Carb Counting Food List

THE DIABETES CENTER

Breads: 15g Carbs

1 slice bread (1 oz. rye, white or whole wheat)
6 small breadsticks (4" long)
1/2 English muffin, hot dog or hamburger bun
1 small croissant
1 matzo ball
1 small muffin (1 oz.)
Small pancake or waffle (4")
1/2 pita (6")
1 small plain roll (1 oz.)
1 slice fruit bread (1/4" thick; i.e. banana)
1 small tortilla (6")
1/3 cup stuffing
1 small cornbread or biscuit (2" x 2")

Cereal: 15g Carbs

½ cup bran cereal
¼ cup granola
½ cup cooked cereal
¾ cup other dry cereals
½ cup sugar frosted cereal
1 ½ cups puffed cereal

Crackers/Snack Foods: 15g Carbs

6-7 animal crackers
3 graham crackers
3 cups popcorn
4-6 round crackers
¾ oz. pretzels (15 mini twists)
10–15 snack chips (1 oz.)
6 saltine type crackers

Pastas/Grains: 15g Carbs

½ cup Chow mein noodles
1/3 cup pasta or other grains (cooked)
1/3 cup brown or white rice (cooked)
½ cup fried rice

Potatoes/Vegetables/Beans: 15g Carbs

1/3 cup cooked beans (kidney or pinto)
¼ cup baked beans (canned)
½ cup corn, hominy or peas
1 small white or sweet potato (3 oz)
10-15 french fries
½ cup hash browns or au gratin potatoes
1 cup winter squash
1 cup marinara or pasta sauce
½ cup mashed potatoes

Fruits: 15g Carbs

1 small piece of fresh fruit
- apple
- orange
- tangerine
- pear
- peach

½ cup applesauce (unsweetened)
4 fresh medium apricots
7 dried apricot halves
½ banana
2 tblsp. dried fruit
1/3 cup cantaloupe
1 cup melon cubes
- cantaloupe
- watermelon
- honeydew

½ cup cherries
2 figs or plums
½ cup canned fruit (unsweetened)
½ grapefruit
15 grapes
½ cup juice (unsweetened; grapefruit or orange)
1 large kiwi
¾ cup fresh pineapple
½ mango or papaya
3 medium prunes
2 tbsp. raisins or craisins
1 cup berries
- strawberries
- blueberries
- raspberries

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Milk/Yogurt: 15g Carbs

1 cup milk
- skim 2%
- whole
- buttermilk

½ cup evaporated skim milk
1/3 cup nonfat dry milk powder
1 cup plain yogurt
1 cup artificially sweetened yogurt

Soups: 15g Carbs

1 cup broth base (chicken or beef noodle)
½ cup bean or split pea
1 cup cream soup

Sweets: 15g Carbs

2" brownie (unfrosted)
2" square piece of cake (no icing)
2 small fat free cookies
½ cup custard
1/3 cup frozen fat free fruit yogurt
1 small granola bar
½ cup ice cream or ice milk
½ twin popsicle
1 fudgesicle
½ cup sugar free pudding
5 vanilla wafers
2 tbsp. light maple syrup
1 tbsp. all fruit jelly or jam
1 3" cookie

Sweets: 30g Carbs

2" square piece of cake with icing
1 frosted cupcake
1 plain donut
1/8 pumpkin or custard pie
½ cup regular pudding
1 cup chocolate milk
Small soft serve cone
½ large bagel (2 oz.)

Sweets: 45g Carbs

1/6 piece 2 crust pie
1/6 piece chocolate cheese cake
1 small sweet roll or Danish
1 cup low fat yogurt with fruit
2 tbsp. regular maple syrup

Vegetables: 5g Carbs
(count if serving size > 15g)

½ cup cooked vegetables
- asparagus
- green beans
- bean sprouts
- broccoli
- cabbage
- carrots
- cauliflower
- eggplant
- spinach
- tomato
- turnips
- water chestnuts
- zucchini

1 cup raw vegetables
½ cup tomato or vegetable juice
¼ cup tomato puree

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Breakfast Foods

Food	Serving Size	Carb Servings
Bagel, large	1 bagel (4oz.)	4
Cereal Bar	1 bar	2
Cereal, cooked, unsweetened	½ cup	1
Cereal, raisin bran	1 cup	3
Cereal, sweetened	¾ cup	1
Doughnut, cake, 3” across	1 doughnut (2oz.)	2
Doughnut, yeast or raised, 4” across	1 doughnut (2 oz.)	2
English Muffin	1 muffin (2 oz.)	2
French toast	1 piece	1
Honey or table sugar	1 tbsp	1
Hot cocoa, regular, prepared with water	1 packet	1 ½-2
Hot cocoa, sugar free, prepared with water	1 packet	½
Jam or Jelly, regular	1 tbsp.	1
Muffin, small	1 muffin (2 oz.)	2
Oatmeal or Cream of Wheat instant flavored, prepared with water	1 packet	2
Pancake, 4” across	1 pancake	1
Syrup, light	1 tbsp.	½
Syrup, regular	1 tbsp.	1
Toaster pastry, fruit	1 pastry	2
Waffle, frozen, 4” across	1 waffle	1

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Combination Foods

Food	Serving Size	Carb Servings
Burrito, bean, flour, tortilla, frozen 7" long	1 burrito	3
Burrito, meat, flour, tortilla, frozen 7" long	1 burrito	2
Casserole or hot dish	1 cup	2
Chicken nuggets	6 nuggets	1 ½
Chili	1 cup	1-2
Fish sticks breaded	6 sticks	1
Hamburger with bun, regular	1 hamburger	2
Ketchup	¼ cup	1
Lasagna, 3"x 4"	1 piece	1-2
Lunch kit with dessert, pre-packaged	1 kit	4-5
Macaroni and cheese	1 cup	2-3
Pasta salad	1 cup	2-3
Pizza, frozen, thick crust, medium	1 slice (1/8 pizza)	1 ½-2
Pizza, frozen, thin crust, medium	2 slices (1/4 pizza)	2
Ravioli, cheese or meat	1 cup	2-3
Sandwich, cheese or meat	1 sandwich	2
Sandwich, chicken, breaded	1 sandwich	3
Sandwich, chicken, grilled	1 sandwich	2
Sandwich, peanut butter and jelly (regular)	1 sandwich	3
Sauce, tomato/marinara, canned	½ cup	1
School lunch	1 lunch	4-5
Soup (cream, noodle, rice, or vegetable)	1 cup	1
Taco, corn shell, 5" across	1 taco	½

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