

## **Carbohydrate Foods**

# **STARCHES**

### **High Fiber Choices**

**\*\*\*Choose Most Often\*\*\***

*Each listed serving contains **15 grams (1 portion)** of carbohydrate*

**80 calories – 125 calories**

Acorn/Butternut Squash	1 cup	Lima beans (cooked)	½ cup
Baked Beans (cooked)	1/3 cup	Millet (cooked)	1/3 cup
Barley (cooked)	1/3 cup	Meusli	¼ cup
Beans (garbonzo, pinto, kidney, black, white) (cooked)	½ cup	New potato	2 medium (5.6 oz)
Bran, dry Oat	¼ cup	Oats (cooked)	½ cup
		Parsnips	¾ cup
Bran, dry Wheat	½ cup	Peas (black eyed, split)	½ cup
Bread (whole wheat, rye, oat bran)	1 slice	Polenta (cooked)	1/3 cup
Brown rice (cooked)	1/3 cup	Popcorn (popped)	3 cups
Bulgar (cooked)	½ cup	Pumpkin	½ cup
Cheerios	¾ cup	Quinoa (cooked)	1/3 cup
Corn on the Cob	1 med.	Refried Beans (cooked)	½ cup
Corn	½ cup	Russet potato	1 small (3oz)
Couscous, whole wheat (cooked)	1/3 cup	Shredded wheat (cooked)	½ cup
Cream of Wheat (cooked)	½ cup	Soba noodles (cooked)	½ cup
Farro (cooked)	½ cup	Unsweetened cereal (more than 3 g fiber)	½ - ¾ cup
Flour (whole-wheat)	3 Tbsp	Wheat germ	3 Tbsp
Granola (regular or low fat)	¼ cup	Whole grain crackers	4-5
Green peas	½ cup	Whole grain English muffin	½
Grits (cooked)	½ cup	Whole grain pita bread	½
Hummus	1/3 cup	Whole wheat pasta (cooked)	½ cup
Kasha (cooked)	½ cup	Whole wheat or corn tortilla	1 small
Lentils (cooked)	½ cup	Wild rice (cooked)	½ cup
Light (diet) bread	2 slices	Yam, sweet potato	½ cup or 1 small (3 oz)

### **An example of larger portions:**

1 cup of cooked beans/potato/pasta/corn/peas or oatmeal = 30 grams of carbohydrates

1 cup of cooked brown rice/quinoa or couscous = 45 grams of carbohydrates

**Refined Starchy Foods** \*\*\*\*Choose in Moderation\*\*\*\**Each listed serving contains **15 grams (1 portion)** of carbohydrate***80 calories****These foods have NO FIBER!**

Animal Crackers	8	Naan Indian Bread	¼ (8" by 2")
Bagel	¼	Oyster crackers	24
Biscuit	1 (2 ½ inches across)	Puffed Cereal	1 ½ cup
Bread (sourdough, white, egg)	1 slice	Raisin bread	1 slice
Chapati (small)	1 (6" across)	Rice cakes	2
Chips, baked	15-20 (¾ oz)	Roll	1 small
Chips, regular	9-13 (¾ oz)	Saltines	6
Cornbread	1 (1 ¾" cube)	Sushi rice	¼ cup
English Muffin	½	Sweetened cereal	½ cup
Flour (white)	3 Tbsp	Taco shell	1
Frozen waffles	1	Tortilla (flour)	1 small
Graham Crackers	3 halves	White pasta (cooked)	½ cup
Hot Dog/Hamburger Bun	½	White pita bread	½
Mashed potatoes	½ cup	White rice (cooked)	1/3 cup

**Sugar Foods** \*\*\*\*Use Occasionally\*\*\*\**Each listed serving contains **15 grams (1 portion)** of carbohydrate***80 calories** Read the label for exact calories and carbohydrate!

