

KNOW YOUR CARBS

Knowing how many carbohydrates (carbs) you eat can help you control your diabetes. Below is an easy way to find out how well you know your carbs. Circle only the food servings below that have about 15 grams of carbohydrate. If you get almost all of them right, great. If not, tell your doctor or diabetes educator you want to learn more about how counting carbs can help you control your blood sugar.

A



1 tablespoon of Sugar

B



1/2 Bagel

C



1 small apple

D



1/2 cup
cooked beans

E



8 ounces of
fat-free milk

F



1 cup cooked rice

G



3/4 cup of Cheerios
or Wheaties

H



1 can of any
regular soda

I



1 medium (6 ounces)
boiled potato

J



1/2 cup cooked oats

K



1 slice of whole
wheat bread

L



1/2 large muffin

M



1/2 cup of pasta

N



1 small orange

O



1/2 cup of
raw broccoli

P



4 ounces of
any fruit juice

ANSWERS: Number of Carb Grams.
A: 15, B: 30, C: 15, D: 15, E: 12, F: 46, G: 18, H: 40, I: 30, J: 15, K: 15, L: 30, M: 22, N: 15, O: 5, P: 15