

Examples of one carbohydrate choice (15 grams)	
Breads*	Amount
Bagel, large (4 ounces)	one-fourth
Biscuit (2 1/2-inch diameter)	1
Bread: reduced-calorie (1.5 ounces)	2 slices
Bread: white, whole wheat, pumpernickel, rye (1 ounce)	1 slice
Bread sticks, soft (4 inches)	1
Cornbread (2-inch square)	1
Crackers: large (saltine, Triscuit® size)	6
Crackers: small (Cheez-It® size)	12
English muffin	one-half
Dinner roll (1 ounce)	1
Hot dog or hamburger bun	one-half
Pancake (4 inches)	1
Pita (6 inches)	one-half
Pretzels	15
Taco, corn shell (6 inches)	1
Tortilla, flour (6 inches)	1
Waffle (4-inch square)	1
Cereals* and Grains*	Amount
Cereal: bran (no fruit)	1/2 cup
Cereal: cooked and unsweetened	1/2 cup
Cereal: dry and unsweetened flake	3/4 cup
Cereal: puffed	1 1/2 cup
Cereal: sugar frosted	1/2 cup
Couscous or polenta (cooked)	1/2 cup
Flour	3 tablespoons
Pasta: cooked (macaroni, noodles, spaghetti)	1/3 cup
Rice: brown or white, cooked	1/3 cup
Rice: wild, cooked	1/2 cup

***Look for “whole grain” flour as the first ingredient on the label of breads, crackers and cereals. Whole grains contain fiber, which can help keep your blood glucose stable.**

Examples of one carbohydrate choice (15 grams)	
Starchy Vegetables	Amount
Baked beans	$\frac{1}{3}$ cup
Beans: white, black, kidney, garbanzo (cooked or canned)	$\frac{1}{2}$ cup
Chips: corn or potato	10 to 15
Corn	$\frac{1}{2}$ cup
Corn on the cob, 5 to 6 inches	1
Mixed vegetables	$\frac{3}{4}$ cup
Green peas or lentils	$\frac{1}{2}$ cup
Potatoes: mashed or hash browns	$\frac{1}{2}$ cup
Potatoes: baked (3 oz.)	1 small
Potatoes: french fries (frozen)	10 to 15
Squash: acorn or butternut	1 cup
Yam, sweet potato, plantain (without sweetening)	$\frac{1}{2}$ cup
Fruits	Amount
Apple or orange, small	1
Banana, large	one-half
Blueberries	1 cup
Canned fruit (in own juice or lite syrup)	$\frac{1}{2}$ cup
Cantaloupe, small	$\frac{1}{3}$ melon or 1 cup cubes
Cherries or grapes	15
Fruit juices, unsweetened	$\frac{1}{3}$ to $\frac{1}{2}$ cup
Grapefruit, medium	one-half
Peach or pear, medium	1
Plums: small or Clementine oranges	2
Raisins	2 tablespoons
Strawberries	1 cup whole berries
Watermelon	1 cup of cubes

Examples of one carbohydrate choice (15 grams)	
Milk	Amount
Milk: whole, 2 percent, 1 percent, skim, buttermilk	1 cup (8 ounces)
Milk: soy, plain or flavored	$\frac{1}{2}$ to 1 cup
Milk: rice	$\frac{3}{4}$ to 1 cup
Yogurt: plain or artificially sweetened (6 ounces)	1 cup
Yogurt: sweetened with fruit (6 ounces)	$\frac{1}{2}$ carton
Convenience and Combination Foods (some listed are more than 1 carbohydrate choice)	Amount
Casserole or hot dish	1 cup 2 carbohydrate choices
Chili	1 cup 1 to 2 carbohydrate choices
Lasagna	3-inch by 4-inch piece 2 to 2 $\frac{1}{2}$ carbohydrate choices
Potato or pasta salad	$\frac{1}{2}$ cup 1 to 1 $\frac{1}{2}$ carbohydrate choices
Pizza: thick crust	$\frac{1}{8}$ medium 1 $\frac{1}{2}$ to 2 carbohydrate choices
Pizza: thin crust	$\frac{1}{8}$ medium 1 carbohydrate choices
Soup: broth type	1 cup 1 carbohydrate choice
Soup: cream type, wild rice or cheese	$\frac{1}{2}$ cup 1 carbohydrate choice
Spaghetti or pasta sauce	$\frac{1}{2}$ cup 1 carbohydrate choice
Sub sandwich	6 inches 3 carbohydrate choices
Taco: 6-inch corn or flour	1 1 carbohydrate choice