

# Carb Counting Food List

THE DIABETES CENTER

## Breads: 15g Carbs

1 slice bread (1 oz. rye, white or whole wheat)  
6 small breadsticks (4" long)  
1/2 English muffin, hot dog or hamburger bun  
1 small croissant  
1 matzo ball  
1 small muffin (1 oz.)  
Small pancake or waffle (4")  
1/2 pita (6")  
1 small plain roll (1 oz.)  
1 slice fruit bread (1/4" thick; i.e. banana)  
1 small tortilla (6")  
1/3 cup stuffing  
1 small cornbread or biscuit (2" x 2")

## Cereal: 15g Carbs

1/2 cup bran cereal  
1/4 cup granola  
1/2 cup cooked cereal  
3/4 cup other dry cereals  
1/2 cup sugar frosted cereal  
1 1/2 cups puffed cereal

## Crackers/Snack Foods: 15g Carbs

6-7 animal crackers  
3 graham crackers  
3 cups popcorn  
4-6 round crackers  
3/4 oz. pretzels (15 mini twists)  
10-15 snack chips (1 oz.)  
6 saltine type crackers

## Pastas/Grains: 15g Carbs

1/2 cup Chow mein noodles  
1/3 cup pasta or other grains (cooked)  
1/3 cup brown or white rice (cooked)  
1/2 cup fried rice

## Potatoes/Vegetables/Beans: 15g Carbs

1/3 cup cooked beans (kidney or pinto)  
1/4 cup baked beans (canned)  
1/2 cup corn, hominy or peas  
1 small white or sweet potato (3 oz)  
10-15 french fries  
1/2 cup hash browns or au gratin potatoes  
1 cup winter squash  
1 cup marinara or pasta sauce  
1/2 cup mashed potatoes

## Fruits: 15g Carbs

1 small piece of fresh fruit  
apple  
orange  
tangerine  
pear  
peach  
1/2 cup applesauce (unsweetened)  
4 fresh medium apricots  
7 dried apricot halves  
1/2 banana  
2 tblsp. dried fruit  
1/3 cup cantaloupe  
1 cup melon cubes  
cantaloupe  
watermelon  
honeydew  
1/2 cup cherries  
2 figs or plums  
1/2 cup canned fruit (unsweetened)  
1/2 grapefruit  
15 grapes  
1/2 cup juice (unsweetened; grapefruit or orange)  
1 large kiwi  
3/4 cup fresh pineapple  
1/2 mango or papaya  
3 medium prunes  
2 tbsp. raisins or craisins  
1 cup berries  
strawberries  
blueberries  
raspberries



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### **Milk/Yogurt: 15g Carbs**

1 cup milk  
  skim 2%  
  whole  
  buttermilk  
½ cup evaporated skim milk  
1/3 cup nonfat dry milk powder  
1 cup plain yogurt  
1 cup artificially sweetened yogurt

### **Soups: 15g Carbs**

1 cup broth base (chicken or  
beef noodle)  
½ cup bean or split pea  
1 cup cream soup

### **Sweets: 15g Carbs**

2" brownie (unfrosted)  
2" square piece of cake (no icing)  
2 small fat free cookies  
½ cup custard  
1/3 cup frozen fat free fruit yogurt  
1 small granola bar  
½ cup ice cream or ice milk  
½ twin popsicle  
1 fudgesicle  
½ cup sugar free pudding  
5 vanilla wafers  
2 tbsp. light maple syrup  
1 tbsp. all fruit jelly or jam  
1 3" cookie

### **Sweets: 30g Carbs**

2" square piece of cake with icing  
1 frosted cupcake  
1 plain donut  
1/8 pumpkin or custard pie  
½ cup regular pudding  
1 cup chocolate milk  
Small soft serve cone  
½ large bagel (2 oz.)

### **Sweets: 45g Carbs**

1/6 piece 2 crust pie  
1/6 piece chocolate cheese cake  
1 small sweet roll or Danish  
1 cup low fat yogurt with fruit  
2 tbsp. regular maple syrup

### **Vegetables: 5g Carbs**

*(count if serving size > 15g)*

½ cup cooked vegetables  
  asparagus  
  green beans  
  bean sprouts  
  broccoli  
  cabbage  
  carrots  
  cauliflower  
  eggplant  
  spinach  
  tomato  
  turnips  
  water chestnuts  
  zucchini  
1 cup raw vegetables  
½ cup tomato or vegetable juice  
¼ cup tomato puree



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## Breakfast Foods

Food	Serving Size	Carb Servings
Bagel, large	1 bagel (4oz.)	4
Cereal Bar	1 bar	2
Cereal, cooked, unsweetened	½ cup	1
Cereal, raisin bran	1 cup	3
Cereal, sweetened	¾ cup	1
Doughnut, cake, 3" across	1 doughnut (2oz.)	2
Doughnut, yeast or raised, 4" across	1 doughnut (2 oz.)	2
English Muffin	1 muffin (2 oz.)	2
French toast	1 piece	1
Honey or table sugar	1 tbsp	1
Hot cocoa, regular, prepared with water	1 packet	1 ½-2
Hot cocoa, sugar free, prepared with water	1 packet	½
Jam or Jelly, regular	1 tbsp.	1
Muffin, small	1 muffin (2 oz.)	2
Oatmeal or Cream of Wheat instant flavored, prepared with water	1 packet	2
Pancake, 4" across	1 pancake	1
Syrup, light	1 tbsp.	½
Syrup, regular	1 tbsp.	1
Toaster pastry, fruit	1 pastry	2
Waffle, frozen, 4" across	1 waffle	1



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## Combination Foods

Food	Serving Size	Carb Servings
Burrito, bean, flour, tortilla, frozen 7" long	1 burrito	3
Burrito, meat, flour, tortilla, frozen 7" long	1 burrito	2
Casserole or hot dish	1 cup	2
Chicken nuggets	6 nuggets	1 ½
Chili	1 cup	1-2
Fish sticks breaded	6 sticks	1
Hamburger with bun, regular	1 hamburger	2
Ketchup	¼ cup	1
Lasagna, 3" x 4"	1 piece	1-2
Lunch kit with dessert, pre-packaged	1 kit	4-5
Macaroni and cheese	1 cup	2-3
Pasta salad	1 cup	2-3
Pizza, frozen, thick crust, medium	1 slice (1/8 pizza)	1 ½-2
Pizza, frozen, thin crust, medium	2 slices (1/4 pizza)	2
Ravioli, cheese or meat	1 cup	2-3
Sandwich, cheese or meat	1 sandwich	2
Sandwich, chicken, breaded	1 sandwich	3
Sandwich, chicken, grilled	1 sandwich	2
Sandwich, peanut butter and jelly (regular)	1 sandwich	3
Sauce, tomato/marinara, canned	½ cup	1
School lunch	1 lunch	4-5
Soup (cream, noodle, rice, or vegetable)	1 cup	1
Taco, corn shell, 5" across	1 taco	½



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