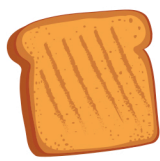


Approximately 15 grams of carbohydrate can be found in:

A single...



slice of bread



small pita



small yogurt (3.5 oz)



small banana



small apple



small glass of apple juice
(4 oz)

1/2 cup of...



cooked pasta
or couscous



lentils or
dried beans

1 cup of...



milk (8 oz)

1/3 cup of...



cooked rice

3 teaspoons of...



sugar



honey

4 or 5...



pieces of
hard candy

20...



grapes

Sources:
International Diabetes Federation. Diabetes education modules 2011: nutrition part 2: recommendations. Available at:
<http://www.idf.org/education/resources/modules-2011/download>. Accessed September 15, 2015.

Queensland Health. Understanding the carbohydrate portion. Available at:
https://www.health.qld.gov.au/nutrition/resources/diab_chocount15g.pdf. Accessed September 15, 2015.

ACCU-CHEK is a trademark of Roche.
© 2016 Roche Diabetes Care.

www.accu-chek.com
Roche Diabetes Care, Inc.
9115 Hague Road
Indianapolis, IN 46250



ACCU-CHEK®