

# How Many Carbs in a Day?

15 grams of carbs = 1 carb serving.

So, 45 grams = 3 carb servings.

When counting carbs, servings are not the same as "serving size" on food labels.

**Avoid soda!**

1 regular soda = 4 carbs. That's as many carbs as one meal!

With diabetes, you need to watch how many carbs you eat in a day. Remember to choose good carbs.

## Women:

3 to 4 carb servings (45 to 60 grams) each meal  
0 to 1 carb serving (0 to 15 grams) each snack  
150 to 180 grams of total carbs each day

## Men:

4 to 6 carb servings (60 to 75 grams) each meal  
0 to 2 carb servings (0 to 30 grams) each snack  
200 to 225 grams of total carbs each day

## 1 carb serving:

- 1 small piece of fruit
- 1 slice of whole-grain bread
- 1 six-inch tortilla
- 1/2 hamburger bun, English muffin, or small bagel
- 1 cup plain or artificially-sweetened nonfat or low-fat yogurt
- 1 cup nonfat or low-fat milk
- 1/2 cup pasta, bulgur, starchy vegetable, casserole, ice cream, fruit juice, or oatmeal
- 1/3 cup rice, beans, barley, couscous
- 3/4 cup cold cereal
- 4-6 crackers
- 3 cups non-microwavable popcorn
- 6 chicken nuggets
- 1/2 small order of fries
- 2-inch square cake or brownie no frosting, or 2 small cookies
- 1 tablespoon of honey or sugar
- 1 cup of soup