

The food choices listed below contain carbohydrate that turns into sugar during digestion. Foods with carbohydrate should be eaten in appropriate amounts and distributed throughout the day. **Be sure to check the specific food labels as individual brands vary.**

Fruits 15g CHO

Apple, orange, tangerine, pear, peach (small)	1
Fruit Juice (unsweetened)	1/2 cup
Applesauce (unsweetened)	1/2 cup
Apricots (medium, fresh)	4
Apricot (dried halves)	7
Banana	4 inches
Blackberries, blueberries	3/4 cup
Cantaloupe (small)	1/3 melon
Honeydew (small)	1/6 melon
Watermelon	1-1/4 cup
Cherries (fresh)	14
Figs	2
Plums	2
Canned fruit (unsweetened)	1/2 cup
Grapefruit (large)	1/2
Grapes	15
Kiwi (large)	1
Pineapple (fresh)	3/4 cup
Mango/papaya (small)	1/2
Prunes (medium)	3
Raisins	2 Tbsp
Strawberries	1-1/4 cup
Persimmon (medium)	1/2
Pomegranate (medium)	2/3
Cherimoya	1/8
Plantain	1/2 cup
Guava (medium)	1
Cactus fruit	1
Raspberry	1 cup

Vegetables/Beans 15g CHO

Yams/sweet potatoes (fresh)	1/2 cup
Beans (kidney, pinto, black eyed peas, cooked)	1/2 cup
Baked beans (canned) S	1/3 cup
Corn, hominy, peas	1/2 cup
Potato (small)	1
Mashed potato	1/2 cup
Hash brown	1/2 cup
Winter squash	1 cup
Butternut squash	1/2 med.
Lima beans	1/2 cup
Taro/lotus root	1/3 cup
Hummus	1/3 cup
Mung beans	1/2 cup
Edamame (soybeans)	2/3 cup
Miso S	3 Tbsp

Breads 15g CHO

French bread	1 oz
Matzo	3/4 oz
White, whole wheat, rye (1 oz)	1 slice
Bread sticks (4 inch)	2
Bagel, English muffin (small)	1/2
Hot dog or hamburger bun	1/2
Croissant (small)	1
Muffin (small)	1/2
Pancake/waffle (4 inch)	1
Pita	1/2
Roll (plain)	1
Fruit breads (e.g., banana)	1 oz slice
Tortilla (6 inch)	1
Stuffing	1/3 cup
Croutons	1 cup

S = Read food label and check sodium content.

NOTE: For canned or boxed foods, read all food labels and check sodium content.

Crackers/Snacks

15g CHO

Animal crackers	8
Graham cracker squares	3
Popcorn ●	3 cups
Round crackers ●	4-6
Pretzels ●	3/4 oz
Snack chips (~ 11 chips) ●	1 oz
Saltine type crackers ●	6
Rice cakes (4 inch)	2
Sandwich crackers (cheese/peanut butter)	3
Fortune cookies (small)	2

Cereals

15g CHO

Bran cereal	1/2 cup
Granola	1/4 cup
Cooked cereal	1/2 cup
Other unsweetened dry cereals	3/4 cup
Sugar frosted cereal	1/2 cup
Puffed cereal	1-1/2 cup

Soups

15g CHO

Rice soup	3/4 cup
Beef barley	3/4 cup
Chicken & rice/noodle	1 cup
Bean, lentil, chickpeas	1/2 cup
Cream (with milk)	1 cup
Minestrone	1/2 cup
Tomato	1/2 cup
Pelmini	1/3 cup

Pasta/Grains

15g CHO

Cellophane noodles	1/2 cup
Sushi (California Roll)	4 pieces
Polenta	1/2 cup
Grits	1/2 cup
Gnocchi	2 small
Couscous	1/2 cup
Wonton	5
Pasta, macaroni	1/3 cup
Rice	1/3 cup
Millet, buckwheat, bulgar	1/3 cup
Udon	1/3 cup
Tortellini	1/3 cup

Milk/Yogurt

13-17g CHO

Skim, 2%, whole, buttermilk	1 cup
Evaporated skim milk	1/2 cup
Dry milk, nonfat powder	1/2 cup
Yogurt (plain)	1 cup
Yogurt (artificially sweetened)	1 cup
Sweetened soy milk (with calcium)	1 cup

Other Carbohydrates

15g CHO

Cake (no icing), 2 in. square	1 slice
Cookies (small)	2
Custard	1/2 cup
Doughnut (plain)	1
Frozen fruit yogurt (fat free)	1/3 cup
Energy bar (medium)	1/2
Ice cream/ice milk	1/2 cup
Fudgsicle	1
Fruit spread (100% fruit)	1 Tbsp
Gelatin (regular)	1/2 cup
Pudding (regular)	1/3 cup
Pudding (sugar-free)	1/2 cup
Spaghetti sauce (canned) ●	1/2 cup
Sugar/honey	1 Tbsp

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Note: The information provided in this material is intended to provide readers with accurate and timely information. It is not intended to substitute for information and personal medical advice, which you need to obtain directly from your doctors. If you have any additional questions related to treatment or the risks and benefits of treatment mentioned in this work, please direct these questions to your doctors.