



HAROLD HAMM DIABETES CENTER

THE UNIVERSITY OF OKLAHOMA SM

Bread	15 Grams of Carbs Per Serving
Bagel	1 ounce
Bread, Sandwich	1 slice (1 ounce)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 ounce)
Pita, 6 inches across	1/2
Raisin bread, unfrosted	1 slice (1 ounce)
Roll, plain, small	1 (1 ounce)
Tortilla, corn or flour, 6 inches across	1
Waffle, 4-1/2 inch square, reduced-fat	1
Pancake, 4 inches across, 1/4 inch thick	1

Cereals and Grains	15 Grams of Carbs Per Serving
Bran cereals	1/2 cup
Cereals, cooked	1/2 cup
Cereals, unsweetened, ready to eat (i.e. Cornflakes, Rice Krispies, Wheaties)	3/4 cup
Cornmeal, dry	3 tbsp.
Couscous	1/3 cup
Flour, dry	3 tbsp.
Granola, low fat	1/4 cup
Grapenuts	1/4 cup
Grits	1/2 cup
Kasha	1/2 cup
Millet	1/4 cup
Muesli	1/4 cup
Oatmeal, cooked	1/2 cup
Pasta, cooked	1/3 cup; 1 cup=45 grams
Puffed cereal	1-1/2 cups
Rice milk	1/2 cup
Rice, white or brown	1/3 cup; 1 cup=45 grams
Shredded Wheat	1/2 cup
Sugar-frosted cereal	1/2 cup
Wheat germ	3 tbsp.

Crackers and Snacks	15 Grams of Carbs Per Serving
Animal crackers	8
Graham crackers, 2-1/2 in. square	3
Matzoh	3/4 ounce
Melba toast	4 slices
Oyster crackers	24
Popcorn, popped (low-fat)	3 cups
Pretzels	3/4 ounce or 15 mini-twists
Rice cakes, 4 inches across	2
Saltine-type crackers	6
Snack chips, fat-free (tortilla, potato)	15 to 20 (3/4 ounce)
Whole-wheat crackers, no fat added	2 to 5 (3/4 ounce)

Starchy Vegetables	15 Grams of Carbs Per Serving
Baked beans	1/3 cup
Corn	1/2 cup
Corn on cob, small	5 ounces
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	1/2 cup
Plantain	1/2 cup
Potato, baked or boiled	3 ounces
Potato, mashed	1/2 cup
Squash, winter (acorn, pumpkin, butternut)	1 cup
Yam or sweet potato, plain	1/3 cup or 3 ounce potato

Beans, Peas, and Lentils	15 Grams of Carbs Per Serving
Beans and peas, cooked (garbanzo, pinto, navy, red, kidney, white, split, black-eyed)	1/2 cup
Lima beans, cooked	2/3 cup
Lentils, cooked	1/2 cup

Starchy Foods Prepared with Fat	15 Grams of Carbs Per Serving
Biscuit, 2-1/2 inches across	1
Chow mein noodles, crispy	1/2 cup
Corn bread, 2 inch cube	1 (2 ounces)
Croutons	1 cup
French-fried potatoes	1 cup (2 ounces)
Granola	1/4 cup
Muffin, plain, small	1 ounce
Sandwich crackers, cheese or peanut butter filling	4
Snack chips	1 ounce
Stuffing, bread, prepared	1/3 cup
Taco shell, 5 inches across	2
Fruit	15 Grams of Carbs Per Serving

Apple, unpeeled, small	4 ounces
Applesauce, unsweetened	1/2 cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5-1/2 ounces)
Apricots, dried	6 to 8 halves
Apricots, canned	1/2 cup
Banana, small	4 ounces
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	11 ounces or 1 cup cubes
Cherries, sweet, fresh	12 (3 ounces)
Cherries, sweet, canned	1/2 cup
Dates	3
Figs, fresh	2 medium (3-1/2 ounces)
Figs, dried	1-1/2
Fruit cocktail	1/2 cup
Grapefruit, large	11 ounces
Grapefruit sections, canned	3/4 cup
Grapes, small	3 ounces, or 15 grapes
Honeydew melon	10 ounces or 1 cup cubes
Kiwi	1 (3-1/2 ounces)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5-1/2 ounces) or 1/2 cup
Nectarine, small	5 ounces
Orange, small	6-1/2 ounces
Papaya	8 ounces or 1 cup cubes
Peach, medium, fresh	4 ounces
Peaches, canned	1/2 cup
Pear, large, fresh	4 ounces
Pears, canned	1/2 cup
Pineapple, fresh	3/4 cup
Pineapple, canned	1/2 cup
Plums, small	5 ounces
Plums, canned	1/2 cup
Plums, dried (prunes)	3
Raisins	2 tbsp.
Raspberries	1 cup
Strawberries	1-1/4 cups whole berries
Tangerines	8 ounces
Watermelon	13-1/2 ounces or 1-1/4 cup cubes

