Carbohydrate Counting Food List

One serving = 15 grams carbohydrate

Bread

Bagel, small	½ (1 oz.)
Bread, reduced-calorie	2 slices
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz.)
Bread sticks, crisp, 4 inches long x ½ inch	2 (⅔ oz.)
English Muffin	½
Hot dog or hamburger bun	½ (1 oz.)
Pita, 6 inches across	½
Raisin bread, unfrosted	1 slice
Roll, plain, small	1 (1 oz.)
Tortilla, corn or flour, 6 inches	1
Waffle, 4 ½ inch square	1

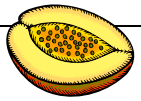
Cereals and Grains

Bran cereals	½ cup
Cereals (cooked)	½ cup
Cereals, unsweetened, ready-to-eat	¾ cup
Cornmeal (dry)	3 Tbsp.
Couscous	⅓ cup
Flour (dry)	3 Tbsp.
Granola, low-fat	¼ cup
Grape-Nuts	¼ cup
Grits	½ cup
Oats	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Shredded Wheat	½ cup
Sugar-frosted cereal	½ cup

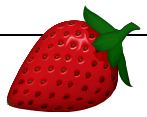
Fruit Juice

½ cup = 4 oz.

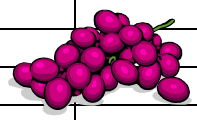
Apple juice/cider	½ cup
Cranberry juice cocktail	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Juice blends, reduced-calorie	1 cup
Orange juice	½ cup
Pineapple juice	½ cup

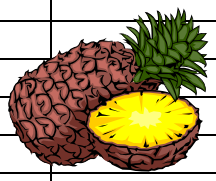


Fruit



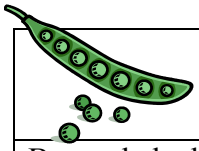
Apple, unpeeled, small	1 (4 oz.)
Applesauce, unsweetened	½ cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5 ½ oz.)
Apricots, canned	½ cup
Banana, small	1 (4 oz.)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup cubes
Cherries, sweet, fresh	12 (3 oz.)
Cherries, sweet, canned	½ cup
Fruit cocktail	½ cup
Grapefruit, large	½ (11 oz.)
Grapefruit, sections, canned	¾ cup
Grapes, small	17 (3 oz.)
Honeydew melon	1 slice (10 oz.) or 1 cup cubes
Kiwi	1 (3 ½ oz.)
Mandarin oranges, canned	¾ cup
Mango, small	½ fruit (5 ½ oz.) or ½ cup
Nectarine, small	1 (5 oz.)
Orange, small	1 (6 ½ oz.)
Papaya	½ fruit (8 oz.) or 1 cup cubes
Peach, medium, fresh	1 (6 oz.)
Peaches, canned	½ cup
Pear, large, fresh	½ (4 oz.)
Pears, canned	½ cup
Pineapple, canned	½ cup
Pineapple, fresh	¾ cup
Plums, small	2 (5 oz.)
Plums, canned	½ cup
Raisins	2 Tbsp.
Raspberries	1 cup
Strawberries	1 ¼ cup whole berries
Tangerines, small	2 (8 oz.)
Watermelon	1 slice (13 ½ oz.) or 1 ¼ cup cubes



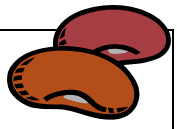


Riley Hospital for Children
Indiana University Health

One serving = 15 grams carbohydrate



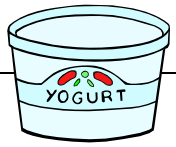
Beans, Peas, and Lentils



Beans, baked	⅓ cup
Beans and peas (cooked) (garbanzo, pinto, kidney, white, split, black-eyed)	½ cup
Lima beans (cooked)	⅔ cup
Lentils (cooked)	½ cup

Milk

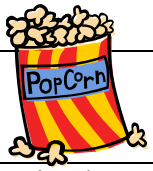
1 cup = 8 oz.



