

# know



## the facts about counting carbs

### Carbs Count!

Keeping tabs on your carbohydrate intake at meals and snacks is an important part of managing your blood glucose levels. The chart below lists the carbohydrate content of some common foods in each food group.



### What is a “Diabetes Friendly” Kellogg’s® Product?

When you see the “Diabetes Friendly” symbol on a Kellogg’s® product, it means the product contains 30 grams or less of total carbohydrate and 9 grams or less of sugars per serving, and is low fat (which is generally 3 grams or less per serving). Kellogg products also provide food exchange information on the package. To learn more about our Diabetes Friendly products, please go to:

[www.kelloggsnutrition.com/diabetes](http://www.kelloggsnutrition.com/diabetes)

Grains	Amount	Carbs (g)
<i>All-Bran</i> ® Bran Buds®	1/3 cup	24
<i>All-Bran</i> ® Complete® Wheat Bran Flakes	3/4 cup	23
<i>All-Bran</i> ® Original	1/2 cup	23
<i>Kellogg's</i> Corn Flakes®	1 cup	24
<i>Crispix</i> ®	1 cup	25
<i>Kellogg's</i> Frosted Flakes® Reduced Sugar	1 cup	28
<i>Product 19</i> ®	1 cup	25
<i>Rice Krispies</i> ®	1 1/4 cup	29
<i>Special K</i> ™ Cinnamon Pecan	3/4 cup	25
<i>Special K</i> ™ Vanilla Almond	3/4 cup	25
<i>Special K</i> ™	1 cup	22
<i>Special K</i> ™ Protein Plus	3/4 cup	14
Tortilla, flour	6-inch tortilla	19
Popcorn, plain, popped	3 cups	19
Pancake, plain	4-inch pancake	16
Rice, brown or white, cooked	1/3 cup	15
Bread, whole-wheat	1 slice	13
Pasta, cooked	1/3 cup	13
<b>Vegetables</b>		
Potato, baked with skin	3 oz potato	18
Corn, frozen, cooked	1/2 cup	16
Carrots, cooked	1/2 cup	8
Green beans, cooked	1/2 cup	5
Broccoli, cooked	1/2 cup	4
<b>Fruits</b>		
Banana	1 extra small (<6")	19
Orange	1 (2 5/8" diameter)	15
Apple, unpeeled	1 small (4 oz)	14
Orange juice	1/2 cup	13
<b>Milk Products</b>		
Milk, fat-free	1 cup	13
Yogurt, plain, fat-free	6 oz	12
Mozzarella cheese (part skim milk)	1 oz	1
<b>Meats &amp; Beans</b>		
Kidney beans, cooked	1/2 cup	20
Peanut butter	1 tbsp	3
Beef sirloin, lean, cooked	1 oz	0
Chicken breast, meat only, cooked	1 oz	0
Flounder, cooked	1 oz	0

Diabetes Friendly Kellogg’s® Product