

Carbohydrate Choices

Starchy Foods:



Breads	
Bagel	1/4 large bagel/ 1 oz
Biscuit	1 (2 1/2 inches across)
Bread - white, wholegrain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Combread	1 3/4 inch cube
English muffin	1/2
Hot dog bun or hamburger bun	1/2 (1 oz)
Pancake	4 inches across (1/4 inch thick)
Pita	1/2 (6 inches across)
Roll, plain, small	1 (1 oz)
Stuffing, bread	1/3 cup
Taco shell	2 (5 inches across)
Tortilla, corn or flour	1 (6 inches across)
Waffle	1 (4 inches across)
Cereals and Grains	
Barley, cooked	1/3 cup
Oat bran, dry	1/4 cup
Wheat bran, dry	1/2 cup
Bran cereals	1/2 cup
Oatmeal	1/2 cup
Puffed cereal	1 1/2 cup
Shredded wheat, plain	1/2 cup
Sugar-coated	1/2 cup
Unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup
Low fat Granola	1/4 cup
Regular granola	1/4 cup
Grits, cooked	1/2 cup
Pasta, Cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup
Wild rice, cooked	1/2 cup
Starchy Vegetables	
Corn	1/2 cup
Corn on cob (large)	1/2 cob (5 oz)
Mixed vegetables with corn, peas or pasta	1 cup



Parsnips	1/2 cup
Peas, green	1/2 cup
Potato - baked with skin	1/4 large potato (3 oz)
Potato - boiled	1/2 cup or 1/2 medium (3oz)
Potato - mashed with milk and fat	1/2 cup
French fries (oven-baked)	1 cup
Pumpkin, canned, no sugar added	1 cup
Spaghetti/pasta sauce	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup



Crackers and Snacks

Animal crackers	8 crackers
Round-butter type	6 crackers
Saltine	8 crackers
Sandwich style, cheese or peanut butter	3 crackers
Whole-wheat regular	2-5 (3/4 oz)
Graham crackers	3 (2 1/2 inch square crackers)
Oyster crackers	20
Popcorn	3 cups
Pretzels	3/4 oz
Rice cakes	2 (4 inches across)
Fat free chips (tortilla, potato, pita)	15-20 (3/4 oz)
Regular (tortilla, potato)	9-13 (3/4 oz)



Beans, Peas and Lentils

Baked beans	1/3 cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
Lentils, cooked (black-eyed, split)	1/2 cup
Peas, cooked (black-eyed, split)	1/2 cup
Refried beans, canned	1/2 cup

Milk

Milk and Yogurt	
Cow's Milk (whole, 2%, 1%, skim)	1 cup (8 oz)
Evaporated milk	1/2 cup
Yogurt, plain	2/3 cup (6 oz)
Yogurt, plain, made with whole milk	8 oz
Buttermilk, Lactaid, Acidophilus milk	1 cup (8 oz)



1 serving = 15 grams carbohydrate = 1 carbohydrate choice

1 serving = 15 grams carbohydrate = 1 carbohydrate choice (continued)

Dairy like foods	
Chocolate milk	1 cup
Egg nog, whole milk	1 cup
Rice drink, flavored, low-fat	1/2 cup
Rice drink, plain, fat-free	1 cup
Soy milk, light	1 cup
Soy milk, regular, plain	1 cup
Yogurt, with fruit	2/3 cup (6 oz)
Fruit	
Apple, unpeeled, small	1 (4oz)
Apples, dried	4 rings
Applesauce, unsweetened	1/2 cup
Apricots, canned	1/2 cup
Apricots, dried	8 halves
Apricots, fresh	4 whole (5 1/2 oz)
Banana, extra small	1 (4 oz) or 1/2 of average size
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1 cup cubed
Cherries, sweet, fresh	12 (3 oz)
Dates	3
Dried Fruits (mixed fruit, raisins etc)	2 tbsp
Fruit cocktail	1/2 cup
Grapefruit, fresh	1/2 of large grapefruit
Grapefruit, canned	3/4 cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10oz)
Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5 1/2 oz) or 1/2 cup
Nectarine, small	1 (5oz)
Orange, small	1 (6 1/2 oz)
Peaches, canned	1/2 cup
Peaches, fresh medium	1 (6oz)
Pears, canned	1/2 cup
Pears, fresh, large	1/2 (4 oz)
Pineapple, canned	1/2 cup



Pineapple, fresh	3/4 cup
Plums, canned	1/2 cup
Plums, dried (prunes)	3
Plums, fresh, small	2 (5 oz)
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	2 (8oz)
Watermelon	1 1/4 cups cubed (13 1/2 oz)
Fruit Juice	
Apple juice/cider	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Cranberry juice cocktail	1/2 cup
Prune juice	1/3 cup



Non-starchy Vegetables (1/2 cup cooked or 1 cup raw)	
Artichoke hearts	Mixed vegetables (w/o corn, peas or pasta)
Asparagus	Mushrooms, all kinds, fresh
Baby corn	Okra
Beans (green, wax, Italian)	Onions
Bean sprouts	Pea pods
Beets	Peppers (all varieties)
Broccoli	Radishes
Brussels sprouts	Rutabaga
Cabbage	Spinach
Carrots	Squash (summer, crookneck, zucchini)
Cauliflower	Sugar pea snaps
Celery	Tomato
Coleslaw, packaged, no dressing	Tomatoes, canned
Cucumber	Tomato sauce
Eggplant	Tomato/vegetable juice
Greens (collard, kale, mustard, turnip)	Water chestnuts



1 serving of nonstarchy vegetables = 5 grams carbohydrate = 1 Non-starchy vegetable choice