How Many Carbs in Your Favorite Foods?

You probably have quite a few favorite foods that contain carbs. They might be simple things you eat often, like your favorite bread or cereal. Or they might be special things you eat less often. Maybe a favorite dessert. When you know the carb counts for those foods, you will have taken a big first step in carb counting. Take a day or two to make your list. You can make copies of the form.

Food	Grams/serving	How much I eat	Grams in my portion
Breads, Cereals and Other Starches			
Aunt Jo's Wheat Bread	18g/slice	2 slices	36 g
Fruits and Juices			
Milk, Yogurt and Soy Milk			
Sweets, Chips & Other Snack Foods			

Lilly