Carbohydrate Values in Infant/Toddler Small Portions

*Reading The Nutrition Facts table on your food package is the most accurate way to calculate carbohydrates*

**Milk, cow’s:** whole-250mL (1 cup)= 12 gm

125mL (1/2 cup)= 6 gm

Yogurt- check package label

Pudding- check package label

**Starch:**

Potato, cooked- ¼ cup = 8 gm

Wheat noodles, cooked- ¼ cup = 8 gm

Rice, cooked- 1/3 cup = 15 gm

Red lentils, cooked- ¼ cup = 6 gm

Goldfish- 14 small = 5 gm

Ritz cracker- 1 = 2 gm

Ritz Bitz Cracker- 12 = 5 gm

Soda soup cracker- 1 = 2 gm

Popcorn twists- 1 cup = 6 gm

Popcorn twists- ½ cup = 3 gm

Cheerios- 1 cup = 18 gm

Cheerios- ¼ cup = 4 gm

Baby Mum/Mum toddler cookie- 2 = 4 gm

Gerber Lil’ Crunchies- 16 = 4 gm

Teddy Grahams- 12 cookies = 11gm
Arrowroot cookie- 1 cookie = 5 gm
Digestive biscuit (Peek Freans)- 1 cookie = 8 gm
Puffed wheat cereal- ½ cup = 5 gm
Gerber Infant Snacks (puffs)- 1/3 cup = 5 gm
Gerber 2nd foods- 1 container - check package label
Animal cracker- 1 cracker = 2 gm
Gerber Infant cereal- 1 tbsp = 3-4 gm

**Vegetables & Fresh Fruit:**

Apple Juice- 80mL (1/3 cup) = 10 gm
Applesauce- 1 Motts = 1 container = 23gm
Apple slices, chopped or grated- ¼ medium apple = 5 gm
Banana- ½ small or 3” = 10gm
Butternut squash, cooked- ¼ cup = 3 gm
Cantaloupe, diced- ¼ cup = 3 gm
Grapes, chopped- 5 = 5 gm
Kiwi- 1 = 8 gm
Peas, carrots or mix veggies- ¼ cup = 5 gm
Pumpkin, mashed- ¼ cup = 2 gm
Raspberries- ½ cup = 3 gm
Strawberry- 1 = 1 gm
Strawberries, chopped- ½ cup = 3 gm
Sweet potato, mashed- ¼ cup = 15 gm
Watermelon, diced- ¼ cup = 3 gm