

Carb Counting Pocket Guide for Indian Foods

Your quick reference for managing blood sugar with every meal

How to Use This Guide

1 Carb Serving = 15g Carbohydrates

Look up foods by category, note the carb count, and track your daily intake. Most people with diabetes aim for 45-60g carbs per meal (3-4 servings).

 **Tip:** Keep this guide on your phone for restaurant visits and grocery shopping!



Rice & Grains

Food Item	Portion	Carbs (g)	Servings
White Rice (cooked)	1 katori (150g)	45g	3
Brown Rice (cooked)	1 katori (150g)	40g	2.7
Basmati Rice	1 katori (150g)	42g	2.8
Jeera Rice	1 katori (150g)	43g	2.9

Food Item	Portion	Carbs (g)	Servings
Pulao/Biryani Rice	1 katori (150g)	48g	3.2
Khichdi	1 katori (200g)	35g	2.3
Upma	1 katori (150g)	28g	1.9
Poha	1 katori (150g)	32g	2.1
Dalia/Broken Wheat	1 katori (150g)	25g	1.7
Quinoa (cooked)	1 katori (150g)	30g	2
Oats (cooked)	1 katori (150g)	22g	1.5
Sabudana Khichdi	1 katori (150g)	45g	3
Idli (plain)	2 pieces	24g	1.6
Dosa (plain)	1 medium	28g	1.9
Vermicelli/Sevai	1 katori (150g)	35g	2.3

● **Better Choices:** Brown rice, Dalia, Oats, Quinoa (lower GI, more fiber)

Rotis & Breads

Food Item	Portion	Carbs (g)	Servings
Wheat Roti/Chapati	1 medium (30g)	15g	1

Food Item	Portion	Carbs (g)	Servings
Multigrain Roti	1 medium (30g)	14g	0.9
Bajra Roti	1 medium (30g)	16g	1.1
Jowar Roti	1 medium (30g)	15g	1
Makki Roti	1 medium (30g)	18g	1.2
Ragi Roti	1 medium (30g)	13g	0.9
Paratha (plain)	1 medium	22g	1.5
Stuffed Paratha	1 medium	25-30g	1.7-2
Aloo Paratha	1 medium	32g	2.1
Naan	1 piece	45g	3
Kulcha	1 piece	40g	2.7
Roomali Roti	1 piece	25g	1.7
Puri	1 piece (20g)	12g	0.8
Bhatura	1 piece	35g	2.3
Bread (white)	1 slice	13g	0.9
Bread (whole wheat)	1 slice	12g	0.8
Pav	1 piece	18g	1.2

 **Better Choices:** Ragi roti, Multigrain roti, Jowar roti (more fiber, lower GI)



Dal & Legumes

Food Item	Portion	Carbs (g)	Servings
Toor Dal	1 katori (150g)	20g	1.3
Moong Dal	1 katori (150g)	18g	1.2
Masoor Dal	1 katori (150g)	20g	1.3
Chana Dal	1 katori (150g)	22g	1.5
Urad Dal	1 katori (150g)	19g	1.3
Mixed Dal	1 katori (150g)	20g	1.3
Dal Tadka	1 katori (150g)	21g	1.4
Dal Makhani	1 katori (150g)	24g	1.6
Rajma (cooked)	1 katori (150g)	28g	1.9
Chole/Chana	1 katori (150g)	30g	2
Lobia/Black-eyed peas	1 katori (150g)	25g	1.7
Sprouts (moong)	1 katori (100g)	12g	0.8
Sprouts (mixed)	1 katori (100g)	14g	0.9
Sambhar	1 katori (150g)	15g	1
Rasam	1 katori (150g)	8g	0.5

 **Better Choices:** Moong dal, Sprouts, Sambhar (high protein, lower carbs)



Sabzi & Vegetables

Low-Carb Vegetables (Eat Freely)

Food Item	Portion	Carbs (g)
Spinach/Palak	1 katori	2g
Methi (Fenugreek)	1 katori	3g
Lauki/Bottle Gourd	1 katori	4g
Turai/Ridge Gourd	1 katori	3g
Karela/Bitter Gourd	1 katori	4g
Tinda	1 katori	3g
Cabbage	1 katori	4g
Cauliflower/Gobi	1 katori	5g
Bhindi/Okra	1 katori	5g
Baingan/Eggplant	1 katori	5g
Capsicum/Bell Pepper	1 katori	4g
Tomato	1 medium	4g
Cucumber/Kheera	1 katori	3g
Mushrooms	1 katori	3g

Food Item	Portion	Carbs (g)
Beans/French Beans	1 katori	5g

Medium-Carb Vegetables (Portion Control)

