



Carb Counting Pocket Guide

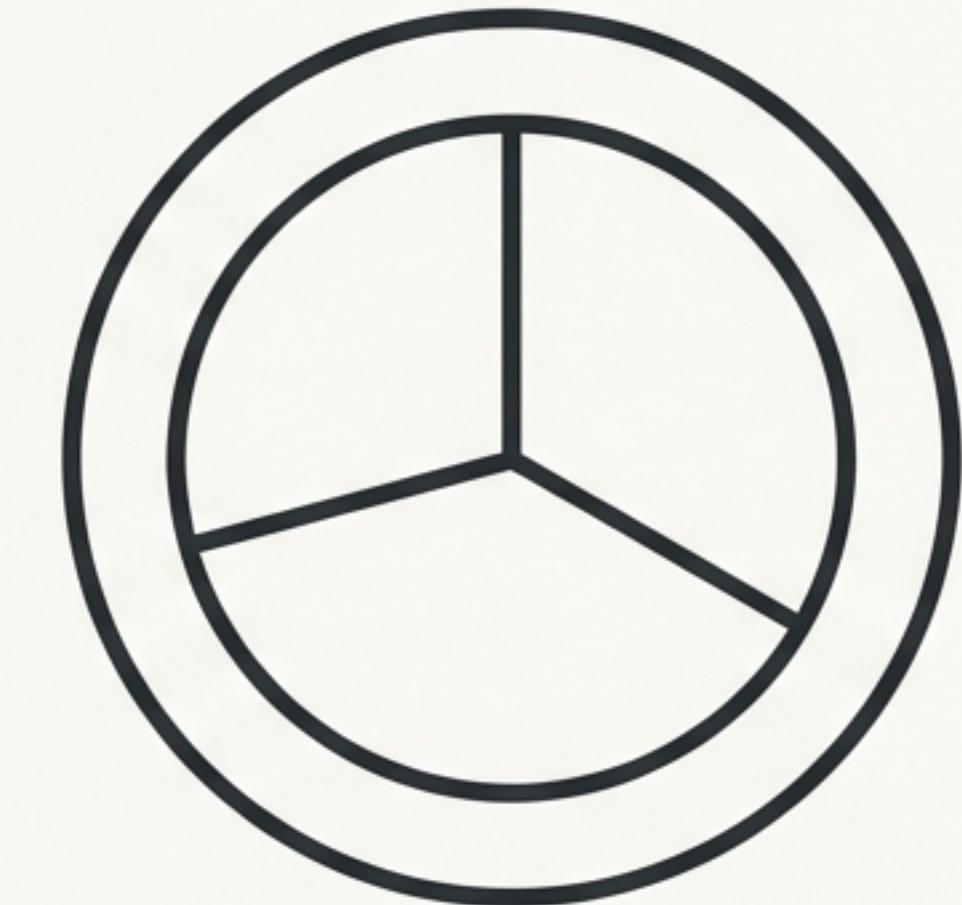
The Indian Edition

Your quick reference for managing blood sugar with every meal.

1
Serving = 15g
Carbs

The Golden Rule of Carb Counting

Target per Meal:
45–60g (3–4 Servings)



How to use: Look up foods by category, note the carb count, and track your intake.
· Pro Tip: Keep this guide on your phone for restaurant visits and grocery shopping!



Rice & Grains

The Foundation

Food Item	Portion	Carbs	Servings
White Rice (cooked)	1 katori (150g)	45g	3
Basmati/Jeera Rice	1 katori (150g)	~42g	2.8
Pulao/Biryani Rice	1 katori (150g)	48g	3.2
Khichdi	1 katori (200g)	35g	2.3
Poha	1 katori (150g)	32g	2.1
Upma	1 katori (150g)	28g	1.9
Idli (plain)	2 pieces	24g	1.6
Dosa (plain)	1 medium	28g	1.9

****Better Choices**:** Brown Rice (40g), Quinoa (30g), Oats (22g), Dalia (25g). Lower GI, more fiber.



Rotis & Breads

The Daily Staples

Food Item	Portion	Carbs	Servings
Wheat Roti	1 medium (30g)	15g	1
Paratha (plain)	1 medium	22g	1.5
Aloo Paratha	1 medium	32g	2.1
Naan	1 piece	45g	3
Kulcha	1 piece	40g	2.7
Puri	1 piece (20g)	12g	0.8
Bhatura	1 piece	35g	2.3
Bread (Slice)	1 slice	~12g	0.8
Pav	1 piece	18g	1.2

Better Choices: Ragi Roti (13g), Multigrain (14g), Bajra (16g), Jowar (15g). More fiber, lower GI.



Dal & Legumes

Protein Power

Food Item	Portion	Carbs	Servings
Toor/Masoor Dal	1 katori (150g)	20g	1.3
Dal Makhani	1 katori (150g)	24g	1.6
Rajma (cooked)	1 katori (150g)	28g	1.9
Chole/Chana	1 katori (150g)	30g	2
Lobia	1 katori (150g)	25g	1.7
Rasam	1 katori (150g)	8g	0.5

****Better Choices**:** Moong Dal (18g), Sprouts (12-14g), Sambhar (15g). High protein, lower carbs.

Sabzi & Vegetables

Volume vs. Starch



Eat Freely (Low Carb)

- Spinach/Palak (2g)
- Methi (3g)
- Lauki (4g)
- Karela (4g)
- Cabbage (4g)
- Cauliflower/Gobi (5g)
- Bhindi (5g)
- Baingan (5g)
- Cucumber (3g)
- Mushrooms (3g)



