

Food Lists for Carbohydrate Counting and Meal Planning

Starch

Each serving from this list contains **15 grams carbohydrate**, 0-3 grams protein, 0-1 gram fat, and 80 calories.

Choose higher fiber, whole grain starches instead of refined whenever possible.

Bread	Serving Size
Bagel, large (about 4 oz)	1/4 (1 oz)
Biscuit	2 1/2 inches across
Bread (whole wheat, white, or rye)	1 slice (1 oz)
Cornbread	1 3/4 inch cube (1.5 oz)
English muffin	½ muffin
Hot dog or hamburger bun	½ bun (1 oz)
Pancake 4 inches across, ¼ inch thick	1
Pita pocket bread (6" across)	½ pita
Roll, plain, small	1 (1 oz)
Tortilla, corn or flour (6" across)	1
Waffle 4 inches across	1
Cereals and Grains	Serving Size
Cereals, cooked (oats, oatmeal)	1/2 cup
Cereals, unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup
Granola, low-fat	1/4 cup
Pasta, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup
Quinoa, cooked	1/3 cup
Starchy Vegetables	Serving Size
Corn, cooked	1/2 cup
Corn on cob, large	1/2 cob (5 oz)
Hominy, canned	3/4 cup
Peas, green, cooked	1/2 cup
Plantain, ripe	1/3 cup
Potato	
baked with skin	¼ large (3 oz)
boiled or mashed	1/2 cup
French fried (oven-baked)	1 cup (2 oz)
Spaghetti/pasta sauce	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup
Yucca	1/3 cup

Crackers and Snacks	Serving Size
Crackers	
round, butter-type	6
saltines	6
Graham cracker, 2 1/2 inch square	3
Popcorn	3 cups
Pretzels	3/4 oz
Snack chips (tortilla chips, potato chips)	
fat-free or baked	15-20 (3/4 oz)
regular	9-13 (3/4 oz)

Beans, Peas and Lentils (15 gm carb + 1 Lean Meat)	Serving Size
Baked beans	1/3 cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
Lentils, cooked	1/2 cup
Peas, cooked (black-eyed, split)	1/2 cup

Fruit
Each serving from this list contains **15 grams carbohydrate**, 0 grams fat, 0 grams protein and 60 calories.
Fruits are good sources of fiber. Fruit juices contain very little fiber. **Choose fruits instead of juices** whenever possible. When using canned fruit, choose fruit packed in its own juice or water.

Fruit	Serving Size
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	1/2 cup
Banana, extra small	1 (4 oz)
Blackberries	3/4 cup
Blueberries	3/4 cup
Raspberries	1 cup
Strawberries, whole berries	1 1/4 cup
Cantaloupe, small	1/3 melon or 1 cup cubed
Cherries, sweet fresh	12 (3 oz)
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Grapefruit, large	1/2 (11 oz)
Grapes, small	17 (3 oz)
Fruit (continued)	Serving Size

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Guava	1/2 cup
Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5 1/2 oz) or 1/2 cup
Orange, small	1 (6 1/2 oz)
Papaya	1/2 fruit or 1 cup (8 oz)
Passion fruit	1/4 cup
Peaches (fresh, medium)	1 (6 oz)
Pears (fresh, large)	1/2 (4 oz)
Pineapple (fresh)	3/4 cup
Plums, small	2 (5 oz)
Prunes	3
Watermelon	1 1/4 cups cubes (13 1/2 oz)

Fruit Juice Serving Size

Apple, grapefruit, orange, grape	1/2 cup
Prune juice	1/3 cup

Milk

Milk and yogurt are rich in calcium and protein. Choose fat-free, low-fat and reduced-fat varieties. They have less saturated fat and cholesterol than whole milk products.

Fat-free (skim) or low-fat (1%) milk and yogurt:

Each serving from this list **contains 12 grams carbohydrate**, 8 grams protein, 0-3 grams fat and 100 calories.

Milk, buttermilk, acidophilus milk, Lactaid	1 cup
Evaporated milk	1/2 cup
Yogurt, nonfat, plain or flavored with a low calorie sweetener	6 oz
Greek yogurt, nonfat, plain or light	8 oz

Reduced-fat (2%) milk and yogurt: Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 5 grams fat and 120 calories.

