

# Visual carb estimation guide

## Extra small item

15 grams carbs



1 medium fruit

1/2 cup ice cream

1 cup light yogurt

2 mini blueberry muffins

1 cup cottage cheese + 1/2 cup berries

1/2 cup hummus with veggies

1 small apple sliced + 2 Tbsp peanut butter

## Small meal item

30 grams carbs



BLT sandwich

3 shrimp tacos on corn tortillas

2 medium cookies

Small fries

1 English muffin + sausage, egg, cheese

1/2 bagel + 1 Tbsp cream cheese

1 small chicken quesadilla

## Medium meal item

45 grams carbs



1 peanut butter sandwich + 1 Tbsp jelly

1 cup oatmeal + 1 cup mixed berries

1 restaurant burger

15 chicken nuggets with small fries

8 pieces salmon sushi roll

Large chicken Caesar salad

## Large meal item

60 grams carbs



2 steak enchiladas with 1 cup beans

1 regular hot dog + bun + 30 chips

2 battered fish tacos with 1 cup beans

Chicken tikka masala with 1 cup rice

Steak, med baked potato, roll + salad

1 large slice fruit pie

## Extra large meal item

75-90 grams carbs



1 cup pasta + sauce, meatballs, roll, and salad

2 eggs, 2 bacon strips, med hashbrowns, and small pancakes

3 oz turkey, 1 cup stuffing, 1 cup mashed potatoes, 1/2 cup green beans

Large nacos, 4 oz tortilla chips, steak, cheese, and beans

1 1/2 cups fried rice with shrimp

2 slices pepperoni pan pizza (1/4 large)

Carbohydrate amounts are estimates and may vary depending on the ingredients. Check food labels for accurate carbohydrate amounts.

Resource: [USDA FoodCentral database](#).

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