

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
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
Doughnut: cake	1	25	1 ½
Doughnut: glazed	1	35	2
Doughnut holes	4	30	2
English muffin	one-half	15	1
Garbanzo beans	1 cup	30	2
Graham crackers	3 squares	15	1
Green peas	½ cup	15	1
Hash browns	1 cup	45	3

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Food	Serving Size	Carbohydrate Grams	Carbohydrate Choice
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)	1 cup	45	3
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)	20	30	2
Potatoes: mashed	1 cup	30	2
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	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	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
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

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	⅓ 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	⅓ of 9-inch	25 to 45	1 ½ to 3
Pie: double crust	⅓ of 9-inch	45	3
Popcorn	6 cups	30	2

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 - 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 sauce	½ 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 cup	50	3