Milk, acidophilus milk, kefir, Lactaid	1 cup
Yogurt, plain, reduced fat	6 oz

Whole milk and yogurt: Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 8 grams fat and 160 calories.

Whole milk, buttermilk, goat's milk	1 cup
Evaporated whole milk	1/2 cup

Yogurt, plain, whole milk	1 cup
Greek whole milk yogurt	1 1/3 cup

Sweets, Desserts, and Other Carbohydrates

Each serving from this list contains **15 grams of carbohydrate**; the amount of protein, fat and calories varies. You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the Starch, Fruit or Milk lists) in your meal plan. The foods on this list do not have as many vitamins, minerals or fiber and can be higher in calories.

Use only in moderation.

Food	Serving Size
Brownie, small, unfrosted	1 1/4 inch square (1 oz)
Cake, sheet cake	2-inch square (about 1 oz)
Candy bar	1 "fun size" bar (1 oz)
Chocolate kisses	5
Candy, hard	3 pieces
Cookies	
chocolate chip	2 cookies (2 1/4 inch across)
vanilla wafer	5 cookies
gingersnaps	3 cookies
Doughnut, cake, plain	1 medium (1 1/2 oz)
Flan (caramel custard)	1/4 cup
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)
Gelatin, regular	1/2 cup
Ice cream	1/2 cup
Jam or jelly, regular	1 Tbsp
Muffin (4 oz)	1/4 muffin
Pudding, sugar free	1/2 cup
Sugar, honey, molasses	1 Tbsp
Syrup	
light (pancake type)	2 Tbsp
regular (pancake type)	1 Tbsp
Yogurt, frozen, fat-free	1/3 cup

Nonstarchy Vegetables

Each serving from this list contains **5 grams carbohydrate**, 2 grams protein and 25 calories. You should try to eat at least 2 to 3 nonstarchy vegetable servings each day. Choose a variety of

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vegetables to benefit from their important vitamins, minerals and antioxidants. When using canned vegetables, choose no salt added versions or rinse regular canned vegetables.

In general, a single serving of a nonstarchy vegetable is:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Amaranth or Chinese spinach
 Beans (green, wax, Italian)
 Bean sprouts
 Broccoli
 Cabbage (green, bok choy, Chinese)
 Carrots
 Cauliflower
 Celery
 Cucumber
 Eggplant
 Greens (collard, kale, mustard, turnip)
 Jicama
 Mushrooms, all kinds, fresh
 Okra
 Onions
 Pea pods
 Peppers (all varieties)
 Radishes
 Sauerkraut
 Spinach
 Squash (summer, crookneck, zucchini)
 Tomatoes, fresh and canned
 Tomato sauce
 Tomato/vegetable juice
 Water chestnuts

Meat and Meat Substitutes

Meat and meat substitutes are rich in protein.

Whenever possible, choose lean meats.

The carbohydrate content varies among plant-based proteins, so read food labels carefully.

Lean meats and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 0-3 grams fat and 45 calories.

Beef: Select or Choice grades:

ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Cheeses with 3 grams of fat or less per oz	1 oz
Cottage cheese, lowfat	1/4 cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Hot dog with 3 grams of fat or less per oz	1 oz
Pork, lean	
Canadian bacon	1 oz
Rib or loin chop/roast, ham, tenderloin	1 oz
Poultry, chicken or turkey, no skin	1 oz
Processed sandwich meats with 3 grams of fat or less per oz	1 oz
Tuna, canned in water or oil, drained	1 oz

Medium-fat meat and meat substitutes:

Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 4-7 grams fat and 75 calories.

Beef: corned beef, ground beef, meatloaf,

Prime grades trimmed of fat (prime rib)	1 oz
Cheeses with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese	1 oz
Egg	1
Fish, any fried product	1 oz
Pork, cutlet, shoulder roast	1 oz
Poultry, with skin or fried	1 oz
Ricotta cheese	1/4 cup
Sausage with 4-7 grams of fat per oz	1 oz

High-fat meat and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 8+ grams fat and 100 calories.

