



Carb factors for various foods

Using a digital gram scale and carb factors to calculate your carbohydrate

What is a carb factor?

A carb factor represents the amount of carbohydrate found in 1 gram of a food. It corresponds to the amount of carbohydrate that is available to *raise* the blood glucose, and does not include fibre. This is another way of calculating the carbohydrate in the foods that you eat. This method is especially useful for people interested in more precise carbohydrate calculations, and is better for certain foods that are difficult to measure using a measuring cup.

How to use the carb factor

To use the carb factor, you will require a digital gram food scale that can weigh foods in 1 gram increments. After weighing your portion of a food, you should multiply its weight by the carb factor for that food to calculate the amount of carbohydrate in your serving.

Example:

A whole apple weighing 174 g

Carb factor = 0.11

Total carbohydrate in your apple = $174 \times 0.11 = 19$ gm

Calculating the carb factor for your favourite recipes

You may wish to calculate the carb factor for your own recipes. This is especially useful for breads, cakes and combined dishes such as lasagna.

To calculate your carb factor, you will need to add up the total carbohydrate for the entire recipe using food tables such as the *Nutrient Value of Some Common Foods*.

Remember to subtract all dietary fibre. Once the food is cooked, you will need to weigh the cooked/baked product.

To calculate the carb factor for that food, divide the weight (in grams) into the total grams of carbohydrate (total carb \div total weight). The number should be less than 1. This is the carb factor for that food. You need only weigh your portion of this food and multiple the weight by its carb factor to calculate the carb content of your serving.

Example:

Banana bread recipe.

Total carbohydrate of all ingredients = 347 g

Total weight after baking = 630 g

Carb factor = $347 \div 630 = 0.55$

Beverages		Grains and Cereals	
Soft drinks	0.10	Bagel	0.51
Chocolate milk	0.10	Bread, crumbs	0.67
Eggnog	0.14	French	0.49
Milk	0.05	Italian	0.47
Fruit Punch	0.13	Pita, white	0.54
Alcoholic beverages		Pita, whole wheat	0,48
Beer, de-alcoholized	0.13	Rye	0.43
Light	0.01	Sticks	0.65
Regular	0.03	White	0.52
Liquor	0.45	Whole wheat	0.39
Wine: sweet	0.14	Cornstarch	0.90
Cereal, cold, ready-to-eat		Flour, Wheat, all-purpose	0,73
All Bran	0.42	French Toast	0.29
Cheerios, regular	0.64	Kasha, (Buckwheat groats)	0.17
Corn Flakes	0.84	Matzo	0.81
Granola, Harvest Crunch	0.68	Muffin, English	0.43
Grape nuts	0.70	Muffins, commercial	0.45
Raisin Bran	0.68	Pancake, buttermilk mix	
Rice Krispies	0.85	Mix alone,	0.69
Shredded Wheat	0.69	Prepared	0.42
Special K	0.74	Rice, long or short grain, cooked	0.26
		Wild	0.20
Cereals, hot, cooked in water		Pasta: plain	0.26
Oatmeal, minute	0.10	With sauce	0.15
Cream of Wheat, quick	0.10	Tortellini, cheese	0.30
		Tortillas, corn	0.40
		Wheat	0.52

Prepared dishes			
Burrito, beef	0.24	Pizza, cheese, thin-crust	0.27
Lasagna, vegetarian	0.16	Stew, beef and vegetable	0.06
Meat	0.12	Salad, coleslaw	0.11
Macaroni and cheese	0.22	Salad, potato	0.12
Pie, chicken-pot	0.24	Shepherd's Pie (with corn; Pâté chinois)	0.12

Fruits			
Apple, cored, seeded, not peeled	0.13	Lemon	0.07
Fresh, whole	0.11	Lime	0.08
Applesauce, unsweetened	0.10	Mango, sliced, cubed	0.15
Apricots: fresh	0.09	Melon, cantaloupe, peeled, seeded	0.08
Canned, light syrup	0.15	With peel, seeded	0.06
Dried, uncooked	0.55	Honeydew, cubed, peeled	0.08
Banana, peeled	0.21	With peel, seeded	0.09
Whole, with peel	0.15	Orange, peeled	0.10
Blackberry, raw	0.04	Navel, including peel	0.07
Blueberries, raw	0.12	Tangerine/clementine, peeled	0.12
Cherries, Canned, in water	0.10	Tangerine/clementine, unpeeled	0.09
Fresh, sour, whole	0.10	Papaya, peeled, seeded	0.08
Fresh, sweet, whole	0.15	Peach, whole, fresh	0.07
Maraschino	0.39	Canned, in juice	0.10
Cranberries, raw	0.08	Canned, in water	0.05
Sauce, sweetened	0.38	Pear, whole, fresh	0.12
Dried, sweetened	0.77	Canned, in juice	0.11
Dates, dried and pitted	0.68	Pineapple: fresh, diced/sliced	0.11
Fig, fresh	0.16	Canned in water	0.08
Dried	0.54	Canned in juice or light syrup	0.15
Fruit cocktail, canned in water	0.08	Plum, fresh, whole	0.11
Packed in water		Prunes, dried	0.56
Grapefruit, peeled	0.07	Raisins	0.77
With peel	0.04	Raspberries	0.06
Grapes, seedless	0.17	Strawberries	0.05
With seeds	0.15	Watermelon, cubed	0.07
Kiwi	0.11		
Juice			
Apple: juice	0.12	Lemon, fresh	0.09
Cider	0.14	Lemonade, from frozen concentr	0.10
Apricot, nectar	0.14	Orange: all types, unsweetened	0.10
Carrot	0.08	Canned, unsweetened	0.10
Cranberry, cocktail	0.14	Papaya	0.12
Grape: frozen, from concentrate	0.13	Pineapple, canned	0.14
Bottled	0.15	Prune	0.16
Grapefruit, fresh or canned, unsweet.	0.09	Tomato	0.04
From frozen / with orange:	0.10	V-8	0.04

