

Breads, Cereals, Grains, Starchy Vegetables

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|--|---------------|--------------------|---------------------|
| Bagel (most bagel shops) | one large | 60 to 75 | 4 to 5 |
| Bagel | one mini | 15 | 1 |
| Baked beans | ½ cup | 30 | 2 |
| Black beans: cooked | ½ cup | 21 | 1 ½ |
| Bread: reduced-calorie | 2 slices | 15 | 1 |
| Bread: sticks (soft), 6 to 7 inches | 1 stick | 30 | 2 |
| Bread: pumpernickel, rye, white, whole wheat | 1 slice | 15 | 1 |
| Cereal: cooked and unsweetened | ½ cup | 15 | 1 |
| Cereal: dry | ½ to 1 ⅓ cup | 20 to 45 | 1 to 3 |
| Coleslaw | ½ cup | 15 | 1 |
| Corn | ½ cup | 15 | 1 |
| Corn on the cob: 5 to 6 inches | 1 | 15 to 20 | 1 |
| Cornbread | 2-inch square | 23 to 34 | 1 ½ to 2 |
| Couscous: cooked | ½ cup | 15 to 20 | 1 |
| Dinner roll | 1 | 15 | 1 |
| Doughnut: cake | 1 | 25 | 1 ½ |
| Doughnut: glazed | 1 | 35 | 2 |
| Doughnut holes | 2 | 15 | 1 |
| English muffin | one-half | 15 | 1 |
| Garbanzo beans | ½ cup | 22 to 27 | 1 ½ to 2 |
| Graham crackers | 3 squares | 15 | 1 |
| Green peas | ½ cup | 15 | 1 |
| Hash browns | ½ cup | 22 to 30 | 1 ½ to 2 |

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|--|------------------|--------------------|---------------------|
| Hoagie roll | 1 | 75 | 5 |
| Hot dog or hamburger bun | one-half | 15 | 1 |
| Kidney beans | ½ cup | 20 | 1 |
| Lentils | ½ cup | 20 | 1 |
| Muffin: extra large | 1 | 50 to 75 | 4 to 5 |
| Muffin: medium | 1 | 24 | 1 ½ |
| Pancake: 4 inches | 1 | 15 | 1 |
| Pasta: cooked (macaroni, noodles, spaghetti) | ⅓ cup | 15 | 1 |
| Pita: 6 inches | 1 | 30 | 2 |
| Potato salad | ½ cup | 15 | 1 |
| Potatoes: baked, 4 to 5 inches | 1 | 45 to 60 | 3 to 4 |
| Potatoes: french fries (frozen) | 10 to 15 | 15 | 1 |
| Potatoes: mashed | ½ cup | 15 | 1 |
| Rice: brown, cooked | ⅓ cup | 15 | 1 |
| Rice: wild, cooked | ½ cup | 15 | 1 |
| Rice: white, cooked | ⅓ cup | 15 | 1 |
| Ritz® crackers | 6 to 7 | 15 | 1 |
| Saltine crackers | 6 | 15 | 1 |
| Squash: acorn | ¼ medium (1 cup) | 15 | 1 |
| Squash: butternut | ¼ medium (1 cup) | 30 | 2 |
| Stuffing | ½ cup | 10 to 15 | 1 |
| Taco: corn shell, 6 inches | 2 | 15 | 1 |
| Tater tots | 5 | 15 | 1 |
| Tortilla: flour, 6 inches | 1 | 15 | 1 |
| Waffle: frozen | 1 | 15 | 1 |
| Wheat Thins® | 12 | 15 | 1 |
| Yam (sweet potato) | ½ cup | 15 | 1 |

Fruits

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|---|---------------|--------------------|---------------------|
| Apple: small | 1 | 15 | 1 |
| Banana: large | 1 | 30 | 2 |
| Berries: blackberries, blueberries, raspberries, strawberries | 1 cup whole | 15 | 1 |
| Canned fruit: in juice | ½ cup | 15 | 1 |
| Cherries | 15 | 15 | 1 |
| Clementines | 2 | 15 | 1 |
| Grapefruit: medium | ½ | 15 | 1 |
| Grapes | 15 | 15 | 1 |
| Kiwi: large | 1 | 15 | 1 |
| Mango | ½ cup | 15 | 1 |
| Melon | 1 cup cubes | 15 | 1 |
| Nectarine: medium | 1 | 15 | 1 |
| Orange: medium | 1 | 15 | 1 |
| Peach: medium | 1 | 15 | 1 |
| Pear: small | 1 | 15 | 1 |
| Pineapple | 1 cup | 20 | 1 |
| Plums: small | 2 | 15 | 1 |
| Raisins | 2 tablespoons | 15 | 1 |

Fruit and Vegetable Juice

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|--|--------------|--------------------|---------------------|
| Apple, grapefruit, orange or pineapple | ½ cup | 15 | 1 |
| Cranberry juice cocktail, grape, prune | ⅓ cup | 15 | 1 |
| Fruit juice blends (100 percent juice) | ⅓ cup | 15 | 1 |
| Fruit juice: reduced calorie | 1 cup | 10 to 15 | 1 |
| Tomato juice | 1 cup | 10 | 1 |