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Bacon	
pork	2 slices
turkey	3 slices
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso and swiss	1 oz
Hot dog: beef, pork or combination	1
Pork sparerib	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz
Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer	1 oz

Plant-based proteins: Each serving from this list contains 7 grams protein and a **variable amount of carbohydrate**, fat and calories.

Beans, peas and lentils are also found on the Starch list. Nut butters in smaller amounts are found in the Fats list.

Food Amount

Beans, lentils, or peas (cooked) (15 gm carbohydrate + 1 lean meat)	1/2 cup
Hummus (15 gm carbohydrate + 1 high-fat meat)	1/3 cup
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter (Count as 1 high-fat meat)	1 Tbsp
Tempeh (Count as 1 medium-fat meat)	1/4 cup
Tofu (Count as 1 medium-fat meat)	4 oz (1/2 cup)

FATS

Each serving from this list contains 0 grams carbohydrate, 0 grams protein, 5 grams fat and 45 calories.

Choose heart-healthy fats from the monounsaturated and polyunsaturated groups more often.

Unsaturated Fats

Monounsaturated Fats

Avocado, medium	2 Tbsp (1 oz)
Nut butters (trans-fat free)	1 1/2 tsp
Nuts	
almonds, cashews	6 nuts
macadamia	3 nuts
peanuts	10 nuts
pecans	4 halves
Oil: canola, olive, peanut	1 tsp
Olives, black (ripe)	8 large
Olives, green (stuffed)	10 large

Polyunsaturated Fats

Margarine, low-fat spread stick, tub or squeeze	1 Tbsp 1 tsp
Mayonnaise	
reduced-fat	1 Tbsp
regular	1 tsp

Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower

Salad dressing	
reduced-fat	2 Tbsp
regular	1 Tbsp

Saturated Fats

Bacon, cooked, regular or turkey	1 slice
Butter, stick	1 tsp
Cream, half and half	2 Tbsp
Cream cheese	
reduced-fat	1 1/2 Tbsp
regular	1 Tbsp
Sour cream	
reduced-fat or light	3 Tbsp
regular	2 Tbsp

“Free” Foods

Each serving from this list has **5 grams or less of carbohydrate** and less than 20 calories per serving. Eat up to 3 servings per day of the “free” foods with serving size noted without counting any carbohydrate. Choices listed without a serving size noted can be eaten whenever you like. For better blood sugar control, spread your servings of these foods throughout the day.

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Low Carbohydrate Foods	Serving Size	Food	Serving Size	Carbohydrate
Cabbage, raw	1/2 cup	Burrito (beef and bean)	5 oz	45 g
Gelatin, sugar-free or unflavored		Casseroles	1 cup	30 g
Gum		Chili (beef and bean)	1 cup	30 g
Jam or jelly, light or no sugar added	2 tsp	Lasagna (meat)	1 cup	30 g
Salad greens		Macaroni & cheese	1 cup	30 g
Sugar substitutes (low calorie sweeteners)		Pizza (thin crust, cheese) ¼ of 12-inch pizza		30 g
Modified Fat Foods		Pot pie	1 7-oz pie	38 g
with Carbohydrate	Serving Size	Soup	1 cup	15 g
Cream cheese, fat-free	1 Tbsp	Submarine sandwich	1 6-inch sub	45 g
Creamers		Taco (meat and cheese)	1 taco	15 g
nondairy, liquid	1 Tbsp			
nondairy, powdered	2 tsp			
Salad dressing				
fat-free or low-fat	1 Tbsp			
fat-free Italian	2 Tbsp			
Condiments	Serving Size			
Barbecue sauce	2 tsp			
Catsup (ketchup)	1 Tbsp			
Mustard	1 Tbsp			
Pickles, dill	1 1/2 medium			
Salsa	1/4 cup			
Taco sauce	1 Tbsp			
Vinegar				
Drinks and Mixes				
Bouillon, broth, consommé				
Carbonated or mineral water, club soda				
Coffee or tea				
Diet soft drinks or sugar-free drink mixes				
Seasonings				
Flavoring extracts				
Garlic, onion, herbs, spices				
Worcestershire sauce				
Combination Foods				
Combination foods contain foods from more than one food list.				

These Food Lists are not intended to include all foods, but can be a good place to start. Consult with your RD about any foods that you eat which are not listed.