

Diabetes: Carbohydrate Food List

1. Bread Products	Portion Size	Carbs (g)
Bagel - Lender's frozen	1 plain bagel	30
Bagel - Panera	1 plain bagel	60
Bread	1 regular slice	15-23
Bread Stuffing	½ Cup	20
Breadstick-soft	1 bread stick	15-25
Bun: Hamburger or Hot dog	1 regular size	15-30
Corn Bread	2" cube	15
Croissant	Medium 2 oz	25
Croutons: from Italian Restaurant	½ Cup	15
Croutons: pkg from fast food restaurant	1 pkg	10
Dinner Roll	Small	15
English Muffin	1 whole	30
Pancake	6" diameter (avg size)	30
Pita bread	Large 6"-9"	30-45
Tortilla-corn	7"	15
Waffle (frozen type)	1	15
Wrap	Various sizes	See label

2. Cereals/Beans/Grains/Pasta	Portion Size	Carbs (g)
Beans: refried	½ Cup	18
Oatmeal, cooked	½ Cup	10
Cream of Wheat, cooked	½ Cup	15
Cornmeal: dry	3 Tbsp	15
Beans/legumes/lentils as prepared	½ Cup	15
Flour: dry	3 Tbsp	15
Hummus	½ Cup	10-15
Pasta, cooked	1 Cup	45
Rice, cooked	1 Cup	45

3. Starchy Vegetables	Portion Size	Carbs (g)
Corn: cooked or canned	½ Cup	15
Corn Cob	6"-9"	30-45
Peas	½ Cup	15
Potato - Wendy's	Avg baked (10 oz)	60
Potatoes (hashed, mashed)	½ Cup	15
Squash (winter type: acorn, Hubbard, etc)	1 Cup	10-30
Sweet Potato/Yams-plain cooked	10oz baked	60

4. Milk & Yogurt	Portion Size	Carbs (g)
Cow's milk (fat-free, 1%, 2%, Whole)	1 Cup	12
Rice Milk- flavored	1 Cup	See label
Rice Milk-Plain	1 Cup	20
Soy Milk (flavored-vanilla, chocolate, etc)	1 Cup	See label
Soy Milk (plain)	1 Cup	8
Yogurt (plain)	1 Cup	12
Yogurt- Dannon Light & Fit	1 serving (6oz)	10
Yogurt-Yoplait Light (blue top)	1 serving (6 oz)	19

5. Fruit	Portion Size	Carbs (g)
Apple	4-8 oz	15-30
Applesauce-unsweetened	½ Cup	15
Apricots, dried	7 pieces	15
Banana	6" - 9"	30-45
Blackberries, Blueberries	1 Cup	20
Canned Fruit Cocktail-in its own juice	½ Cup	15
Cantaloupe, Honeydew Melons	1 Cup	15
Cherries	12	15
Dates-dried Medjool type	1	15
Grapefruit	½ Large	15
Grapes	15 small	15
Kiwi	1 small	15
Orange	1 medium	15
Peaches (canned-in its own juice)	½ Cup	15
Pear	6 oz	20
Pineapple	1 Cup diced	20
Prunes- dried	3	15
Raisins	35 or 1/8 Cup (2 Tbsp.)	15
Raspberries	1 Cup	15
Strawberries-fresh	1 Cup halves	12
Watermelon	1 Cup diced	12

6. Fruit/Vegetable Juice	Portion Size	Carbs (g)
Apple Juice 100%	½ Cup	15
Carrot Juice	1 Cup	12
Cranberry Juice Cocktail 100%	½ Cup	12
Cranberry Juice Cocktail- Light	1 Cup	10
Grape Juice 100%	½ Cup (4 oz)	15
Orange Juice	½ Cup	13
Tomato or V8 juice	1 Cup (8oz)	10

