

CARB COUNTER FOOD CHART

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

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

Milk/Yogurt: 15g Carbs

1 cup milk
 skim 2%
 whole
 buttermilk
 1/2 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)
 1/2 cup bean or split pea
 1 cup cream soup

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)
 10-15 snack chips (1 oz.)
 6 saltine type crackers

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

Potatoes/Vegetables/Beans: 15g Carbs

1/3 cup cooked beans (kidney or pinto)
 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 tblsp. raisins or raisins
 1 cup berries
 strawberries
 blueberries
 raspberries

Sweets: 15g Carbs

2" brownie (unfrosted)
 2" square piece of cake (no icing)
 2 small fat free cookies
 1/2 cup custard
 1/3 cup frozen fat free fruit yogurt
 1 small granola bar
 1/2 cup ice cream or ice milk
 1/2 twin popsicle
 1 fudgesicle
 1/2 cup sugar free pudding
 5 vanilla wafers
 2 tblsp. light maple syrup
 1 tblsp. 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
 1/2 cup regular pudding
 1 cup chocolate milk
 Small soft serve cone
 1/2 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 tblsp. regular maple syrup

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

