



Carbohydrate Portions For Diabetes

Breads: 15 gm Carbohydrate

Check labels for specific information

- 1 slice bread, white or grain (1 oz)
- 1 small roll (1 oz)
- ¼ bagel
- ½ English muffin
- ½ Pita bread (6 inch across)
- ½ hotdog bun (1 oz)
- 1 waffle
- 1 corn tortilla (6 inch)
- ½ flour tortilla (12 inch)
- 1/3 cup stuffing

Grains: 15 gm Carbohydrate

- 1/3 cup cooked rice, white or brown
- ½ cup cooked pasta
- ½ cup cooked bulgur
- 1/3 cup couscous
- 1/3 cup quinoa
- 1/3 cup cornmeal
- ½ cup chowmein noodles
- ¼ cup wheat germ
- 3 Tbl flour

Cereal: 15 gm Carbohydrate

Check labels for specific information

- ½ cup bran cereal
- ½ cup cooked oatmeal
- ½ cup cooked cream of wheat
- ½ cup cooked grits
- ¾ cup unsweetened dry cereal
- ½ cup unsweetened shredded wheat
- 1/3 cup raisin bran type
- ¼ cup granola
- 1/3 cup grapenuts

Fruits: 15 gm Carbohydrate

- 1 small apple (4 oz or 2 inch across)
- ½ cup applesauce
- 4 dried apple rings
- 2 small or 1 large apricot
- 6 to 8 apricot halves, dried
- ½ cup canned apricots in own juice
- ½ banana (4 oz or 4 inch)
- ¼ cup banana chips
- ¾ cup blackberries
- ¾ cup blueberries
- 1 cup cut up cantaloupe
- 12 cherries
- 2 Tbl dried cranberries, sweetened
- ¼ cup dried cranberries unsweetened
- 1 to 2 dates
- 1 large or 2 medium figs
- ½ cup fruit cocktail in natural juice
- ½ cup medium grapefruit
- 15 to 17 grapes
- 1 slice honeydew melon
- 1 kiwi
- ½ cup mango
- 1 small nectarine
- 1 small orange
- 1 cup papaya cubes
- 1 small peach
- ½ cup canned peaches in own juice
- ½ large pear
- ½ cup canned pears in natural juice
- ¾ cup cut up pineapple
- ½ cup canned pineapple in own juice
- 1 small plum
- 3 prunes
- 2 Tbl raisins
- 1 cup raspberries
- 1 cup strawberries
- 1 tangerine
- 1 cup watermelon cubes



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Starchy Vegetables: 15 gm Carbohydrate

1/3 cup cooked beans, kidney, pinto, etc.
½ cup lentils
¼ cup canned baked beans
2/3 cup lima beans
½ cup corn
½ ear corn on cob
½ cup hominy
½ cup peas
½ cup pasta
1 cup mixed vegetables with corn & peas
½ cup roasted or mashed potato
1 small baked potato (3 oz)
½ cup sweet potato or yam
10 French fries
1 cup winter squash, acorn, butternut
½ cup tomato sauce – check label

Milk and Yogurt: 15 gm Carbohydrate

1 cup milk, fat free, 1%, 2%, whole
½ cup evaporated milk
1/3 cup nonfat dry milk powder
1 cup plain yogurt – check label
6 oz lite yogurt – check label
Soy milk – check label
Rice milk – check label
Almond milk – check label

Crackers/Snack Foods: 15 gm Carbohydrate:

8 animal crackers
3 graham crackers (2 ½ in square)
4 to 6 round crackers
6 saltine crackers
24 oyster crackers
12 wheat thin type crackers
2 rice cakes
4 slices melba toast
3 cups popcorn
¾ oz pretzels
1 oz chips (about 15)

References:

www.calorieking.com Doctor's Pocket Calorie, Fat and Carbohydrate Counter
www.nutritiondata.com
www.myfitnesspal.com
www.livestrong.com
www.choosemyplate.gov