



## Carbs in Fruit



Fruit	Serving size	Grams carb
Plum	1 medium	7.5 g
Persimmon	1 medium	8.5 g
Clementine	1 medium	9 g
Grapefruit	½	10.5 g
Watermelon	1 cup	11 g
Kiwi	1	11.5 g
Tangerine	1 medium	12 g
Strawberries	1 cup	13 g
Cantaloupe	1 cup	13 g
Blackberries	1 cup	14 g
Peach	1 medium	14.5 g
Honeydew melon	1 cup	16 g
Pineapple	1 cup	22 g
Blueberries	1 cup	22 g
Cherries	1 cup	22 g
Apple	1 medium	25 g
Banana	1 medium	27 g
Pear	1 medium	27.5 g
Mango	1 cup	28 g
Grapes	1 cup	28 g

### U.P. Diabetes Outreach Network

*Strengthening Diabetes Care & Prevention In Upper Michigan Since 1985*

(906) 228-9203

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## Carbs in Vegetables



Vegetable	Serving size	Grams carb
Arugula	1 cup	1 g
Snap Peas	½ cup	1 g
Romaine Lettuce	1 cup shredded	1.5 g
Cucumber	½ cup	2 g
Iceberg Lettuce	1 cup shredded	2 g
White Mushrooms	½ cup	2 g
Radishes	½ cup	2 g
Green Pepper	½ cup	2 g
Celery	2 stalks	2.5 g
Yellow/Red Pepper	½ cup	3 g
Asparagus	½ cup	3.5 g
Okra	½ cup	3.5 g
Turnips	½ cup	4 g
Green Beans	½ cup	5 g
Cauliflower	1 cup	5 g
Carrots	½ cup	6 g
Spinach	1 cup	7 g
Broccoli Raab	½ bunch	7 g
Kale	1 cup chopped	8 g
Cabbage	1 cup shredded	8.5 g
Broccoli	1 cup	11 g
Onions	½ cup	11 g
Beets, canned	½ cup	12.5 g
Corn	1 medium ear	26 g