

Carb Counting Food List

Breads: 15g Carbs

1 one oz. slice bread (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.)
 15" pancake or waffle*
 1/2 pita (6")
 1 small plain roll (1 oz.)
 1 slice fruit bread (1/4" thick; i.e. banana*)
 6" tortilla
 1/3 cup stuffing*
 1 small cornbread or biscuit (2"x2")

Cereal: 15g Carbs

1/2 cup bran cereal
 1/4 cup granola*
 1/2 cup cooked cereal
 3/4 cup other dry cereals
 1/2 cup sugar frosted cereal
 1 1/2 cups puffed cereal

Crackers/Snack Foods: 15g Carbs

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

Potatoes/Vegetables/Beans: 15g Carbs

1/3 cup beans (kidney or pinto) cooked
 1/4 cup baked beans (canned)
 1/2 cup corn, hominy or peas
 1 small white or sweet potato (3 oz)
 10-15 french fries*
 1/2 cup hash browns or au gratin potatoes*
 1 cup winter squash
 1 cup marinara or pasta sauce
 1/2 cup mashed potatoes

Fruits: 15g Carbs

1 small piece of fresh fruit
 apple *orange* *tangerine*
 pear *peach*
 1/2 cup applesauce (unsweetened)
 4 fresh medium apricots
 7 dried apricot halves
 1/2 banana
 2 tblsp. dried fruit
 1/3 cup cantaloupe
 1 cup melon cubes
 cantaloupe *watermelon* *honeydew*
 1/2 cup cherries
 2 figs or plums
 1/2 cup canned fruit (unsweetened)
 1/2 grapefruit
 15 grapes
 1/2 cup juice (unsweetened; grapefruit or orange)
 1 large kiwi
 3/4 cup fresh pineapple
 1/2 mango or papaya
 3 medium prunes
 2 tbsp. raisins or craisins
 1 cup berries
 strawberries *blueberries* *raspberries*

Vegetables: 5g Carbs

(count if serving size > 15g)
 1/2 cup cooked vegetables
 asparagus *green beans*
 bean sprouts *broccoli*
 cabbage *carrots*
 cauliflower *eggplant*
 spinach *tomato*
 turnips *water chestnuts*
 zucchini
 1 cup raw vegetables
 1/2 cup tomato or vegetable juice
 1/4 cup tomato puree

Pastas/Grains: 15g Carbs

1/2 cup Chow mein noodles*
 1/3 cup pasta or other grains (cooked)
 1/3 cup brown or white rice (cooked)
 1/2 cup fried rice*