Agave	1 Tbsp	Granola bar, fat free	½
Angel Food Cake	1/12 <sup>th</sup> cake	Gingersnaps	3
Brownie	1 ¼ inch square (1 oz)	Honey	1 Tbsp
Cranberry sauce, jellied	¼ cup	Ice cream	½ cup
Cupcake, frosted	½ small	Ice cream, extra rich brands	¼ cup
Danish or sweet roll	1/3	Muffin	¼ muffin
Doughnut (unglazed)	½	Pudding, regular	¼ cup
Fruit spreads, jelly, jam	1 Tbsp	Pudding, sugar free	½ cup
Fruit Cobbler	½ cup	Syrup, regular	1 Tbsp
Gelatin, regular	½ cup	Yogurt, frozen	½ cup
Granola bar	1	Sugar, Turbinado Sugar	1 Tbsp

## **Carbohydrate Foods**

### **FRUITS**

*Each listed serving contains **15 grams (1 portion)** of carbohydrate*  
**60 calories**

<b>*Apple, raw (2" across)</b>	<b>1</b>	Mandarin oranges	$\frac{3}{4}$ cup
Applesauce, no sugar added	$\frac{1}{2}$ cup	Mango, fresh (small)	$\frac{1}{2}$ or $\frac{1}{2}$ cup
Apricots, raw	4	Melon balls	1 cup
Apricots, dried	8 halves	Nectarine, small	1
Banana (9")	$\frac{1}{2}$	Orange (2 $\frac{1}{2}$ " across)	1
<b>*Berries (raspberries, boysenberries)</b>	<b>1 cup</b>	Papaya	1 cup
<b>*Berries (blackberries, blueberries)</b>	<b><math>\frac{3}{4}</math> cup</b>	Peach (2 $\frac{3}{4}$ " across)	1
Cantaloupe or honeydew	1 cup	<b>*Pear (2 <math>\frac{1}{4}</math>" across)</b>	<b>1</b>
Cherries, raw (large)	12	Pineapple, fresh	$\frac{3}{4}$ cup
Cranberry Sauce, canned	$\frac{1}{4}$ cup	Plantain, ripe	$\frac{1}{3}$ cup
Dates	3	<b>*Plums, raw (2" across)</b>	<b>2</b>
Figs	1 $\frac{1}{2}$	Prunes, dried, uncooked	3
Fruit salad, fresh	$\frac{1}{2}$ cup	Raisins	2 Tbsp.
Grapefruit (medium)	$\frac{1}{2}$	<b>*Strawberries (whole)</b>	<b>1 <math>\frac{1}{4}</math> cup</b>
Grapes (small)	17	Tangerines (small)	2
Kiwi, fresh	1	Watermelon	1 $\frac{1}{4}$ cup

\*Choose apples, berries, pears and plums more often as they have lower glycemic index (digested more slowly and cause a lower and slower rise in blood glucose level).

**\*Do not eat fruit alone**; eat small servings at the end of a meal or with other balanced carbohydrates (protein/fat/high fiber carbohydrates).

### **Fruit Juices (not recommended)**

Apple juice	$\frac{1}{2}$ cup
Cranberry juice	$\frac{1}{3}$ cup
Grape juice	$\frac{1}{3}$ cup
Grapefruit juice	$\frac{1}{2}$ cup
Orange juice	$\frac{1}{2}$ cup
Prune juice	$\frac{1}{3}$ cup

### **Canned or Dried Fruit**

In water or syrup (rinsed off)	$\frac{1}{2}$ cup
Dried fruit	$\frac{1}{4}$ cup (2 Tbsp)

## Carbohydrate Foods

### MILK AND MILK PRODUCTS

Each listed serving contains **12 - 15 grams (1 portion)** of carbohydrate

#### Fat Free Milk and Fat Free Milk Products \*\*\*Choose most often\*\*\*

**90-100 calories**

Buttermilk	1 cup ( 8oz)
Hot cocoa from mix (artificially sweetened)	1 envelope
Fat free or 1% milk	1 cup (8 oz)
Lactaid fat free or 1% milk	1 cup (8 oz)
Yogurt (fat free, plain, or artificially sweetened)	2/3 cup (6 oz)

#### Low Fat and Low Fat Milk Products \*\*\*Choose in moderation\*\*\*

**120 calories**

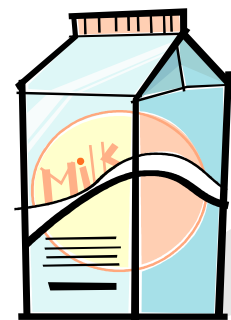
2% or reduced fat milk	1 cup (8 oz)
Kefir (plain)	1 cup
Yogurt (low fat, plain)	1 cup (8 oz)

#### Whole Milk and Whole Milk Products \*\*\*Limit\*\*\*

**150 calories**

*This group is highest in saturated fat*

Whole milk	1 cup (8 oz)
Evaporated whole milk	½ cup
Yogurt (regular, plain)	1 cup (8 oz)



#### Dairy Like Foods

Chocolate milk	½ cup (4 oz)
Eggnog	½ cup (4 oz)
Soy milk (plain)	1 cup (8 oz)
Rice milk (plain)	1 cup (8 oz)
Almond milk, hemp milk, coconut milk	VARIABLE

**The nutrition facts label will be the most accurate source of information.** Many milk and yogurts are variable in their content because there are so many brands, flavors, and types.

