

Carbohydrate Food List

Breads: 15 gr carb

1 slice of bread (any kind)
6 small breadsticks (4" long)
½ small bagel or ¼ deli bagel
½ English muffin
½ hot dog or hamburger bun
1 matzo ball
1 pancake or waffle (5")
½ pita bread (6")
1 small plain roll
1 tortilla (6")
1/3 cup bread stuffing
1 small muffin

Cereals: 15 gr carb

½ cup bran cereal
½ cup granola
½ cup cooked cereal
¾ cup dry cereal (plain)
½ cup sweetened cereal
1¾ cup puffed cereal

Pasta/Grains: 15 gr carb

1/3 cup cooked pasta
1/3 cup cooked rice
½ cup cooked grains

Vegetables/Beans: 15 gr carb

½ cup cooked beans
1/3 cup baked beans
½ cup corn or green peas
1 small baked potato
½ cup cooked potatoes
10 - 15 French fries
½ cup spaghetti sauce

Vegetables: 5 gr carb

*(Count only if serving size is larger than
1½ to 2 cups)*

½ cup cooked or 1 cup raw:
asparagus, broccoli, carrots, collard greens,
cabbage, cauliflower, green beans,
eggplant, tomato, peppers, spinach, zucchini
½ cup tomato or V-8® juice
peach or nectarine
½ cup applesauce

Fruits: 15 gr carb

1 small apple, orange, pear,
4 fresh apricots
7 dried apricot halves
1 small banana or ½ large banana
¾ cup blueberries or raspberries
1/3 of a whole cantaloupe
1 cup melon cubes/balls
15 cherries
15 grapes
2 figs
2 plums
½ cup canned "light" fruit
1 large kiwi
¾ cup fresh pineapple
½ of a whole mango or papaya
3 medium prunes
2 tbsp raisins
1¼ cup strawberries
1¼ cup watermelon cubes/balls

Milk/Yogurt: 15 gr carb

10 oz skim, 1%, 2% or whole milk
½ cup evaporated milk
1/3 cup dry milk powder
1 cup plain yogurt

Soups: 15 gr carb

1 cup broth based (chicken or beef with
noodles)
½ cup bean, split pea or lentil
1 cup cream based soup

Combination foods: 30 gr carb

1 cup beef stew
1 meat burrito
2 stuffed cannelloni
12 chicken nuggets
1 cup chili with beans
3" x 4" piece of lasagna
2/3 cup macaroni & cheese
1 regular slice of pizza
1 cup ravioli
2 soft tacos

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Combination foods: 30 gr carb

1 pot pie (7 oz)
1 small enchilada

Snacks: 15 gr carb

8 animal crackers
3 graham cracker squares
4 cups popcorn
4 round crackers
¾ oz pretzels
1 oz snack chips
6 saltine crackers

Sweets: 15 gr carb

2" x 2" piece of cake (no icing)
2 small cookies
5 vanilla wafers
2" brownie
½ cup custard
½ cup sugar-free pudding
1 plain donut
1 small granola bar
½ cup ice cream or ice milk
1/3 cup frozen yogurt
1/8 of a pumpkin pie
½ of a twin Popsicle bar
2 tbsp light maple syrup
1 tbsp table sugar

Sweets: 30 gr carb

2" x 2" piece of cake with icing
1 frosted cupcake
½ cup regular pudding
1 cup chocolate milk
1 small soft-serve ice cream cone

Sweets: 45 gr carb

1/16 piece of any double crust pie
1 sweet roll or danish
8 oz flavored yogurt
2 tbsp regular maple syrup
½ cup fruit crumble

15-22 gr carbohydrates

1 slice whole wheat bread
2 slices light bread
1 corn tortilla (6")
6 saltine crackers or Triscuits®
50 goldfish crackers
12 to 18 small pretzels
1 cup unsweetened dry cereal
3 graham cracker squares
1 medium apple, orange or other fruit
2 rice cakes
1 cereal bar or granola bar
4 cups microwave popcorn
2 small or 1 large oatmeal cookies
½ cup canned fruit in natural juice
½ cup sugar-free pudding
½ cup low-fat ice cream
2 fig cookies
6 oz yogurt (artificially sweetened)
2 oz squeezable yogurt
10 oz low-fat milk

22-30 gr carbohydrates

1 (2oz) Lender's® bagel or 2 mini bagels
1 sports bar
1 package Nature Valley® granola bars
4 oz fruit cup with 4 oz plain yogurt
½ cup trail mix
1 cereal bar
1 large banana
½ cup regular pudding
1 small ice cream cone
1 English muffin topped with 1-2 tbsp spaghetti sauce and shredded mozzarella cheese
6 oz flavored yogurt
1 cup chicken noodle soup and 6 saltines
1 cup no-sugar-added cereal with 4 oz low-fat milk

45 gr carbohydrates

6 oz Yo-Crunch®
Homemade milkshake (8 oz low-fat milk, ½ cup low-fat ice cream & 1 tbsp chocolate syrup)
Homemade fruit smoothie (6 oz low-fat vanilla yogurt and ½ cup frozen unsweetened berries)
8 oz chocolate soy milk with 5 vanilla wafers or 3 graham cracker squares
2 slice whole wheat toast with 1 tbsp Nutella®

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1oz protein

- 1 slice ham or turkey
- 1 slice cheese
- 1 string cheese
- 1 hardboiled egg
- ¼ cup nuts
- 2 tbsp peanut butter
- 4 oz low-fat cottage cheese
- ¼ cup tuna or egg salad
- 2 tbsp sunflower seeds

Free Foods

- Sugar-free Jell-O®
- Sugar-free popsicles
- Cut-up vegetables and dip
- Any choice from protein list
- Diet soda
- Sugar-free gum
- Crystal Light®

Free Foods

Snack between meals to satisfy hunger and prevent overeating. There are times when the usual meal plan is just not enough and you or your child will be looking for something more to eat. During those times it is better to reach for foods that don't impact blood sugar levels. Here is a list of foods that may be eaten outside of usual meal or snack times and can help hunger without raising the blood sugar level.

Protein	Raw Vegetables	Fats	Sugar-free	Other
beef chicken turkey pork/ham eggs cheese cheese sticks peanut butter light tuna ½ cup of nuts (peanuts, walnuts, almonds or cashews)	carrots celery cucumbers peppers broccoli green beans lettuce	2-3 tbsp salad dressing 2-3 tbsp sour cream dip	popsicles hot cocoa Jell-O® Crystal Light®	dill pickles olives