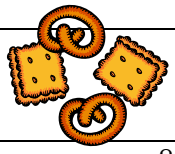
Chocolate milk	½ cup
Evaporated milk	½ cup
Milk (skim, whole, 1%, 2%, soy)	1 cup
Nonfat dry milk	⅓ cup
Nonfat or low-fat buttermilk	1 cup
Nonfat or low-fat fruit flavored yogurt sweetened with aspartame or nonnutritive sweetener	1 cup
Plain, low-fat or nonfat yogurt	¾ cup

Starchy Vegetables

Baked beans	⅓ cup
Corn	½ cup
Corn on the cob, medium 3”	1 (5 oz.)
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato, baked or boiled	1 small (3 oz.)
Potato, mashed	½ cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup



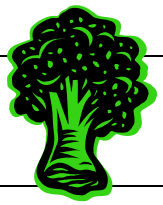
Crackers and Snacks



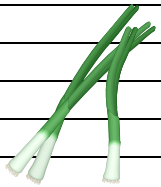
Animal Crackers	8
Crackers, round or saltine	6
Goldfish crackers	½ cup
Graham crackers, 2 ½ inch square	3
Oyster crackers	24
Popcorn (popped)	3 cups
Pretzel twists, mini	15 (¾ oz.)
Sandwich crackers	3
Snack chips (tortilla, potato)	15-20 (1 oz.)

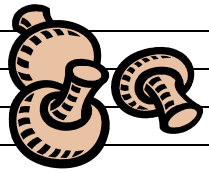
Vegetables

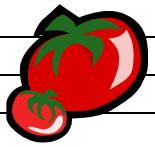
½ cup cooked or 1 cup raw = 5 grams carb
1 ½ cups cooked or 3 cups raw = 15 grams of carb



Artichoke	Leeks
Asparagus	Mixed vegetables (without corn, peas, or pasta)
Beans (green, wax, Italian)	Mushrooms
Bean sprouts	Okra
Beets	Onions
Broccoli	Pea pods
Brussels sprouts	Peppers
Cabbage	Radishes
Carrots	Salad greens
Cauliflower	Sauerkraut
Celery	Spinach
Cucumber	Summer squash
Eggplant	Tomato (canned, sauce, juice)
Green onions or scallions	Turnips
Greens (collard, kale, mustard, turnip)	Water chestnuts
Kohlrabi	Watercress
	Zucchini







Other Carbohydrates

Angel food cake, unfrosted	1 1/12th cake	30 grams
Biscuit	2 ½ in. across	15 grams
Brownie, small, unfrosted	2 inch square	30 grams
Burrito, bean, 7”	1 burrito	45 grams
Burrito, meat, 7”	1 burrito	30 grams
Cake, frosted	2 inch square	30 grams
Cake, unfrosted	2 inch square	15 grams
Candy bar, chocolate, snack size	1 bar (1 oz.)	15 grams
Casserole or hot dish	1 cup	30 grams
Cereal bar	1 bar	30 grams
Chicken nuggets	6	15 grams
Chili w/beans	1 cup	30 grams
Chow mein noodles	½ cup	15 grams
Cookie	3 inches across	15 grams
Cookie, sandwich	2 small	15 grams
Corn bread	2 inch cube	15 grams
Cranberry sauce, jellied	¼ cup	23 grams
Croutons	1 cup	15 grams
Cupcake, frosted	1 small	30 grams
Doughnut, glazed	3 ¾ in. across (2 oz.)	30 grams
Doughnut, plain cake	1 medium (1 ½ oz.)	23 grams
Fish sticks, breaded	3	15 grams
French fries	10-15	15 grams
French toast	1 slice	15 grams
Frozen yogurt	½ cup (4 oz.)	15 grams
Fruit juice bars (100% juice)	1 (3 oz.)	15 grams
Fruit snacks, chewy	1 roll	15 grams
Fruit Spread, 100% fruit	1 Tbsp.	15 grams
Fudgesicle	1 stick	15 grams
Gelatin, regular	½ cup	15 grams
Gingersnaps	3	15 grams
Granola	¼ cup	15 grams
Granola bar	1	15 grams
Honey	1 Tbsp.	15 grams
Hot Cocoa, regular (with water)	1 packet	23 grams
Hot Cocoa, Sugar-free (with water)	1 packet	7 grams
Hummus	⅓ cup	15 grams

Other Carbohydrates Cont.

