

Beans and Lentils

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Baked beans	1 cup	60	4
Lentils	½ cup	20	1
Other cooked beans: black, kidney, garbanzo, navy	½ cup	21	1 ½

Breads

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Bagel (most bagel shops)	1 large	60 to 75	4 to 5
Bread: pumpernickel, rye, white, whole grain	1 slice	15	1
Breadstick (soft)	6- to 7-inch	30	2
Chapati or roti	6-inch	15	1
Cornbread	2-inch square	23 to 34	1 ½ to 2
Dinner roll	1	15	1
English muffin	½	15	1
Enjera (bought from store)	½ large	45	3
Enjera (homemade)	1 small	15	1
Hoagie roll	1	75	5
Hot dog or hamburger bun	½	15	1
Naan	4-inch	22	1 ½
Pancake	4-inch	15	1
Pita	6-inch	30	2
Stuffing	1 cup	22	1 ½

Cereals

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Cooked and unsweetened	½ cup	15	1
Dry	½ to 1 ⅓ cup	20 to 45	1 to 3

Fruits

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Apple	1 large	30	2
Banana	1 large	30	2
Berries: blackberries, blueberries, raspberries, strawberries	1 cup, whole	15	1
Canned fruit (packed in juice)	½ cup	15	1
Cherries	15	15	1
Clementines	2	15	1
Grapefruit	½ medium	15	1
Grapes	15	15	1
Kiwi	1 large	15	1
Mango	½ cup	15	1
Melon	⅓ melon or 1 cup cubes	15	1
Nectarine	1 medium	15	1
Orange	1 medium	15	1
Peach	1 medium	15	1
Pear	1 large	30	2
Pineapple	1 cup	20	1
Plums	2 small	15	1
Raisins	2 tablespoons	15	1

Grains

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Couscous, cooked	1 cup	45	3
Pasta (cooked): macaroni, noodles, spaghetti	1 cup	45	3
Popcorn	6 cups	30	2
Rice (cooked): white or brown	1 cup	35 to 60	3 to 4
Rice (cooked): wild	1 cup	35	2

Milk and Other Foods with Calcium

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Almond milk (unsweetened)	1 cup	0	0
Cheese (hard): cheddar, Swiss	1 ounce	0	0
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

Snack Foods

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Chips (regular): potato, tortilla	10 to 15	15 to 20	1
Graham crackers	3 squares	15	1
Granola bar	1 bar	30	2
Pretzels (mini twists)	20	25	1 ½
Ritz® crackers and saltine crackers	6	15	1
Triscuits®	6	15	1

Starchy Vegetables

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Corn	½ cup	15	1
Hash browns	1 cup	45	3
Peas	½ cup	15	1
Potatoes (baked)	¼ large (3 ounces)	15	1
Potatoes (frozen): french fries	20	30	2
Potatoes (mashed)	½ cup	15	1
Squash: acorn or butternut	½ cup	15	1
Yam	¼ large (3 ounces)	25	1 ½

Combination Foods

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Casserole (hot dish)	1 cup	30	2
Chili	1 cup	30	2
Coleslaw	½ cup	15	1
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

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	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

Combination Foods: Ethnic

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Italian			
Lasagna	4-inch square	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 or pasta sauce	1/2 cup	8 to 15	1/2 to 1
Mexican			
Burrito	6- to 8-inch	45 to 60	3 to 4
Enchilada	8-inch	50	3
Fajita	6- to 8-inch	20	1
Tortilla (flour)	6-inch	15	1
Quesadilla	8- to 10-inch	30 to 40	2 to 3
Refried beans	1 cup	50	3
Taco (corn shell)	6-inch	15	1

Sweets

Sweets 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 except for special occasions.**

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Angel food cake: unfrosted	1-inch slice	15	1
Brownie: unfrosted	2-inch square	15	1
Cake: unfrosted	2-inch square	15	1
Chocolate	1 ounce	15	1
Cookie	3-inch	10 to 15	1
Doughnut: cake	1	25	1 ½
Flavored coffee: mocha latte	12 ounces	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 or frozen yogurt: light, low-fat, regular, sugar-free	½ cup	15 to 21	1 to 1 ½
Jam, jelly, honey: regular	1 tablespoon	15	1
Muffin: medium	1	24	1 ½
Pie: fruit	⅛ of 9-inch pie	45 to 60	3 to 4
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 or sugar-free	¼ cup	15 to 25	1
Syrup: regular	¼ cup	52 to 60	3 ½ to 4

Juice

Fruit juices often cause blood glucose to go too high. In general, avoid fruit juice. Drink fruit juice only 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

Free Foods

Important

"Sugar-free" does not mean carb-free.

A free food is any food or drink that contains fewer than 20 calories or 5 grams of carbohydrate per serving. Foods with a serving size listed below should be limited to no more than three servings at one time.

Carbohydrate-free beverages such as club soda, Crystal Light[®], calorie-free water, diet soft drinks, coffee, and hot or unsweetened teas will not affect blood glucose

Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
Artificial sweeteners	1 teaspoon	0 to 1	0
Barbeque sauce	2 teaspoons	4	0
Cocktail sauce	2 tablespoons	3	0
Dill pickles	4 slices	1	0
Gravy	¼ cup	3	0
Herbs and spices	1 teaspoon	1	0
Ketchup	1 tablespoon	4	0
Lemon and lime juice	1 tablespoon	2	0
Most vegetables	½ to 1 cup	5	0
Mustard	2 tablespoons	3	0
Olives	2	2	0
Salsa	2 tablespoons	4	0
Soy sauce	1 tablespoon	1	0
Steak sauce	1 tablespoon	3 to 5	0