

## FOOD LISTS FOR CARBOHYDRATE CHOICES / SERVINGS

STARCH & BREAD	FRUIT	MILK	OTHER
Bagel, ½	Apricots, 4 whole	Buttermilk, 1 cup	Cake, no icing, 2" square
Beans, dry, cooked, ½ cup	Banana, ½ medium	Evaporated, skim, ½ cup	Casserole, ½ c
Bread, 1 slice	Canned fruit, ½ cup (in juice or water)	Goat, 1 cup	Chili, ½ c
Cereal, cooked, ½ cup	Cherries, 12-15	Low-fat or non-fat, 1 cup	Cookie, 3" – 1
Cereal, unsweetened, ¾ cup	Fresh fruit, 1 medium* Apple, Orange, Peach	Yogurt, low fat, plain, ¾ -1 cup (or artificially sweetened)	Doughnut, plain ½
Corn, ½ cup	Berries, 1 c		Fruit juice bar, 1
Crackers, snack, 4-5	Fruit juice, 1/3 -1/2 c		Gingersnaps, 3
English Muffin, ½	Grapefruit, ½ medium		Granola bar, 1
Hamburger or Hotdog roll, ½	Grapes, 12-15		Ice Cream, ½ c
Muffin, small, 1	Kiwi, 1		Maple syrup, 1 tbsp (honey, table sugar or jelly / jam)
Pancakes, 4" across, 2	Mango, ½ sm		Non-fat frozen yogurt, 1/3 c
Pasta, cooked, ½ cup	Melon, 1 c		Pizza, thin crust, 1 slice
Peas, ½ cup	Raisin, 2 tbsp		Potato chips, 12-18
Popcorn, plain, unbuttered, 3 c	Plums 2 sm		Soup, broth, milk or bean based, 1 c
Potato, 1 small or ½ cup	Tangerines – 2 sm		Spaghetti, pasta sauce, jar/can ½ c
Rice, cooked, 1/3 cup			Tortilla chips, 6-12
Squash, winter, cooked, 1 cup			Vanilla wafers, 5
Tortilla or Taco shell, 6" across, 1			
Waffle, 1 small square			