

Carbohydrate factor

Information for patients and families

What is a carbohydrate factor (carb factor)?

A carbohydrate factor is the percentage of carbohydrate in a food by weight.

How will a carbohydrate factor help me?

The carbohydrate factor helps you to count the amount of carbohydrate in a food item. The carbohydrate factor is helpful for foods that do not have a nutrition label. For example, it is often difficult to estimate the amount of carbohydrate in an apple. If you weigh the apple and multiply by its carbohydrate factor, you can determine the amount of carbohydrate more closely than estimating by eye.

How do I use a carbohydrate factor?

To find the carbohydrate content of a specific food, follow these 2 simple steps:



1. Weigh the food you are planning to eat in grams (not ounces).
2. Multiply the weight of the food by the carbohydrate factor found in the chart below.

This will tell you approximately how much carbohydrate is in that food.

Starchy foods	Carb factor		Carb factor
Bread, multi-grain	0.36	Pasta, plain (cooked)	0.25
Bagel, plain	0.48	Barley	0.24
English muffin, whole-wheat	0.34	Rice, brown, long-grain, (cooked)	0.21
Muffin, plain, prepared from recipe	0.39	Rice, white, long-grain, parboiled, enriched, cooked	0.25
Quaker oatmeal, instant or regular	0.57	Potato, mashed, home-prepared, whole milk added	0.16
Pita, whole-wheat	0.48	Sweet potato, frozen, cooked, baked, with salt	0.22
Cookies, butter, commercially prepared, enriched	0.68	Corn, sweet, white, cooked, drained	0.19
Tortilla chips, plain, white corn	0.6	Popcorn, microwave, regular (butter) flavour	0.46
Crackers, saltines	0.71	Beans, baked, home prepared	0.16
All bran buds	0.37	Soup, beef noodle, canned, condensed	0.07

Milk and alternatives	Carb factor		Carb factor
Milk	0.05	Yogurt, plain, low fat	0.07
Evaporated milk, canned	0.1	Yogurt with sweetener	0.19
Soy milk, plain	0.03	Yogurt, fruit variety	0.19

Sugars	Carb factor		Carb factor
Sugar, granulated	1	Hard candy	0.8
Honey	0.82	Regular pop	0.1
Jam	0.69	Frozen yogurt or ice cream	0.22

Fruits and sweet vegetables	Carb factor		Carb factor
Peach or nectarine	0.09	Blackberries	0.04
Tangerine or mandarin	0.11	Cherries, sweet	0.14
Navel orange	0.1	Grapes, red or green	0.17
Banana	0.2	Banana	0.2
Apple	0.11	Mango	0.13
Date	0.67	Persimmon	0.15
Pear	0.12	Persimmon	0.33
Plums	0.1	Kiwi	0.11
Prunes, pitted	0.57	Plantain, cooked	0.29
Apricot	0.09	Beets	0.07
Apricots (dried)	0.55	Carrots	0.07
Cranberries (dried, sweetened)	0.76	Turnips	0.05
Fig (fresh)	0.16	Parsnip	0.13
Fig (dried)	0.54	Squash	0.02
Cantaloupe	0.07	Vegetables, mixed, frozen, cooked, boiled	0.09
Honeydew Melon	0.08	Peas, green, raw	0.09
Watermelon or strawberries	0.07	Peppers, sweet, green, raw	0.03
Applesauce, canned, unsweetened	0.1	Tomato sauce	0.07
Pineapple, raw	0.12	Tomatoes, red, ripe, canned, packed in tomato juice	0.03
Strawberries	0.06	V8 or tomato juice	0.04
Raspberries	0.05	Raisins, seedless	0.75
Blueberries	0.12	Fruit punch juice drink, frozen concentrate, prepared with water	0.1

Nuts and seeds	Carb factor		Carb factor
Cashews	0.26	Sunflower seed	0.13
Almonds	0.1	Pumpkin or squash seeds	0.05
Pistachio	0.17	Flaxseed	0.02
Pecans	0.04	Sesame seeds	0.12
Walnuts or hazelnuts	0.07	Chia seeds	0.08

Mixed foods	Carb factor
Lasagna, vegetable (baked)	0.12
Chili with beans, canned	0.08
Burrito, with beans	0.28
Burrito, with beans, cheese, and beef	0.2
Pizza, cheese topping, regular crust (cooked)	0.27
Pizza, meat and vegetable topping, regular crust (cooked)	0.23

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