

CARBOHYDRATE FOODS

These must be counted to maintain a consistent carbohydrate diet. All portions on this page have **15g carbohydrates**. Check nutrition facts labels when possible.

BREADS

- 1 individual
 - slice of regular bread
 - biscuit (2 ½ inch)
 - cornbread (1¾ inch)
 - pancake or waffle 4" across, ¼" thick
 - plain roll
 - 6" flour tortilla
 - 2 corn tortillas
- ½ individual
 - English muffin
 - bun
 - pita
- Others
 - ¼ large bagel
 - 2 taco shells
 - 1/3 cup stuffing
- 2 slices low calorie bread

CEREALS & GRAINS

- 1/3 cup cooked (1 cup = 45g)
 - pasta
 - rice
 - couscous
 - quinoa
- ¼ cup (1 cup = 60g)
 - granola
- ½ cup (1 cup = 30g)
 - cooked grits
 - cooked wild rice
 - cooked oatmeal
- ¾ cup (1 ½ cups = 30g)
 - cold breakfast cereal

CRACKERS & SNACKS

- Crackers
 - 8 animal crackers
 - 6 Ritz® (round butter)
 - 6 saltines
 - 2-5 whole wheat
 - 3 graham squares
 - 20 oyster crackers
 - 55 Goldfish®
- Snacks
 - 3 cups popcorn
 - ¾ oz pretzels
 - 2 rice cake

STARCHY VEGETABLES

- ½ cup cooked (1 cup = 30g)
 - corn
 - mashed potatoes
 - boiled potatoes
 - beans
 - lentils
 - peas
 - yams/sweet potatoes
- 1/3 cup (1 cup = 45g)
 - baked beans
 - hummus
- ¼ cup (1 cup = 60g)
 - mixed vegetables (corn, peas, lima beans)
 - edamame (shelled)
 - french fries
- Whole foods
 - ½ corn cob
 - ¼ large potato

DAIRY

- 1 cup ANY milk
- ½ cup ice cream
- ½ cup pudding
- 2/3 cup yogurt

DRINKS

- 4 oz (1/2 cup)
 - regular juice
 - regular soda/pop
- 8 oz (1 cup)
 - Gatorade® "G series"
 - Powerade®
 - VitaminWater™ (formula50)
- 24 oz Gatorade® "G2"

FRUIT

- Whole fruit (Tennis ball size)
 - 1 small apple
 - 1 medium orange
 - 1 kiwi
 - 1 small nectarine
 - 1 medium peach
 - ½ medium banana
 - 1 cup melon cubes
 - 1¼ cup whole strawberries
 - ¾ cup berries
 - 12 fresh cherries
 - 17 small grapes
 - ½ small or ½ cup mango
 - ½ fruit or 1 cup cubes papaya
 - ½ medium pear
 - ¾ cup fresh pineapple
 - 2 small plums
 - 2 small tangerines/clementines
- Canned fruit (No sugar added):
 - ½ cup any canned fruit
 - ½ cup applesauce
 - ¾ cup canned mandarins
- 2 Tbsp dried fruit

CONDIMENTS

- 1 Tablespoon (3 teaspoons)
 - honey or agave
 - sugar
 - jelly/ jam
 - syrup
 - BBQ sauce
 - ketchup
 - sweet salad dressing



NON-CARBOHYDRATE FOODS

These foods do not raise blood glucose levels significantly.

NON-STARCHY VEGETABLES

1 cup raw or ½ cup cooked =
~ 5 grams of carbohydrate

- artichoke
- asparagus
- bamboo shoots
- beans (green, Italian)
- beets
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- coleslaw, no dressing
- cucumber
- eggplant
- greens (collard, kale, turnip)
- leeks
- mushrooms
- okra
- onions
- pea pods or pea snaps
- peppers
- radishes
- salad greens
- sauerkraut
- soybean sprouts
- spinach
- squash (summer, zucchini)
- tomatoes
- turnips
- water chestnuts

OTHER

- Non-nutritive sweeteners
 - Splenda® (sucralose)
 - Equal® (aspartame)
 - Truvia® (stevia)
 - Sweet N' Low® (saccharin)
- Sugar free:
 - Jello/ gelatin
 - Popsicle
 - Cool Whip®

PROTEINS

(Meat & Meat Substitutes)

*Prepare meats without
batter/breading**

Meats

- beef
- chicken
- fish
- pork
- shellfish
- wild game
- processed sandwich meats

Meat Substitutes

- beef jerky
- cheese
- cottage cheese
- egg substitutes
- egg whites
- whole egg
- hot dog

Plant- Based Proteins

- Nut spreads
(almond, peanut butter,
or soy)

**Batter/breading contains
carbohydrates*

FATS

*Fats will help slow the rise of blood
glucose after meals. **These should be
used sparingly.***

- ✓ choose low-fat versions of all fats
when possible.
- ✓ fat should represent 30% or less of
daily intake.

Unsaturated Fats *Monounsaturated*

- avocado
- nuts
- olive, canola or peanut oil
- black olives
- green olives

Unsaturated Fats *Polyunsaturated*

- low fat margarine,
reduced fat mayo or salad
dressing
- stick or tub margarine,
regular mayo or salad dressing,
- oil: corn, cottonseed, flaxseed,
grapeseed, safflower, sunflower, enova
soybean
- walnuts halves

Saturated Fats

- stick butter, lard,
Shortening
- coconut, palm
- reduced fat butter,
heavy cream, regular cream
cheese
- light cream,
reduced fat cream cheese
- regular sour cream
and coconut
- bacon
- light sour cream

