# Carbohydrate Foods

All of these foods have carbohydrate. Each amount listed equals about 15 grams of carbohydrate.

**Starches**

- ¼ large bagel
- 1 Biscuit (2 ½ Inches)*
- 1 slice Bread
- ½ hamburger/hot dog bun
- 1 corn tortilla
- ½ flour tortilla
- 1 cube (2 inch) cornbread*
- ¼ large muffin or 1 small*
- 1 pancake (4 inches)*
- 1 waffle (4 Inches)*
- ½ sopapilla*
- ½ pita bread (6 inches)
- ½ C. Cold cereal
- ½ c oatmeal
- ½ c. grits
- ¼ c. granola*
- 1/3 c. couscous
- 1/3 c. pasta
- 1/3 c. rice
- ¾ c. posole
- 1/3 c. bread stuffing*
- 6 crackers
- 9-13 chips (3/4 oz.)*
- 1/3 C. Baked beans
- ½ C. Beans (pinto, navy,etc.)
- 1/3 c hummus
- ½ c lentils or split peas
- ½ c. peas
- ½ C. corn
- ½ corn on the cob
- 3 c popcorn
- ½ c potato or ¼ large
- 1/3 c. small French fries*
- ½ c. sweet potato
- 1 c. winter squash
- ½ tamale*

**Fruits**

- 1 small apple
- ½ c. unsweetened applesauce
- 4 small apricots
- 8 small dried apricots halves
- ½ medium banana
- ¾ c. blueberries
- ½ c. canned "lite" fruit
- 1/6 medium cantaloupe
- 12 cherries
- 3 dates
- ½ grapefruit
- 17 small grapes
- 1 kiwi
- ¼ large mango
- 1 c. cubed melon
- 1 small nectarine
- 1 small orange
- ½ small papaya
- 1 small pear
- 1 medium peach
- ¾ c. fresh pineapple
- 2 small plums
- 3 prunes
- 2 Tbsp. dried fruit (raisins, berries, cherries)
- 1 ¼ c. strawberries
- 2 small tangerines

**Dairy and non-dairy milks**

- 1 c. milk (skim, 1%, 2% or whole)
- 1 c. rice milk (unflavored and unsweetened)
- 2 c. soy milk (unflavored and unsweetened)
- 2 c. almond milk (unflavored and unsweetened)
- ½ c evaporated milk
- 1/3 c. fruit yogurt
- 1 c. plain yogurt
- 1 c. no sugar added yogurt

Use nutrition facts labels on foods and/or a carbohydrate counting book to figure the carbohydrate amounts on foods not listed above.

*These foods contain additional fat

# Other Foods

All of these foods do not have carbohydrate

### ❤Vegetables

- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chile
- Cucumber
- Eggplant
- Greens
- Green beans
- Jicama
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Snow peas
- Spinach
- Summer squash (zucchini, crookneck)
- Tomatoes
- Turnips

### ♦Protein Foods

*Low fat choices:*

- Round, sirloin or tenderloin beef (fat trimmed)
- Chicken, without skin
- Cottage cheese
- Egg whites or egg substitute
- Fish
- Lean ham
- Seafood
- Tofu
- Turkey

*Medium fat choices*

- Ground beef
- Mozzarella cheese
- Eggs
- Fried fish
- Fried chicken

*High fat choices*

- Cheese
- Hot dogs
- Sausage
- Bologna
- Salami

### ★Fats

*Unsaturated Fats:*

- Avocado
- Olives
- Nuts
- Nut butters
- Pinion, sunflower or sesame seeds
- Canola, olive, peanut, corn, sunflower oils
- Mayonnaise
- Margarine

*Saturated Fats:*

- Bacon
- Butter
- Chicharones
- Coconut
- Cream, half & half
- Cream cheese
- Lard
- Shortening
- Sour cream

❤Eat all you want of these foods, unless breaded
♦Choose low fat protein most of the time
★Choose more unsaturated fats and less saturated fats