Vegetables and Legumes			
Artichoke, hearts	0.06	Corn, Cream style, canned	0.17
Asparagus	0.02	Cucumber	0.01
Avocado	0.02	Eggplant, cooked	0.06
Bamboo, sprouts	0.02	Lentils	0.16
Bean sprouts	0.06	Lettuce, romaine	0.01
Beans, black, kidney, cooked	0.13	Iceberg	0.02
Garbanzo (chick peas), cooked	0.23	Mushrooms, cooked	0.02
Green/string	0.05	Onion, raw	0.07
Lima, cooked	0.18	Parsnips, cooked	0.14
Navy, cooked	0.19	Peas, green	0.10
Pinto, cooked	0.17	Peppers, green, raw, seeded	0.03
Soy, cooked	0.04	Red, raw, seeded	0.05
Beets, boiled and drained	0.06	Potato, baked, flesh and peel	0.19
Broccoli	0.05	Boiled, peeled	0.19
Cabbage, raw	0.04	Hash brown	0.26
Cooked	0.03	French fried	0.28
Chinese, raw	0.02	Pumpkin, cooked, canned	0.05
Chinese, cooked	0.02	Radish	0.02
Brussels sprouts, cooked	0.04	Sauerkraut	0.02
Carrot, raw	0.06	Spinach	0.01
Carrot, cooked	0.06	Squash, summer, cooked	0.03
Cauliflower, raw	0.04	Winter, cooked	0.07
Cooked	0.01	Tomato, slices; cherry	0.03
Celery	0.01	Whole, raw	0.02
Corn, kernels, canned	0.16	Turnip, cooked	0.03
on the cob, cooked	0.09	Yams, peeled, boiled	0.24
Sauces and condiments			
Bacon bits, artificial	0.16	Sauce, chili	0.14
Ketchup	0.24	Soy	0.07
Pickles, sweet	0.31	Steak	0.14
Relish, sweet	0.34	Sweet and sour	0.25
Salsa, Mexican	0.05	Tartar	0.08
Sauce,		Tomato	0.06
BBQ	0.12	Tomato paste	0.14

Sweets			
Banana bread	0.53	Danish, cheese	0.36
Brownie	0.62	Fruit	0.46
Cake: Angel food	0.57	Donut, plain	0.48
Fruit	0.58	Iced	0.46
Sponge	0.61	Honey	0.82
Candies: caramel	0.76	Ice cream	
Fudge, chocolate with nuts	0.65	Plain	0.27
Hard	0.98	Cone alone (waffle)	0.76
Jelly beans	0.84	Jam	0.68
Lollypop	0.99	Pie: apple	0.32
Cookies: animal	0.72	Blueberry	0.34
Chocolate chip	0.70	Cherry	0.39
Chocolate chip, gourmet	0.61	Lemon meringue	0.46
Fig	0.66	Pecan	0.54
Gingersnap	0.75	Pumpkin	0.25
Oatmeal raisin	0.66	Sherbet	0.27
		Syrup, chocolate, thin	0.63

Snack foods			
Almonds, dry-roasted, unbalanced	0.07	Nuts, walnut	0.07
Banana chips	0.51	Mixed, dry-roasted	0.07
Cashews, dry-roasted	0.30	Pecans, dry-roasted	0.04
Chips: tortilla	0.56	Pistachios, in shell	0.22
Chips	0.50	Peanut, dry-roasted	0.14
Crackers:		Butter	0.14
Soda	0.75	Popcorn, microwave, low-fat	0.59
Graham	0.71	Pretzels, salted	0.77
Marshmallows	0.81	Sunflower seeds	0.13
Muffin, commercial	0.45		

Adapted by Evelyne Pytka PDt, CDE from:

-John Walsh; Pumping Insulin, 4th edition. 2006. Torrey Pines Press, San Diego CA

-Canadian Nutrient File, 2009; <http://webprod.hc-sc.gc.ca/cnf-fce/index-eng.jsp>

-USDA Agricultural Research Services 2010

<http://www.nal.usda.gov/fnic/foodcomp/search/>