Ice cream	½ cup	15 grams
Jam or jelly, regular	1 Tbsp.	15 grams
Ketchup	¼ cup (8 packets)	20 grams
Lasagna, 3” x 4”	1 piece	30 grams
Macaroni & cheese	1 cup	45 grams
Muffin, plain	1 small	15 grams
Oatmeal, instant, flavored	1 packet	30 grams
Pancake,	4 inches across	15 grams
Pasta salad	1 cup	45 grams
Pie, fruit, 2 crusts	1/6 pie	45 grams
Pie, pumpkin or custard	1/8 pie	30 grams
Pizza, frozen, thick-crust, medium	1 slice (⅛ pizza)	30 grams
Pizza, frozen, thin-crust, medium	1 slice (⅛ pizza)	15 grams
Pudding	½ cup	23 grams
Pudding, sugar-free	½ cup	15 grams
Rice Krispie treat	2” inch square	15 grams
Salad dressing, fat-free	¼ cup	15 grams
Sandwich, meat or cheese	1 sandwich	30 grams
Sandwich, chicken, breaded	1 sandwich	45 grams
Sandwich, Peanut butter & Jelly, Reg.	1 sandwich	45 grams
Sherbet, Sorbet	½ cup	30 grams
Spaghetti or pasta sauce	½ cup	15 grams
Sport drink	1 cup	15 grams
Stuffing, bread (prepared)	⅓ cup	15 grams
Sugar	1 Tbsp.	15 grams
Sweet roll or Danish	1 (2 ½ oz.)	38 grams
Syrup, light	2 Tbsp.	15 grams
Syrup, regular	1 Tbsp.	15 grams
Syrup, regular	¼ cup	60 grams
Taco shell, 6 inches across	2	15 grams
Toaster pastry, fruit	1 pastry	30 grams
Vanilla wafers	5	15 grams
Waffle	4 inches	15 grams
Yogurt, low-fat with fruit	1 cup	45 grams

Low Carbohydrate Foods

Low carbohydrate foods have 5 or fewer grams of carbohydrate. The foods in this list do not have the immediate effect on blood glucose level that carbohydrate-containing foods do, but they still provide calories (in most cases) and, in some cases, fat. For this reason, portion sizes of these foods should be carefully observed. These foods should be limited to the portion size listed below if used for snacks without insulin.

Unlimited Use

Bouillon and Broth	Horseradish	Soy sauce	Tabasco or hot sauce
Club soda, unsweetened	Lemon or lime juice	Spices	Taco sauce
Diet soft drinks	Mineral water	Sugar Substitute	Tea
Flavoring extracts	Mustard	Sugar-free drink mixes	Tonic water, unsweetened
Garlic	Pickles	Sugar-free gum	Vinegar
Herbs	Pimento	Sugar-free Jell-O	Worcestershire sauce

Cream cheese, fat-free	1 Tbsp.
Jam or Jelly, low-sugar or light	2 tsp.
Ketchup	1 Tbsp.
Mayonnaise, fat-free	1 Tbsp.
Miracle whip, nonfat	1 tsp.
Nuts	1 oz.
Salad dressing, fat-free	1 Tbsp.
Salsa	¼ cup
Sour cream, fat-free	1 Tbsp.
Syrup, sugar-free	2 Tbsp.
Whipped topping, regular or light	2 Tbsp.

Meats/Meat Substitutes	
Beef, Chicken, Fish, Ham, Lamb, Pork, Seafood, Veal	1 oz.
Cottage Cheese	½ cup
Cheese	1 oz.
Egg (hard-boiled, scrambled, omelet, etc.)	1
Egg substitute	½ cup
Egg whites	2
Peanut butter	1 Tbsp.
Salmon, water-packed	¼ cup
Tofu	½ cup
Tuna, water-packed	¼ cup

Meal Plan

Dietitian: Jennifer Cleveland, MMSc, RD, CDE

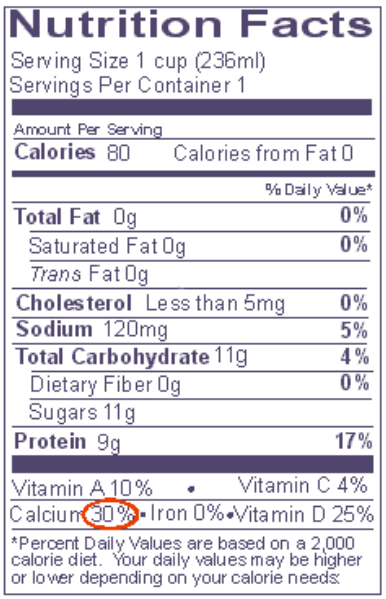
Phone: (317) 944-3614

E-mail: jclevela@iuhealth.org

Time	Meal	Carbs
	Breakfast	
	AM snack	
	Lunch	
	PM snack	
	Dinner	
	Bedtime Snack	

Reading Food Labels

The nutrition facts panel on the food label is the best source of accurate carb information. If a food item has a label, please use the information on the label. The carbohydrate information on a food label is for the portion size listed on the label, found just under NUTRITION FACTS. The following information to the right lists the grams of carb that this food item contains for one serving (ex. 1 cup = 11 grams). Keep in mind that the grams of sugar, dietary fiber, other carbs, and sugar alcohols are included in the Total Carbohydrate.



Nutrition Facts
Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving
Calories 80 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: