
CARBOHYDRATE CHOICES

Each serving of food listed here contains about 15 grams of carbohydrate. Write your meal or daily target for each carbohydrate category at the top of each section, and plan your meals by choosing foods you like from each section.

BREADS AND STARCHES _____

Each of the choices in this list provides approximately 80 calories, 15 grams of carbohydrate, 3 grams of protein, and 0–1 grams of fat.

Bagel, ½
Beans, dry, cooked, ½ cup
Bread, 1 slice
Cereal, cooked, ½ cup
Cereal, cold, unsweetened, ½ cup
Corn, ½ cup
Crackers, 4–5
English muffin, ½
Hamburger or hot dog bun, ½
Muffin, 1 small
Pancakes, 4" across, 2
Pasta, cooked, ½ cup
Peas, ½ cup
Popcorn, plain, unbuttered, 3 cups
Potato, 1 small
Potato, mashed, ½ cup
Rice, cooked, ½ cup
Squash, winter, cooked, 1 cup
Tortilla or taco shell, 6" across, 1
Waffle, 1 small square

FRUITS _____

Each of the choices in this list provides approximately 60 calories, 15 grams of carbohydrate, 0 grams of protein, and 0 grams of fat.

Apple, 1 medium
Apricots, 4 whole
Banana, ½ medium
Berries, 1 cup
Canned fruit in juice or water,
½ cup
Cherries, 12–15
Dried fruit, ¼ cup
Fruit juice, ⅓–½ cup
Grapefruit, ½ medium
Grapes, 12–15
Kiwi, 1
Mango, ½ small
Melon, 1 cup

Orange, 1 medium
Peach, 1 medium
Plums, 2 small
Raisins, 2 tablespoons
Tangerines, 2 small

MILK _____

Each of the choices in this list provides approximately 100 calories, 15 grams of carbohydrate, 8 grams of protein, and 3 grams of fat.

Buttermilk, 1 cup
Evaporated skim, ¼ cup
Goat milk, 1 cup
Low-fat or nonfat, 1 cup
Nonfat, dry, ⅓ cup
Yogurt, low-fat, plain, ½–1 cup
Yogurt, low-fat, artificially
sweetened, ½–1 cup

MORE CARBOHYDRATES _____

Each of the choices in this list provides approximately 60–120 calories and 15 grams of carbohydrate. Amounts of protein and fat vary.

Cake, no icing, 2"-square, 1 piece
Casserole or hot dish, ½ cup
Chili, ½ cup
Cookie, 3"-diameter, 1
Doughnut, plain, ½ small
Frozen fruit juice bar, 1
Gingersnaps, 3
Granola bar, 1
Honey, maple syrup, or table sugar,
1 tablespoon
Ice cream, ½ cup
Nonfat frozen yogurt, ⅓ cup
Pizza, thin crust, 1 slice
Potato chips, 12–18
Soup, broth-, milk-, or bean-based,
1 cup
Spaghetti or pasta sauce, canned,
½ cup
Tortilla chips, 6–12
Vanilla wafers, 5

LOW-CARBOHYDRATE FOODS

The foods in these lists don't have the immediate effect on blood glucose level that carbohydrates do, but they still provide calories (in most cases) and, in some cases, fat. For this reason, portion sizes of low-carbohydrate foods should be observed as carefully as those of carbohydrate-containing foods. Write your meal or daily target for each low-carbohydrate category at the top of each list, and plan your meals by choosing foods you like from each list.

VEGETABLES _____

(One serving is ½ cup cooked or 1 cup raw.)

Asparagus
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Green beans
Greens (collards, kale, mustard greens, spinach)
Mixed vegetables (without corn, peas, or pasta)
Mushrooms
Onions
Pea pods (snow peas or sugar snap)
Peppers
Salad greens (lettuce, spinach)
Tomatoes
Tomato juice
Turnips
Zucchini

MEATS _____

Beef, 1 ounce
Chicken, no skin, 1 ounce
Fish, 1 ounce
Ham, 1 ounce
Lamb, 1 ounce
Pork, 1 ounce
Seafood, 1 ounce
Veal, 1 ounce

MEAT SUBSTITUTES _____

Cottage cheese, ½ cup
Cheese, 1 ounce
Egg, 1
Egg substitute, ¼ cup
Egg whites, 2
Peanut butter, 2 tablespoons
Salmon, water packed, ¼ cup
Tofu, ½ cup
Tuna, water packed, ¼ cup

FATS _____

Avocado, ½
Bacon, 1 slice
Butter, 1 teaspoon
Cream cheese, regular, 1 tablespoon
Cream cheese, low-fat, 2 tablespoons
Cream, 2 tablespoons
Gravy, 2 tablespoons
Margarine, regular, 1 teaspoon
Mayonnaise, regular, 1 teaspoon
Mayonnaise, reduced-fat, 1 tablespoon
Nuts, 1 tablespoon
Oil, 1 teaspoon
Peanut butter, 2 teaspoons
Salad dressing, regular, 1 tablespoon
Salad dressing, reduced-fat, 2 tablespoons
Sour cream, regular, 2 tablespoons
Sour cream, lower-fat, 3 tablespoons

FREE FOODS _____

Unlimited use

Bouillon and broth
Club soda, unsweetened
Tonic water, unsweetened
Mineral water
Coffee
Tea
Soft drinks, diet
Herbs and spices
Mustard, prepared
Nonstick cooking spray
Soy sauce
Vinegar
Sugar-free gelatin desserts
Sugar-free Popsicles
Sugar substitutes

Limit to 3 servings per day.

Cream cheese, fat-free, 1 tablespoon
Mayonnaise, fat-free, 1 tablespoon
Salsa, ¼ cup
Sour cream, fat-free, 1 tablespoon
Catsup, 1 tablespoon
Dill pickle, 1 large
Jam or jelly, low-sugar or light, 1–2 teaspoons
Syrup, sugar-free, 2 tablespoons
Vegetables, up to 2 servings of vegetables from the Vegetables list can be eaten as “free food”
Yogurt, plain, 2 tablespoons
