

Carb Counting Food List

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

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 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
1/2 cup regular pudding
1 cup chocolate milk
Small soft serve cone
1/2 large bagel (2 oz.)

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

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

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

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 raisins
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