

# CARBOHYDRATE COUNTING FOOD LIST

## Breads: 15 grams carb

1 slice bread (1 oz.)  
3 Tbsp. bread crumbs  
4 small bread sticks (4" size)  
2" cube cornbread  
1/2 cup croutons  
1/2 small hamburger or hotdog bun  
1/2 English muffin  
1 mini croissant  
1/2 pita bread  
1 matzo ball (2")  
1 small muffin  
1 4" pancake or frozen waffle(1/4" thick)  
1 small dinner roll  
1/2 cup bread stuffing/dressing  
1/4 large bagel or  
1 mini bagel  
Tortilla:  
6" corn tortilla = **11 g carb**  
6" flour tortilla = **25 grams carb**

## Grains/Cereals: 15 g carb

1/3 cup cooked pasta (noodles)  
1/3 cup cooked rice  
1/2 cup wild rice  
1/3 cup cooked barley  
1/2 cup cooked bulgur  
1/2 cup cooked cereal (cream of wheat, grits, oats)  
1/2 cup bran flakes  
1/4 cup granola  
3/4 cup unsweetened cereal  
1/2 cup sugar-coated cereal  
1 1/2 cup puffed cereal

## Crackers/Snacks: 15 g carb

30 1"-square cheese crackers  
1 cup cheese puffs (1 oz.)  
3 cups popped popcorn  
20 potato chips (1 oz.)  
1 oz. corn chips  
4 Melba toast  
11 tortilla chips (0.8 oz.)  
3 thin pretzel twists (0.75 oz.)  
5 pretzel sticks (2 1/4" long)  
2 rice cakes  
6 saltine-type crackers

## "Starchy" Vegetables/Beans: 15 g carb

1/4 - 1/3 cup cooked potato, sweet potato or yam  
1/4 cup "French-fried" potatoes (1.25 oz.) or 1/2 of a small fast-food order  
1/3 cup cooked corn  
1/3 cup cooked beans (garbanzo, pinto, kidney, lentils, split peas, etc.)  
1/4 cup baked beans  
3/4 cup cooked winter squash  
2 cups cooked spaghetti squash  
1/2 - 3/4 cup tomato/spaghetti sauce

## "Non-Starchy"Vegetables: 5 g carb

1/2 cup tomato juice/cocktail  
1/2 cup cooked vegetables  
1 cup raw/uncooked vegetables  
1 Tbsp. ketchup  
2 Tbsp. salsa

## Combination foods: 30 g carb

1 cup noodle-type casseroles (macaroni & cheese, lasagna, tuna noodle, etc.)  
1 slice of 14" regular crust pizza  
1 pot pie (7 oz.)  
11 chicken nuggets  
1 cup bean or split pea soup  
1 1/2 cup cream-based soup  
2 cups broth-based soup

## Fruits: 15 g carb

1 small apple, orange, tangerine, peach (tennis ball size)  
1/2 cup unsweetened applesauce  
2 medium apricots (together a tennis ball size)  
7 dried apricot halves  
1/2 large banana (4")  
3/4 cup blueberries/blackberries/boysenberries  
1 cup cubed cantaloupe  
12 cherries (3 oz.)  
2 Tbsp. dried cranberries  
2 dates  
1 large fresh fig (3 oz.)  
1/2 cup fruit salad  
1/2 grapefruit (1 cup sections)  
1/2 cup grapes  
1 guava or 1/2 cup (4 oz.)  
1 cup cubed honeydew  
1 large kiwifruit (3.5 oz.)

## Milk: 12 g carb

1 cup milk

## Yogurt: 15 g carb

1 cup fat free, no sugar added  
1 cup plain yogurt  
1/3 cup flavored yogurt

## Sweets: 15 g carb

1 Tbsp. fruit spread, jam, jelly, marmalade, preserves, honey, molasses, regular syrup, sugar  
5 small gum drops  
16 small jelly beans  
2 licorice twists  
7 regular-sized "Lifesavers"  
1/2 cup ice cream/gelato  
1/2 cup sugar free pudding  
6 animal crackers  
3 small squares graham crackers  
2 chocolate sandwich cookies  
1 1/2 small fig bar

## Sweets: 30 g carb

1 cup chocolate milk  
1/8 8" pumpkin pie  
1/2 cup pudding  
1/2 cup frozen yogurt, sherbet or sorbet  
2 Tbsp. regular syrup

## Sweets: 45 g carb

1/8 of a 9" fruit pie (crust on top & bottom)

## Fruits: 15 g carb

1/2 cup mango  
1 cup papaya  
1/2 medium pear (3 oz.)  
3/4 cup fresh pineapple  
2 small plums (2.5 oz. each)  
3 large prunes  
2 Tbsp. raisins  
1 cup raspberries  
1 1/4 cup whole strawberries  
1 1/4 cup cubed watermelon  
1/2 cup canned unsweetened fruit  
1/2 cup fruit juice  
1/3 cup grape juice, cranberry cocktail or prune juice

