

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	1 cup	60	4
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
Chapati, six inches	6-inch	15	1
Chips: potato or tortilla (regular)	10 to 15	15 to 20	1
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	1 cup	45	3
Dinner roll	1	15	1
English muffin	one-half	15	1
Enjera, small homemade	1	15	1
Enjera, large, store bought	½	45	3
Garbanzo beans	1 cup	30	2
Graham crackers	3 squares	15	1
Green peas	½ cup	15	1
Hash browns	1 cup	45	3
Hoagie roll	1	75	5

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Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Hot dog or hamburger bun	one-half	15	1
Kidney beans	½ cup	20	1
Lentils	½ cup	20	1
Naan, eight inches	½	22	1 ½
Pancake: 4 inches	1	15	1
Pasta: cooked (macaroni, noodles, spaghetti)	1 cup	45	3
Pita: 6 inches	1	30	2
Popcorn	6 cups	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)	20	30	2
Potatoes: mashed	1 cup	30	2
Pretzels: mini twists	20	25	1 ½
Rice: brown, cooked	1 cup	45	3
Rice: wild, cooked	1 cup	35	2
Rice: white, cooked	1 cup	35 to 60	3 to 4
Ritz® crackers and saltine crackers	6	15	1
Squash: acorn	¼ medium (1 cup)	15	1
Squash: butternut	¼ medium (1 cup)	30	2
Stuffing	1 cup	22	1 ½
Taco: corn shell, 6 inches	2	15	1
Tater tots	5	15	1
Tortilla: flour, 6 inches	1	15	1
Triscuits®	6	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: large	1	30	2
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	⅓ melon or 1 cup cubes	15	1
Nectarine: medium	1	15	1
Orange: medium	1	15	1
Peach: medium	1	15	1
Pear: large	1	30	2
Pineapple	1 cup	20	1
Plums: small	2	15	1
Raisins	2 tablespoons	15	1

Fruit and Vegetable Juice

Fruit juices often cause blood glucose to go too high. Drink fruit juice if you are ill or when you need to treat low blood glucose if you take insulin.

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

Sweets and Snacks

Sweets and snacks may make your blood glucose go too high. The information in the chart will help you know how to count these foods. In general, avoid sweets and snacks except for special occasions.

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
Cookie: 3-inch	1	10 to 15	1
Cupcake: frosted, small	1	30	2
Doughnut: cake	1	25	1 ½
Doughnut: glazed	1	35	2
Doughnut holes	4	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, sugar-free	½ cup	15 to 21	1 to 1 ½
Jam and jelly: regular	1 tablespoon	15	1

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Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Muffin: extra large	1	50 to 75	4 to 5
Muffin: medium	1	24	1 ½
Pie: single crust	⅛ of 9-inch	25 to 45	1 ½ to 3
Pie: double crust	⅛ of 9-inch	45	3
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 cup	45	3
Chow mein	1 cup	15 to 20	1
Chow mein noodles	½ cup	15	1
Egg roll: 5-inch	1	23	1 ½
Fried rice	1 cup	45	3
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	⅛ large	30 to 45	2 to 3
Pizza: thin crust	⅛ large	25 to 35	1 ½ to 2
Ravioli (no sauce)	9 to 11	45 to 60	3 to 4
Tomato or pasta sauce	½ cup	8 to 15	½ to 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 cup	50	3