



Carbohydrate Food List

1. Breads, grains, and pasta	Portion Size	Carbs (g)
Bread	1 slice	10-20
Cornbread	1 piece (deck of cards)	30
Cornmeal (Dry)	2 Tbsp	12
Cream of wheat, cooked with water	½ cup	15
Croutons	½ cup	12
Flour, all-purpose, dry	2 Tbsp	12
Oatmeal, cooked with water	½ cup	12-15
Pasta, cooked	1 cup	45
Pita bread	6" to 9" pita	30-45
Rice, cooked	1 cup	45
Tortilla corn	6" tortilla	12
Tortilla flour	6" tortilla	15

2. Nuts and Legumes	Portion size	Carbs (g)
Beans (black, pinto, refried) and lentils, as prepared	½ cup	18-22
Hummus	½ cup	15-20
Nuts, mixed	½ cup	15

3. Starchy Vegetables	Portion size	Carbs (g)
Corn on the cob	6" to 9" ear	20-30
Corn, cooked or canned	½ cup	15
Peas	½ cup	12
Potato, baked	1 medium (6 oz)	40

Potato, mashed	½ cup	15-20
Sweet potato/yams	1 medium (5 oz)	25
Winter squash (butternut, acorn, hubbard), cooked	1 cup	15-30

4. Milk and yogurts	Portion size	Carbs (g)
Almond milk (plain, unsweetened)	1 cup	<1
Cow's milk (fat-free, 1%, 2%, whole)	1 cup	12
Soy milk (plain, unsweetened)	1 cup	3
Yogurt (plain)	1 cup	14
Yogurt, Greek (plain)	1 cup	10

5. Fruits	Portion Size	Carbs (g)
Apple	1 medium (tennis ball)	15-30
Applesauce (unsweetened)	½ cup	15
Apricots, dried	7 pieces	15
Banana	6"-9"	30-45
Blackberries, blueberries	1 cup	20
Cherries	12	15
Dates, dried	5-6 dates	30
Fruit cocktail, canned (in own juice)	½ cup	15
Grapefruit	½ large	15
Grapes	15	15
Kiwi	1 small (egg)	15
Mango, cubed and frozen	½ cup	15
Melons, cantaloupe or honeydew	1 cup	15
Orange	1 medium (tennis ball)	15

Peaches, canned (in own juice)	½ cup	15
Pear	6 oz	20
Pineapple (fresh)	1 cup, diced	20
Plum	1 plum	10
Prunes, dried	3 prunes	15
Raisins	2 Tbsp	15
Raspberries	1 cup	15
Strawberries	1 cup halves	12
Watermelon	1 cup diced	12

6. Snack Foods	Portion size	Carbs (g)
French fries (fast food restaurant)	Small order	30
Graham crackers	3 squares	15
Popcorn	3 cups	15
Potato chips	1 oz (10-15 chips)	15
Tortilla chips	1 oz (10-15 chips)	20

7. Sauces and condiments	Portion size	Carbs (g)
Barbeque sauce	2 Tbsp	15
Fruit jam/jelly	1 Tbsp	15
Honey	1 Tbsp	15
Honey mustard	2 Tbsp	7
Ketchup	¼ cup	15
Mayonnaise, fat free	2 Tbsp	5
Peanut butter	2 Tbsp	6
Ranch, fat free	2 Tbsp	8
Salsa	¼ cup	6
Sugar	1 Tbsp	15
Sweet and sour sauce	2-3 Tbsp	15

Syrup	1 Tbsp	15
Szechuan	1/3 cup	15

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