

Carbohydrate Food List

Breakfast	AM Snack	Lunch	PM Snack	Dinner	Snack
_____	_____	_____	_____	_____	_____
Carbs Serving/grams	Carbs Serving/grams	Carbs Serving/grams	Carbs Serving/grams	Carbs Serving/grams	Carbs Serving/grams

CARBOHYDRATE CONTAINING FOODS

1 SERVING = 15 GRAMS OF AVAILABLE CARBOHYDRATE

Grain Products			
Breads	Serving Size	Pasta	Serving Size
		All types	½ cup
Bagel (large)	¼ bagel	Couscous (cooked)	½ cup
Barley (cooked)	½ cup	Cereals	Serving Size
Bread	1 slice		
Bulgar, Kasha (cooked)	½ cup	Bran flakes, 100% Bran	½ cup
Chapati or Roti	1 x 6"	Cooked cereals (oatmeal)	¾ cup
Croutons	¾ cup	Cereal Flaked, unsweetened	½ cup
Crackers (soda type)	7	Shredded wheat biscuit	1
Dinner Roll	1 small	Shredded wheat bite size	½ cup
English muffin	½	Corn flakes	¾ cup
Hamburger or hot dog bun	½	Cheerios	¾ cup
Kaiser roll	½	Starchy Vegetables	Serving Size
Naan	¼ x 6"		
Pita bread (6" diameter)	½ small	Corn (canned whole kernel)	½ cup
Pizza Crust	1 slice (1/12)	Corn-on-the-cob	1 small
Plain dinner roll	1 small	Potato (cooked)	½ medium
Quinoa (cooked)	½ cup	Potato (mashed)	½ cup
Rice (cooked)	1/3 cup	Potato (French fries)	10 regular
Rice cakes	2		
Taco Shells	2 (5 inch)		
Tapioca (cooked)	3 tbsp		
Tortilla (wrap), flour	1 x 6"		

Fruits and Juices				Other Choices	
Fruit	Serving Size	Juice	Serving Size	Sweets & Treat	Serving Size
Apple	1 medium	Apricot, grape, guava, mango, prune, cranberry juice	¼ cup	Arrowroot, gingersnap cookies	3
Applesauce, unsweetened	½ cup	Apple, pear, pineapple, papaya, pomegranate, orange juice	½ cup	Brownie	2 inch square
Banana	½ medium	Clamato Juice	2/3 cup	Cake, unfrosted	2 inch square
Blackberries, strawberries	2 cups	Milk & Alternates	Serving Size	Granola Bar (28g)	1 bar
Blueberries, raspberries	1 cup			Hard candy, mints	2
Cherries	15	Milk	1 cup	Ice Cream OR Frozen Yogurt	½ cup
Dates	2	Milk, buttermilk	1 cup	Jell-O	⅓ cup
Dried Fruit (mixed)	¼ cup	Milk, canned or evaporated	½ cup	Jelly beans	5
Grapefruit	½ medium	Milk, chocolate	½ cup	Licorice	1 small
Grapes	15	Milk, almond (sweetened)	1 cup	Marshmallows	2 large
Kiwi	2 medium	Milk, soy (plain)	1 cup	Muffin	½ small
Mango, diced	½ medium	Milk, soy (flavored)	½ cup	Popsicle	½
Melon (cantaloupe,honey dew,watermelon)	1 cup	Yogurt, regular (sweetened) ie. Activia,Greek	½ cup	Pretzels	7 large
Orange, tangelo, tangerine	1 medium	Yogurt, plain	1 cup	Sweet Pickles	3 small
Orange, mandarin	2 medium	Yogurt, artificially sweetened	¾ cup	Condiments	Serving Size
Pear	1 medium	Sugar Beverages	Serving Size		
Peach	1 medium			Sugar, white, brown, icing	1 tbsp
Pineapple	¾ cup	Iced tea, sweetened	½ cup	Sweet relish	2 tbsp
Plums	2 medium	Cranberry Cocktail	½ cup	Ketchup	3 tbsp
		Regular pop	½ cup	Syrup, maple	1 tbsp
				Honey	1 tbsp
My Foods	Serving Size	My Foods	Serving Size	My Foods	Serving Size