

Starches/Cereals

All Bran Extra Fiber Cereal	1/2 c
Bran Cereals	1/2 c
Cheerios	3/4 c
Corn Chex Cereal	1/2 c
Corn Flakes	1/2 c
Cream of Wheat	1/2 c
Grape Nuts cereal	1/8 c
Hot Cereal	1/2 c
Kellogg's' Special K Cereal	1 c
Life Cereal	1/2 c
Dry Oatmeal (each 1/4 cup dry = 13.5g)	1/4 c
Post Shredded Wheat n' Bran	1/2 c
Puffed Cereal	1 1/2 c
Quaker Oatmeal Squares	1/3 c
Quinoa (Eden)	1/8 c
Raisin Bran Cereal	1/3 c
Rice Chex Cereal	1/2 c
Rice Crispies	3/4 c
Shredded Wheat	1/2 c
Smart Start cereal	1/3 c
Sugar Frosted Cereal	1/2 c
Wheat Chex Cereal	1/2 c
Trader Joe's Blueberry Waffle (whole wheat)	1
Eggo Waffle	1
White or Brown Rice	1/3 c
Hinode California brown rice	1/3 c
Couscous	1/3 c
Bulgur	1/2 c
Pasta (read label-15g carbs/exchange)	1/2 c
Cooked Pasta (most types)	1/2 c

Crackers/Cookies/Snacks:

Breton Crackers	5 1/2
Cabaret Crackers	5
Vivant Crackers	5
Cinnamon Graham Crackers lo-fat 4/sheet	1.5
Honey Graham Crkrs 4/sheet	1.5
Crunch Master Cheese Rice Crackers	10
Gingersnaps	3
Low Sodium Triscuits	5
Popcorn (plain, popped)	3
Pretzels (hard)	3/4
Rice Cakes (read label; wide variety)	2
Ritz Crackers	6 2/3
Wasa crackers	2
Wheat Thins	11

Breads:

Arnold Select Sandwich Thins-whole wheat	2/3
Sarah Lee Premium Bagel	1/4
Sarah Lee Soft and Smooth Mini Bagel	3/4
English Muffin	1/2
Bread (whole wheat, rye)	1
Ezekiel 4:9 Bread	1
Flat Out Light Original	1
Flat Out Traditional Original	2/3
Flat Out Healthy Grain Whole Grain White	2/3
Flat Out Healthy Grain Multi-Grain	1
Lite Bread	2
Pepperidge Farm Deli Flats	3/4
Pita pocket bread (6"-8" across)	1/2
Roll, small (dinner, hard)	1
Sandwich/Hamburger bun	1/2
Dumplings or gnocchi; steamed (small)	2
Tortilla (6" corn or 8" flour)	1
Mission Caseras Tortillas	1/2

Starchy Vegetables:

Baked Beans	1/3 c
Corn; cooked or canned	1/2 c
Mixed vegetables w/corn, peas, or pasta	1 c
Peas (green); cooked or canned	1/2 c
Plantain (green mature); cooked	1/3 c
Potato; baked, boiled or steamed	3 oz
Potato; mashed	1/2 c
Squash (winter, acorn, hubbard, pumpkin)	1 c
Yam or sweet potato; plain	2 oz

Beans and Lentils:

Black-eyed Peas	1/2 c
Cooked Beans (pinto, black, etc)	1/3 c
Black Beans	4 oz
Garbanzo Beans	1/2 c
Kidney Beans	1/2 c
Pinto Beans	1/2 c
White Beans	1/2 c
Lentils	1/2 c

Serving sizes listed represent **15g of carbs**. Choose your serving size from your app macros