Portion Control (Starchy)

Food Item	Portion	Carbs
Aloo Sabzi (dry)	1 katori	22g
Aloo Sabzi (gravy)	1 katori	18g
Sweet Potato	1 katori	28g
Corn/Makai	1 katori	25g
Arbi	1 katori	22g
Matar Paneer	1 katori	12g



Fruits

Nature's Sweetness

Fruit	Portion	Carbs	Servings
Mango/Aam	1 katori	25g	1.7
Banana	1 medium	27g	1.8
Chikoo	1 medium	22g	1.5
Custard Apple	½ fruit	20g	1.3
Apple	1 medium	20g	1.3
Grapes	15-20 pcs	15g	1
Watermelon	1 katori	12g	0.8

****Better Choices**:** Guava (12g), Jamun (12g), Papaya (14g), Orange/Mosambi (12-15g). Low GI, high fiber.



Dairy & Beverages

Liquid Carbs

Item	Portion	Carbs
Milk (Full/Toned)	1 glass	10g
Chai (with sugar)	1 cup	10g
Chai (no sugar)	1 cup	4g
Coffee (sugar)	1 cup	12g
Lassi (Sweet)	1 glass	28g (High!)
Mango Shake	1 glass	40g
Sugarcane Juice	1 glass	50g
Coconut Water	1 glass	9g

****Better Choices**:** Buttermilk/Chaas (5g), Plain Curd (6g), Paneer (1g), Cheese (1g). Low carb, high protein.



Snacks & Street Food

The Cravings

Menu Card	Portion	Carbs	Servings
Chole Bhature	1 plate	65g	4.3
Pav Bhaji	1 plate	55g	3.7
Vada Pav	1 piece	45g	3
Samosa	1 piece	25g	1.7
Pani Puri	6 pcs	30g	2
Dhokla	4 pcs	24g	1.6
Biscuits (Tea)	2 pcs	~25g	1.7

Better Choices: Makhana (10g/cup), Roasted Chana (12g/¼ cup), Khakhra (12g/2 pcs), Roasted Peanuts (5g/¼ cup).



Menu Card

Sweets & Desserts

The Occasional Treat

Sweet	Portion	Carbs
Halwa (Gajar/Suji)	1 katori	45g
Payasam/Kheer	1 katori	40g
Jalebi	2 pcs	35g
Gulab Jamun	1 pc	25g
Rasmalai	1 pc	22g
Kaju Katli	2 pcs	20g
Ice Cream	1 scoop	22g

Smart Options

Dark Chocolate (2 squares), Dates (2-3 pcs), or small fruit with cream.

Sweets are high sugar. Save for special occasions!

Visual Portion Guide

No scale? Use your hand.



The Fist

Equals 1 Katori (150g)
Use for Rice, Dal, Sabzi, Curd.



The Palm

Equals 1 Serving Protein
Use for Paneer, Chicken, Fish.

1 Fist of Rice = approx 3 Servings of Carbs (45g)



The Restaurant Guide

The Heavy Hitters

Thali (South Indian)		130g Carbs		9 Servings
Thali (North Indian)		120g Carbs		8 Servings
Butter Chicken + 2 Naan		95g Carbs		6.3 Servings
Biryani (Chicken)		70g Carbs		4.7 Servings
Chole Kulche		70g Carbs		4.7 Servings
Fried Rice/Noodles		60g Carbs		4 Servings
Pizza (2 slices)		50g Carbs		3.3 Servings

Alert: A single restaurant meal can easily exceed your entire day's carb budget.

Smart Swaps

Eat This, Not That

2 Naan



2 Roti

Save
60g

Biryani



Tandoori + Salad

Save
50g

Full Thali



Half Rice + Extra Dal

Save
40g

Veg Fried Rice



Steamed Rice ($\frac{1}{2}$ portion)

Save
35g

Chole Bhature



Chole + 1 Roti

Save
35g

Targets & Tips

Mastery

Daily Targets

Strict Control

100-130g (30-45g/meal)

Moderate Control

130-180g (45-60g/meal)

Maintenance

180-230g (60-75g/meal)

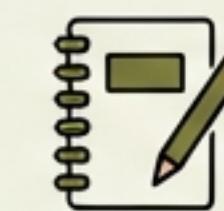
6 Keys to Success



Read Labels



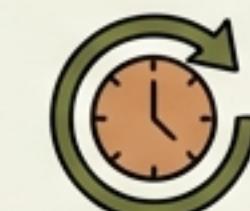
Use Hand Measures



Log Food



Test 2hrs After



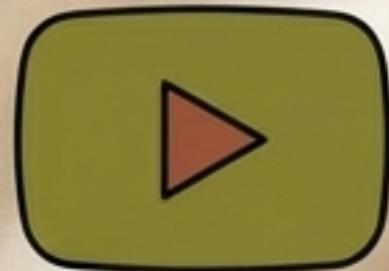
Be Consistent



Don't Skip Meals

Hidden Traps: Thick gravies (flour), Sauces (sugar), Fruit Juices.

Resources



Watch

youtube.com/@health_gheware



Visit

health.gheware.com



Read

health.gheware.com/blog

Download our 7-Day Diabetes Meal Plan & Recipe Book at the website.

****Medical Disclaimer***: This guide is for educational purposes only and is not a substitute for professional medical advice. Always consult your doctor or dietician before making dietary changes. Individual carb tolerance varies.

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