## **Foods That Do Not Affect Blood Sugars**

### **FREE FOODS**

***Foods with a serving size listed should be limited to 3 servings per day and should be spread out throughout the day***

*Foods listed without a serving size can be eaten as often as you like*

#### **Sugar Free or Low Sugar Foods**

Candy, hard, sugar-free	
<b>Cranberries or rhubarb</b>	<b>½ cup</b>
Gelatin, unflavored	
Gum, sugar free	
<b>Jam or Jelly,</b>	<b>2 tsp</b>
( <i>low sugar or light</i> )	
Sugar Substitutes	
Equal (Aspartame)	
Erythritol	
Monk fruit Sweetener	
Sprinkle Sweet (Saccharine)	
Splenda (Sucralose)	
Sweet One (Acesulfame K)	
Sweet – 10 (Saccharine)	
Sugar Twin (Saccharine)	
Sweet n' Low (Saccharine)	
Stevia/Truvia	
Xylitol	
<b>Syrup, sugar free</b>	<b>2 Tbsp</b>
<b>Whipped cream or topping</b>	<b>2 Tbsp</b>

#### **Drinks**

Bouillon, broth, consommé  
 Bouillon or broth, low sodium  
 Club Soda  
 Cocoa powder, unsweetened  
 Coffee, decaf and regular  
 Diet soft drinks, sugar free  
 Drink mixes, sugar free  
 Mineral water (carbonated or still)

Tea, regular, decaf, or herbal  
 Tonic water, sugar free

#### **Condiments**

<b>Catsup</b>	<b>1 Tbsp</b>
Horseradish	
Lemon Juice	
Lime Juice	
Mustard	
<b>Pickles, dill</b>	<b>1 ½</b>
Soy sauce, regular or light	
<b>Taco sauce</b>	<b>1 Tbsp</b>
Vinegar ( <i>no sugar added</i> )	

#### **Seasonings and Vegetables**

Celery, cucumber, onions, peppers,  
 radishes  
 Flavoring extracts (*almond, vanilla*)  
 Garlic  
 Herbs, fresh or dried, and spices  
*Basil, Cilantro, Dill, Garlic*  
*Powder, Onion Powder, Paprika,*  
*Rosemary, Tarragon, Thyme*  
 Pepper  
 Pimento  
 Salad greens  
 Tabasco or hot pepper sauce  
 Wine, used in cooking  
 Worcestershire sauce



# VEGETABLES

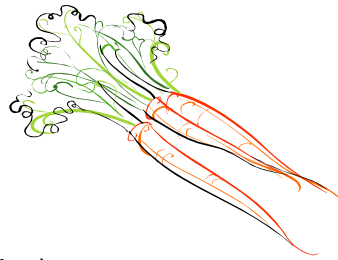
## Non-Starchy, Crunchy, Crispy Vegetables

*Vegetables contain primarily fiber which is a form of carbohydrate that does not raise blood sugars*

*Vegetables are an excellent source of vitamin C, beta-carotene, folic acid, and many minerals and fiber*

### EAT UNLIMITED AMOUNTS

Amaranth or Chinese Spinach  
 Artichokes and Artichoke hearts  
 Asparagus  
 Bamboo Shoots  
 Beans (green, wax, Italian)  
 Bean sprouts  
 Beets  
 Bok Choy  
 Borscht  
 Broccoli  
 Brussels Sprouts  
 Cabbage – all types  
 Cactus Leaves (nopales)  
 Carrots  
 Cauliflower  
 Celery  
 Chayote  
 Cucumber  
 Eggplant  
 Garlic  
 Greens (beet, collard, kale, mustard, turnip)  
 Green onions and scallions



Hearts of Palm  
 Jicama  
 Kohlrabi  
 Leeks  
 Lettuce (all types)  
 Mixed vegetables (without corn or peas)  
 Mung bean sprouts  
 Mushrooms  
 Okra  
 Onions  
 Parsnips  
 Pea pods (snow peas)  
 Peppers (all varieties)  
 Radishes  
 Sauerkraut  
 Spinach  
 Summer squash  
 Sugar Snap peas  
 Swiss Chard  
 Tomato  
 Turnips  
 Water chestnuts  
 Zucchini



