cup	8oz	1.5 Cups
apple	1 xsmall (2.5" dia.)	1 small (2.75" dia.)	1 med (3" dia.)	1 lg (3.25" dia.)				
banana	2oz	1/2 cup, sliced	1 sm (6 - 6.9")	1 med (7 - 7.9")	1 Cup, (sliced)			
blackberries	5oz	2 Cups						
blueberries				1.5 Cups		2 Cups		
cantaloupe	2 med wedges (138g)			2 Cups, cubes		1 small melon (4.25" dia)		
cherries, without pits	1/2 Cup		1 Cup					
grapefruit	1/2 Fruit (3.75" dia)		1 Cup sections, with juice					
grapes	2/3 Cup	1 Cup	1-1/3 Cups	1-2/3 Cups	2 Cups	2-1/3 Cups	2-2/3 Cups	3-1/3 Cups
kiwi, without skin	1 med/lg fruit		1 Cup					
mango				1 Cup, sliced	1 Fruit			
orange	1 small (2.5" dia.)					2 Cups sections		
papaya	1 Cup cubes		1 Cup mashed	1 med (5" x 3")	1 large (5.75" x 3.25")			
peaches	1 small (2.5" dia.)	1 large (2.75" dia.)	1 xlarge (3" dia.)					
pears			1 Cup cubes		1 large (230g)	2 cups (slices)		
pineapple	1 slice (3.5" x .75")		1 Cup chunks					
raspberries		2 Cups						
watermelon	1 Cup, diced		1 Wedge (1/16 of melon)					

\* grams are carbs FROM healthy sources, not total weight of food

For fruits measured in diameters or sizes try to find one in the size you want and hold it in your hand to get an actual measurement to help you remember. This can be done for things like apples, bananas, oranges, etc.