7. Baked Goods	Portion Size	Carbs (g)
Biscuit (large Bob Evans)	1	30
Biscuit (small Pillsbury)	1	10
Brownie-large (Zimmerman's)	1	70
Cake 2 layer frosted	4" square	80
Chocolate Chip cookie-refrigerator dough	1	15
Cupcake with frosting (Hostess)	1	30
Danish (large bakery type)	1	45
Donut (Dunkin Donuts-plain or jelly filled)	1	25-40
Donut (Krispy Kreme)	1	20
Apple Crisp	½ Cup	70
Fruit pie	1/8 of 9" pie	50
Muffin (homemade standard size)	1	20-30
Muffins (bakery type)	1	60-75

8. Snack Foods	Portion Size	Carbs (g)
Dark Chocolate	1 oz	15
Dove Chocolate	3 pieces	15
French Fries-crinkle cut frozen type	10	15
French Fries-diner style	Side order	60
French Fries-fast food	Small order	30
Graham Cracker	3 squares	15
Granola: SEE LABEL	½ Cup	15-45
Hershey Kisses	5	15
Ice Cream- No Sugar Added	½ Cup	12-15
Ice Cream- plain vanilla	½ Cup	15
Jell-O	½ Cup	20
Jell-O-Sugar Free	½ Cup	0
Oyster Crackers	½ Cup	15
Popcorn	3 Cups	15
Potato Chips	1 oz (10-15 chips)	15
Pretzels	11 small	15
Pudding-Regular	1 snack pack	30
Pudding-Sugar Free	1 snack pack	15
Saltine Crackers	7 squares	15
Sherbet	½ Cup	30
Sorbet	½ Cup	35-40
Tortilla Chips	1 oz (10-15 chips)	20

9. Sauce/Condiments		
Apple Butter	2 Tbsp	15
Barbeque Sauce BBQ	2 Tbsp	15
Cranberry Sauce-jellied	¼ Cup	25
Fat Free Mayo/Salad Dressing	2 Tbsp	5

Fruit Jam or Jelly	1 Tbsp	15
Fruit Spread- Jam- 100% Fruit-less sugar	1 Tbsp	10
Fruit Spread-Jams-Sugar Free	1 Tbsp	5
Gravy-brown prepared from mix	1 Cup	15
Hoisin Sauce	2 Tbsp	15
Hollandaise Sauce made from mix	2 Tbsp	5
Honey	1 Tbsp	15
Honey Mustard	2 Tbsp	7
Ketchup	¼ Cup	15
Marinara Sauce	½ Cup	15
Plum Sauce	2 Tbsp	15
Ranch- fat free	2 Tbsp	8
Ranch- regular	2 Tbsp	2
Sloppy Joe Sauce	¼ Cup	15
Sugar	1 Tbsp	15
Sweet and Sour Sauce	2-3 Tbsp	15
Syrup	1 Tbsp	15
Syrup- Lite	2 Tbsp	15
Szechuan sauce	1/3 Cup	15

10. Combination Foods	Portion Size	Carbs (g)
Bean Soup (split pea, lentil, etc)	1 Cup	30
Beans & Cheese Burrito- avg frozen type	6 oz	45-60
Cabbage Roll with meat and rice	1 avg roll	15
Chicken Noodle Soup- from can	1 Cup	15
Chili with beans & meat	1 Cup	25
Chili-vegetarian	1 Cup	30-50
Cream Soup	1 Cup	15
Dumpling- Chinese type	3	15-20
Egg Roll	1 avg roll	15-25
Lasagna from restaurant	Avg serving	50-80
Macaroni & Cheese	1 Cup	45
Pizza (individual pan)	1 whole pizza	75
Pizza 12"	1 avg slice	30
Pot pie (small frozen)	1	30
Red Beans & Rice	1 Cup	45
Tuna Noodle Casserole	1 Cup	30

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

©2011 The Regents of the University of Michigan

University of Michigan Diabetes Education Program (734)998-2475

<http://www.med.umich.edu/diabetes/education/>

Last Revised 04/2012