Milk and Yogurt

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|---|--------------|--------------------|---------------------|
| Milk: buttermilk, skim, whole, 1 percent, 2 percent | 1 cup | 15 | 1 |
| Milk: chocolate | 1 cup | 30 | 2 |
| Milk: soy (plain or flavored) | ½ to 1 cup | 15 | 1 |
| Yogurt: plain or artificially sweetened | ¾ cup | 15 | 1 |
| Yogurt: sweetened with fruit | ¾ cup | 30 | 2 |

Snacks and Sweets

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|--|--------------|--------------------|---------------------|
| Angel food cake: unfrosted, 1-inch slice | 1 | 15 | 1 |
| Brownie: unfrosted, 2-inch by 2-inch | 1 | 15 | 1 |
| Cake: unfrosted, 2-inch by 2-inch | 1 | 15 | 1 |
| Cheesecake | ½ of 9-inch | 35 to 45 | 2 ½ to 3 |
| Chips: potato or tortilla (regular) | 10 to 15 | 15 to 20 | 1 |
| Cookie: 3-inch | 1 | 10 to 15 | 1 |
| Cupcake: frosted, small | 1 | 30 | 2 |
| Frozen yogurt | ½ cup | 25 | 1 ½ |
| Gelatin: regular | ½ cup | 15 | 1 |
| Honey: regular | 1 tablespoon | 15 | 1 |
| Ice cream cone: cake, sugar, wafer | 1 | 3 to 9 | 0 to ½ |
| Ice cream: light, low-fat, regular | ½ cup | 15 | 1 |
| Jam and jelly: regular | 1 tablespoon | 15 | 1 |
| Pie: single crust | ⅛ of 9-inch | 25 to 45 | 1 ½ to 3 |
| Pie: double crust | ⅛ of 9-inch | 45 | 3 |
| Popcorn | 3 cups | 15 | 1 |

Snacks and Sweets

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|------------------------------|--------------|--------------------|---------------------|
| Pretzels: mini twists | 20 | 25 | 1 ½ |
| Pudding: regular | ½ cup | 30 | 2 |
| Pudding: sugar-free | ½ cup | 15 | 1 |
| Sherbet, sorbet, gelato | ½ cup | 30 | 2 |
| Sugar: brown packed or white | 1 tablespoon | 15 | 1 |
| Syrup: light | ¼ cup | 25 | 1 ½ |
| Syrup: regular | ¼ cup | 52 to 60 | 3 ½ to 4 |
| Syrup: sugar-free | ¼ cup | 15 | 1 |

Convenience and Combination Foods

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|-----------------------|--------------|--------------------|---------------------|
| Casserole (hot dish) | 1 cup | 30 | 2 |
| Chili | 1 cup | 30 | 2 |
| Pasta or potato salad | ½ cup | 15 to 25 | 1 to 1 ½ |
| Soup: broth type | 1 cup | 15 | 1 |
| Soup: cream type | 1 cup | 15 to 30 | 1 to 2 |
| Sub sandwich | 6-inch | 45 | 3 |

Convenience and Combination Foods: Ethnic

| Food | Serving Size | Carbohydrate Grams | Carbohydrate Choice |
|---|------------------|--------------------|---------------------|
| Asian | | | |
| Chinese egg noodles | 1/3 cup | 15 | 1 |
| Chow mein | 1 cup | 15 to 20 | 1 |
| Chow mein noodles | 1/2 cup | 15 | 1 |
| Egg roll: 5-inch | 1 | 23 | 1 1/2 |
| Fried rice | 1/3 cup | 15 | 1 |
| Lo mein (meat, noodles, vegetables) | 1 cup | 30 to 50 | 2 to 3 |
| Stir fry (meat, no rice) | 1 cup | 10 | 1 |
| Sweet and sour: chicken or pork (no noodles, no rice) | 1 cup | 45 | 3 |
| Sweet and sour sauce | 1 tablespoon | 15 | 1 |
| Italian | | | |
| Lasagna | 4-inch by 4-inch | 45 to 60 | 3 to 4 |
| Pizza: thick crust | 1/8 large | 30 to 45 | 2 to 3 |
| Pizza: thin crust | 1/8 large | 25 to 35 | 1 1/2 to 2 |
| Ravioli (no sauce) | 9 to 11 | 45 to 60 | 3 to 4 |
| Tomato sauce | 1/2 cup | 15 | 1 |
| Mexican | | | |
| Burrito: 6- to 8-inch | 1 | 45 to 60 | 3 to 4 |
| Enchilada: 8-inch | 1 | 50 | 3 |
| Fajita: 6- to 8-inch | 1 | 20 | 1 |
| Quesadilla: 8- to 10-inches | 1 | 30 to 40 | 2 to 3 |
| Refried beans | 1/2 cup | 20 | 1 |