



# The Indian Carb Counting Guide



Your pocket companion for managing blood sugar  
without giving up the foods you love.

EAT WELL, LIVE BETTER.

# How to Use This Guide

## The Golden Rule



1 Carb Serving =  
15g Carbohydrates

## The Goal



Aim for 45-60g carbs per  
meal (3-4 Servings).

## The Legend

**Green Text/Icons** → Better Choices  
(High Fiber,  
Low GI)

**Saffron Text** → Standard Carb  
Counts

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

# The Foundation: Rice & Grains



## Standard Staples (1 Katori / 150g)

- White Rice: **45g**
- Pulao/Biryani Rice: **48g**
- Sabudana Khichdi: **45g**
- Idli (2 pcs): **24g**
- Dosa (1 medium): **28g**



## Better Choices (High Fiber)

- Brown Rice: **40g**
- Quinoa: **30g**
- Oats (cooked): **22g**
- Dalia/Broken Wheat: **25g**

**Insight:** Better Choices offer  
**Lower GI & More Fiber.**

# Daily Staples: Rotis & Breads in Charcoal



## 1. The Standard

(1 Medium Roti / 30g)

- Wheat Roti: 15g
- Jowar Roti: 15g
- Bajra Roti: 16g

## 2. The Heavy Hitters

- Naan (1 pc): 45g (3 Servings!)
- Kulcha: 40g
- Kulcha: 32g
- Aloo Paratha: 32g

## 3. The Lighter Side

- Phulka / Ragi Roti: 13g
- Puri (small 20g): 12g

**Better Choices:** Ragi, Multigrain, and Jowar Rotis provide superior fiber content.

# Protein Power: Dal & Legumes



The Soups (Lower Carb)	The Staples (Medium Carb)	The Heavies (High Carb)
Rasam (1 katori): 8g Sambhar (1 katori): 15g	Toor/Masoor/Moong Dal (1 katori): ~18-22g	Chole/Chana: 30g Rajma: 28g Dal Makhani: 24g

**SUPERSTAR: Moong Dal & Sprouts (12g).**  
Highest protein utility with lowest carb impact.

# The Vegetable Spectrum

## EAT FREELY (Non-Starchy)



**Spinach/Palak:** 2g

**Lauki/Gourd:** 4g

**Bhindi/Okra:** 5g

**Cauliflower/Gobi:** 5g

**Cabbage:** 4g

## PORTION CONTROL (Starchy)



**Sweet Potato:** 28g

**Corn/Makai:** 25g

**Aloo Sabzi (dry):** 22g

**Arbi:** 22g

Paneer dishes like Palak Paneer (8g) are excellent low-carb pairings.

# Nature's Candy: Fruits



Safe Bets (Green Zone)	Sugar Spikes (Watch Portion)	Dried Fruit Alert
Strawberries: <b>8g</b> Watermelon: <b>12g</b> Guava/Amrood: <b>12g</b> Papaya: <b>14g</b> Orange: <b>15g</b>	Banana: <b>27g</b> Banana: <b>27g</b> Mango/Aam: <b>25g</b> Chikoo: <b>22g</b> Sitaphal: <b>20g</b>	Raisins (1 tbsp): <b>8g</b> Dates (2 pcs): <b>15g</b>

Standard portion = 1 Medium fruit or 1 Katori cut fruit.

# Dairy like Dairy & Beverages



## ✓ Hydrate

- Buttermilk/ChaaS: 5g
- Coconut Water: 9g
- Fresh Lime Water: 8g
- Tea/Coffee (no sugar): 4g

## ● Nourish

- Milk: 10g
- Curd/Dahi: 6g

## ⚠ Caution

- Sugarcane Juice: 50g
- Mango Shake: 40g
- Sweet Lassi: 28g

“Chew your calories, don’t drink them.”

# Snack Attack: Street Food

## The Cost of Cravings

### Chole Bhature: 65g

Pav Bhaji: 55g

Vada Pav: 45g

Pani Puri (6pcs): 30g

Samosa: 25g



### Guilt-Free Crunch

Makhana/Fox Nuts: 10g

Roasted Chana: 12g

Roasted Peanuts: 5g

Khakhra: 12g

# Dining Out Decoder

## The Heavy Hitters

- Thali (North/South): 90-130g
- Butter Chicken + 2 Naan: 95g
- Biryani: 70-75g



Smart Swaps	Order...	Save...
Instead of 2 Naan	Order 2 Roti	<b>Save 60g</b>
Instead of Biryani	Order Tandoori + Salad	<b>Save 50g</b>
Instead of Chole Bhature	Order Chole + 1 Roti	<b>Save 35g</b>
Instead of Full Thali	Order Half Rice + Extra Dal	<b>Save 40g</b>

# The Sweet Truth

## The Sugar List

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- Mithai Box (100g): 55-70g
- Halwa/Payasam: 40-45g
- Jalebi (2 pcs): 35g
- Gulab Jamun (1 pc): 25g



## Better Options

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Still crave sweet? Try:  
Dark Chocolate (2 squares)  
Dates (2-3 pieces)  
Small portion fruit with cream  
Sugar-free mithai (consume moderately)

# The Master Plan (Cheat Sheet)

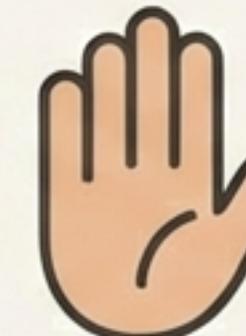
## Daily Targets

- Strict Control:  
30-45g/meal
- Moderate Control:  
45-60g/meal
- Maintenance:  
60-75g/meal

## Hand Measures



Fist = 1 Katori  
(Rice/Dal)



Palm = Protein  
Portion

## Hidden Traps

- Sauces (5-10g/tbsp)
- Gravies (thickeners)
- Biscuits with tea  
(10-15g each)
- 'Diet' foods

# Continue Your Journey

YouTube:  
[youtube.com/@health\\_gheware](https://youtube.com/@health_gheware)

Website:  
[health.gheware.com](https://health.gheware.com)

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## More Free Guides Available:

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

# Medical Disclaimer

This guide is for educational purposes only and is not a substitute for professional medical advice. Always consult your doctor, nutritionist, 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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Eat Well, Live Better - The Indian Way 