

Carbohydrate Chart

FRUIT—15 GRAMS CARBOHYDRATE

Apple, small	1
Applesauce	1/2 cup
Apricots, dried	3
Banana	1/2 med
Blackberries/blueberries	3/4 cup
Cherries	10
Dates	3
Fruit cocktail	1/2 cup
Grapefruit	1/2 med
Grapes, small	12-15
Juice—grapefruit, OJ, apple	1/2 cup
Kiwi, small	1
Mango, cubed	1/2 cup
Melon	1 cup
Nectarine, small	1
Orange, small	1
Papaya, cubed	1 cup
Peach, small	1
Pear, large	1/2
Pineapple	3/4 cup
Plums, small	2
Prunes	3
Raisins	1/4 cup
Raspberries	1 cup
Strawberries, whole	1 1/4 cup
Tangerine, small	2
Watermelon, cubed	1 1/4 cup

Meat, fish, poultry, cheese and eggs are protein foods—0 Carbohydrates

Fats—oil, margarine, salad dressing, nuts—0 Carbohydrates

MEAL PLAN

Breakfast _____ grams Carbs
 Snack _____ grams Carbs
 Lunch _____ grams Carbs
 Snack _____ grams Carbs
 Dinner _____ grams Carbs
 Snack _____ grams Carbs

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STARCHES—15 GRAMS CARBOHYDRATE

Bagel	1/4 large
Baked beans	1/3 cup
Beans, black, red, pinto, garbanzo	1/2 cup
Biscuit	1 small
Bread	1 slice
Cereal (unsweetened)	1/2—3/4 cup
Cooked Cereal	1/2 cup
Corn	1/2 cup
Cornbread	2-inch square
Crackers	6
English muffin	1/2
French fries—thin	10-15
Graham crackers	3 square
Hot dog/Hamburger bun	1/2
Lima beans	2/3 cup
Muffin—small	1
Pancake or waffle—4-inch diameter	1
Pasta—cooked	1/3 cup
Peas	1/2 cup
Pita bread	1/2
Popped corn, reduced calorie	3 cups
Potato, white, red, sweet	1 small or 1/2C
Potato chips, baked	12-15
Pretzels	3/4 oz.
Rice cakes	2
Rice, white or brown, cooked	1/3 cup
Roll, small dinner	1
Squash, acorn or butternut	1 cup
Stuffing	1/3 cup
Tortilla, corn or flour 6-inch across	1

MILK—15 GRAMS CARBOHYDRATE

Milk, skim, 1%, 2%, soy, rice, nut	1 cup
Yogurt, Light (80-100 calories)	1 cup

Non-starchy Vegetables - 5 grams

1/2 cup cooked or 1 cup raw

Asparagus, beets, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, cucumbers, green beans, lettuces, tomato, mushroom, onions, pea pods, peppers, spinach, summer or zucchini squash

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