



## Estimating Carbohydrate Choices

### 1 carbohydrate choice:

- Half of a small bagel
- 1 slice of bread
- Half of a hamburger bun
- Half of a sweet roll
- 1 small doughnut
- Half of an English muffin
- ½ cup (C) cooked cereal
- ½ C pasta
- ½ C rice
- 3 graham crackers
- 1½ C popcorn
- ¾ ounce (oz) pretzels
- 9 corn chips
- 4 sugar wafer cookies
- 10 vanilla wafer cookies
- 1 small muffin
- 2-inch square of cake
- 1 small waffle

**Reference:** USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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**Instructions:** Cut on dotted lines. If you use a paper cutter, align using guidelines along paper's edge.



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