Food Item	Portion	Carbs (g)	Servings
Aloo Sabzi (dry)	1 katori	22g	1.5
Aloo Sabzi (gravy)	1 katori	18g	1.2
Aloo Gobi	1 katori	15g	1
Aloo Matar	1 katori	20g	1.3
Matar Paneer	1 katori	12g	0.8
Paneer Bhurji	1 katori	6g	0.4
Mix Veg	1 katori	10g	0.7
Baingan Bharta	1 katori	8g	0.5
Palak Paneer	1 katori	8g	0.5
Kadhi	1 katori	12g	0.8
Onion	1 medium	8g	0.5
Carrot	1 medium	6g	0.4
Beetroot	1 medium	10g	0.7

Food Item	Portion	Carbs (g)	Servings
Arbi/Colocasia	1 katori	22g	1.5
Shakarkandi/Sweet Potato	1 katori	28g	1.9
Corn/Makai	1 katori	25g	1.7

● **Better Choices:** Lauki, Karela, Palak, Gobi (very low carb, high fiber)

Fruits

Food Item	Portion	Carbs (g)	Servings
Apple	1 medium	20g	1.3
Banana	1 medium	27g	1.8
Orange/Santra	1 medium	15g	1
Mosambi/Sweet Lime	1 medium	12g	0.8
Guava/Amrood	1 medium	12g	0.8
Papaya	1 katori (150g)	14g	0.9
Watermelon/Tarbooz	1 katori (150g)	12g	0.8
Mango/Aam	1 katori (150g)	25g	1.7
Grapes/Angoor	15-20 pieces	15g	1

Food Item	Portion	Carbs (g)	Servings
Pomegranate/Anar	½ cup seeds	13g	0.9
Chikoo/Sapota	1 medium	22g	1.5
Litchi	8-10 pieces	15g	1
Pear/Nashpati	1 medium	18g	1.2
Pineapple/Ananas	1 katori (150g)	18g	1.2
Jamun	10-12 pieces	12g	0.8
Strawberries	8-10 pieces	8g	0.5
Sitaphal/Custard Apple	½ fruit	20g	1.3
Dried Dates/Khajoor	2 pieces	15g	1
Dried Figs/Anjeer	2 pieces	12g	0.8
Raisins/Kishmish	1 tbsp	8g	0.5

● **Better Choices:** Guava, Jamun, Papaya, Orange (low GI, high fiber)



Dairy & Beverages

Food Item	Portion	Carbs (g)	Servings
Milk (full fat)	1 glass (200ml)	10g	0.7

Food Item	Portion	Carbs (g)	Servings
Milk (toned)	1 glass (200ml)	10g	0.7
Buttermilk/ChaaS	1 glass (200ml)	5g	0.3
Curd/Dahi (plain)	1 katori (150g)	6g	0.4
Lassi (sweet)	1 glass (200ml)	28g	1.9
Lassi (salted)	1 glass (200ml)	8g	0.5
Paneer	50g	1g	0.1
Cheese	30g	1g	0.1
Kheer	1 katori (150g)	35g	2.3
Chai (with sugar)	1 cup (150ml)	10g	0.7
Chai (without sugar)	1 cup (150ml)	4g	0.3
Filter Coffee (with sugar)	1 cup	12g	0.8
Fresh Lime Water	1 glass	8g	0.5
Coconut Water	1 glass (200ml)	9g	0.6
Sugarcane Juice	1 glass (200ml)	50g	3.3
Mango Shake	1 glass (200ml)	40g	2.7
Badam Milk	1 glass (200ml)	22g	1.5

 **Better Choices:** Chaas, Plain Curd, Paneer (low carb, high protein)



Snacks & Street Food

Food Item	Portion	Carbs (g)	Servings
Samosa	1 piece	25g	1.7
Kachori	1 piece	28g	1.9
Pakora/Bhajiya	5 pieces	20g	1.3
Vada Pav	1 piece	45g	3
Pav Bhaji	1 serving	55g	3.7
Chole Bhature	1 serving	65g	4.3
Pani Puri	6 pieces	30g	2
Bhel Puri	1 serving	35g	2.3
Sev Puri	4 pieces	25g	1.7
Dahi Puri	4 pieces	28g	1.9
Aloo Tikki	2 pieces	25g	1.7
Bread Pakora	1 piece	22g	1.5
Dhokla	4 pieces	24g	1.6
Khandvi	6 pieces	15g	1
Thepla	1 piece	18g	1.2
Khakhra	2 pieces	12g	0.8

Food Item	Portion	Carbs (g)	Servings
Murukku/Chakli	3 pieces	18g	1.2
Namkeen/Mixture	1/4 cup	15g	1
Roasted Chana	1/4 cup	12g	0.8
Makhana (plain)	1 cup	10g	0.7
Roasted Peanuts	1/4 cup	5g	0.3