Fruit Juice	15 Grams of Carbs Per Serving
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Apple juice/cider	1/2 cup
Cranberry juice cocktail	1/3 cup
Cranberry juice cocktail, reduced-calorie	1 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Nectars	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup

Milk	12 Grams of Carb per Serving
Skim milk, 1/2% milk, 1% milk, 2% milk, whole milk	1 cup (8 fluid ounces)
Nonfat or low-fat buttermilk	1 cup
Evaporated skim or whole milk	1/2 cup
Nonfat dry milk	1/3 cup dry
Plain nonfat or low-fat yogurt	3/4 cup
Non-fat or low-fat fruit-flavored yogurt sweetened with a nonnutritive sweetener	6 to 8 ounces
Sweet acidophilus milk	1 cup
Goat's milk	1 cup
Kefir	1 cup

Other Carbohydrates	Serving size	Grams of carbohydrate
Angel food cake, unfrosted (2 inch x 2 inch)	2 ounces	30 grams
Brownie, small, unfrosted (2 inch x 2 inch)	1 ounce	15 grams
Cake, unfrosted (2 inch x 2 inch)	1 ounce	15 grams
Cake, frosted (2 inch x 2 inch)	2 ounces	30 grams
Cookie or sandwich cookie with crème filling	2 small	15 grams
Cranberry sauce, jellied	1/4 cup	22 grams
Cupcake, frosted	2 ounces	30 grams
Doughnut, plain cake	1-1/2 ounces	22 grams
Doughnut, glazed	3-3/4 inch across (2 ounces)	30 grams
Fruit cobbler	1/2 cup (3-1/2 ounces)	45 grams
Fruit juice bars, frozen, 100% juice	1 bar (3 ounces)	15 grams
Fruit snacks, chewy	1 roll (3/4 ounce)	15 grams
Fruit spreads, 100% fruit	1-1/2 tbsp.	15 grams
Gelatin, regular	1/2 cup	15 grams
Gingersnaps	3	15 grams

Other Carbohydrates	Serving size	Grams of
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		carbohydrate
Granola or snack bar, regular or low-fat	1 bar (1 ounce)	22 grams
Honey	1 tbsp.	15 grams
Ice cream, Plain Vanilla or Plain Chocolate	1/2 cup	15 grams
Jam or jelly, regular	1 tbsp.	15 grams
Milk, chocolate, whole or low-fat	1 cup	30 grams
Pie, fruit, 2 crusts	1/8 of 8-inch commercially prepared pie	30 grams
Pie, pumpkin or custard	1/8 of 8-inch commercially prepared pie	30 grams
Pudding, regular, made with reduced-fat milk	1/2 cup	30 grams
Pudding, sugar-free, made with fat-free milk	1/2 cup	15 grams
Salad dressing, fat-free	1/4 cup	15 grams
Sherbet, sorbet	1/2 cup	30 grams
Spaghetti sauce or pasta sauce, canned	1/2 cup	15 grams
Sports drinks	8 ounces (1 cup)	15 grams
Sugar	1 tbsp.	15 grams
Sweet roll or Danish	1 (2-1/2 ounces)	38 grams
Syrup, light	2 tbsp.	15 grams
Syrup, regular	1 tbsp.	15 grams
Vanilla wafers	5	15 grams
Yogurt, frozen	1/2 cup	15 grams
Yogurt, frozen, fat-free	1/3 cup	15 grams
Yogurt, low-fat with fruit	1 cup	45 grams

Combination Foods	Serving size	Grams of carbohydrate
Casseroles, chili with beans, macaroni and cheese, spaghetti with meatballs	1 cup	30 grams
Chow mein, without noodles or rice	2 cups (16 ounces)	15 grams
Tuna or chicken salad	1/2 cup (3-1/2 ounces)	8 grams
Pizza, cheese or meat topping, thin crust	1/4 of 12 inch (6 ounces)	30 grams
Pot pie	1 (7 ounces)	38 grams
Soup, bean	1 cup	15 grams
Soup, cream (made with water)	1 cup	15 grams
Soup, split peas (made with water)	1 cup	15 grams
Soup, tomato (made with water)	1 cup	15 grams
Soup, vegetable beef, chicken noodle, or other broth-type	1 cup	15 grams
Vegetables 1/2 cup cooked or 1 cup raw = 5 grams of carbohydrate		

1 cups cooked or 2 cups raw = 10 grams of carbohydrate	
Artichoke	Kohlrabi
Artichoke hearts	Leeks
Asparagus	Mixed vegetables (without peas, corn, or pasta)
Beans (green, wax, Italian)	Mushrooms
Bean sprouts	Okra
Beets	Onions
Broccoli	Pea pods
Brussels sprouts	Peppers (all varieties)
Cabbage	Radishes
Carrots	Salad greens
Cauliflower	Sauerkraut
Celery	Spinach
Cucumber	Summer squash
Eggplant	Tomato - fresh or canned
Green onions or scallions	Tomato sauce
Greens (collard/kale/mustard/turnip)	Tomato/vegetable juice
Turnips	Watercress
Water chestnuts	Zucchini