● **Better Choices:** Makhana, Roasted chana, Khakhra (lower carb, healthier)

Restaurant Favorites

Food Item	Portion	Carbs (g)	Servings
Butter Chicken + 2 Naan	1 serving	95g	6.3
Dal Makhani + 2 Roti	1 serving	55g	3.7
Paneer Butter Masala + 2 Roti	1 serving	45g	3
Biryani (Veg)	1 plate	75g	5
Biryani (Chicken)	1 plate	70g	4.7
Thali (North Indian)	1 plate	90-120g	6-8
Thali (South Indian)	1 plate	100-130g	7-9

Food Item	Portion	Carbs (g)	Servings
Dosa Meal (2 dosa + sambhar)	1 serving	65g	4.3
Chole Kulche	1 serving	70g	4.7
Rajma Chawal	1 serving	75g	5
Kadhi Chawal	1 serving	60g	4
Pav Bhaji	1 serving	55g	3.7
Pizza (2 slices)	Medium	50g	3.3
Burger (Veg)	1 piece	45g	3
Pasta	1 plate	55g	3.7
Fried Rice	1 plate	60g	4
Noodles (Hakka)	1 plate	55g	3.7
Manchurian + Rice	1 serving	70g	4.7
Spring Roll	2 pieces	25g	1.7
Momos (6 pcs)	1 serving	35g	2.3

💡 Restaurant Smart Swaps

Instead of...	Try...	Carb Savings
2 Naan	2 Roti	Save 60g

Instead of...	Try...	Carb Savings
Biryani	Tandoori + Salad	Save 50g
Chole Bhature	Chole + 1 Roti	Save 35g
Veg Fried Rice	Steamed Rice (½ portion)	Save 35g
Full Thali	Half rice + extra dal	Save 40g



Sweets & Desserts

Food Item	Portion	Carbs (g)	Servings
Gulab Jamun	1 piece	25g	1.7
Rasgulla	1 piece	20g	1.3
Rasmalai	1 piece	22g	1.5
Kaju Katli	2 pieces (30g)	18g	1.2
Barfi (plain)	2 pieces (30g)	20g	1.3
Jalebi	2 pieces	35g	2.3
Ladoo (besan)	1 piece	20g	1.3
Ladoo (motichoor)	1 piece	22g	1.5
Halwa (gajar/suji)	1 katori	45g	3

Food Item	Portion	Carbs (g)	Servings
Payasam	1 katori	40g	2.7
Kulfi	1 piece	18g	1.2
Ice Cream	1 scoop	22g	1.5
Mithai Box (mixed)	100g	55-70g	4-5

 **Warning:** Sweets are very high in sugar. Save for special occasions!

Better Options for Sweet Cravings:

- Sugar-free mithai (still has carbs from milk solids)
- Small portion fruit with cream
- Dates (2-3 pieces)
- Dark chocolate (2 squares)



Quick Reference Card

Daily Carb Targets

Goal	Daily Carbs	Per Meal
Strict Control	100-130g	30-45g
Moderate Control	130-180g	45-60g
Maintenance	180-230g	60-75g

Carb-Free Foods (Eat Freely)

- Eggs, Chicken, Fish, Mutton
- Paneer, Cheese, Butter
- Oils and Ghee
- Green leafy vegetables
- Cucumber, Tomato, Onion (small qty)

Hidden Carb Traps

⚠ Watch out:

- Sauces and chutneys (5-10g per tbsp)
 - Gravy-based dishes (thickened with flour)
 - "Diet" foods (often high in carbs)
 - Fruit juices (30-40g per glass)
 - Biscuits with tea (10-15g each)
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🎯 Carb Counting Tips

- 1. Read Labels** - Check "Total Carbohydrates" on packaged foods
 - 2. Use Hand Measures** - Fist = 1 katori, Palm = protein portion
 - 3. Log Your Food** - Write down what you eat for 1 week
 - 4. Test & Learn** - Check blood sugar 2 hours after meals
 - 5. Be Consistent** - Similar carbs at similar times daily
 - 6. Don't Skip Meals** - Leads to overeating later
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Resources

📺 **YouTube:** youtube.com/@health_gheware 🌐 **Website:** health.gheware.com 📖 **Blog:** health.gheware.com/blog

More Free Guides:

- 7-Day Diabetes Meal Plan
 - Blood Sugar Tracking Journal
 - Diabetes-Friendly Recipe Book
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Medical Disclaimer

This guide is for **educational purposes only** and is not a substitute for professional medical advice.

- Always consult your doctor or dietitian before making dietary changes
- Individual carb tolerance varies - test your blood sugar regularly
- This guide provides approximate values - actual carbs may vary based on preparation method and portion size

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