**For patients taking insulin, often very LARGE portions of non-starchy vegetables may need some Insulin, but when in doubt, do not count.**

Example: ½ cup of cooked or 1 cup of raw vegetables = ~5 grams of carbohydrates  
 Consult with your CDCES on how to account (if at all) for these carbohydrates

# **PROTEIN FOODS**

## MEAT AND MEAT SUBSTITUTES

**These foods do not contain carbohydrate and will have minimal effect on blood sugar levels. The best choices for heart health are the very lean and lean meat choices most of the time. Limiting portion sizes to 2-4 oz for most meals will keep your saturated fat and cholesterol intake within heart healthy limits**

### **Very Lean Protein Sources \*\*\*Choose Most Often\*\*\***

Beef, super lean ground (4-5% fat)  
 Cheese, fat free  
 Cold cuts or sausage (0-1 gram fat/oz)  
 Cottage cheese (fat free, low fat)  
 Egg whites or egg substitutes  
 Fish (flounder, haddock, halibut, trout, fresh tuna)  
 Game (duck or pheasant – no skin; venison, buffalo, ostrich)  
 Poultry (chicken, turkey, white meat – no skin)  
 Shellfish (clams, crab, lobster, scallops, shrimp, imitation shellfish)  
 Tuna, canned in water

**35 calories  
per ounce**

### **Lean Protein Sources \*\*\*Choose Most Often\*\*\***

Beef, Select or Choice Grades trimmed of fat  
*(round, sirloin, flank steak, tenderloin, roast – rib, chuck, rump; steak – T-bone, Porterhouse, cubed, filet mignon, NY, ground round, very lean ground beef)*  
 Cheese (3 grams of fat/oz or less)  
 Cold cuts or sausage (3 grams of fat/oz or less)  
 Cottage Cheese (regular)  
 Fish (herring, oysters, salmon, catfish, sardines)  
 Lamb, all cuts (except rack and rib chops)  
 Pork, lean (ham, Canadian bacon, tenderloin, loin)  
 Poultry (chicken, turkey, dark meat – no skin)  
 Tuna, canned in oil  
 Tofu and Tempeh  
 Veal (lean chop, roast)

**50 calories  
per ounce**

**Medium Fat Protein Sources \*\*\*Eat occasionally 1x/week\*\*\***

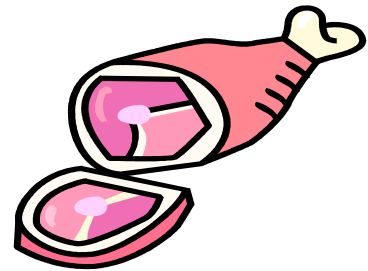
Beef, lean ground (>10% fat)  
Beef, trimmed (most cuts)  
Cheeses, Low fat (feta, goat, Gouda, Jarlsberg, Mozzarella, Ricotta)  
Eggs  
Lamb (ground, rack, lamb rib chop)  
Liver (lean but higher in cholesterol – 1-2x/month)  
Pork (chops, cutlets)

**75 calories  
per ounce**

**High Fat Proteins \*\*\*Eat very occasionally – 2x/mo\*\*\***

Beef, prime cuts (ribs, corned beef, ground)  
Cheese (cheddar, swiss, brie, etc.)  
Cold cuts (bologna, salami)  
Hot dogs  
Pork (spareribs, ground pork, pork sausage)  
Sausages (bratwurst, knockwurst, chorizo, kielbasa)

**100 calories  
per ounce**





# FATS

## GOOD FATS AND BAD FATS

**These foods do not contain carbohydrates and will have minimal effect on blood sugar levels. All fats are high in calories.**

**The best choices for heart health are monounsaturated, the omega 3, and the polyunsaturated fats.**

### Best Fats

#### \*Monounsaturated Fats

Avocado  
Nuts – almonds, cashews, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pistachios  
Oil – canola, olive, peanut, sesame  
Olives  
Peanuts and nut butters, old-fashioned  
Sesame seeds

#### \*Omega 3 Fatty Acids

Fatty fish (salmon, mackerel, tuna, herring)  
All fish and shellfish contain these fats  
Canola oil  
Nuts and flaxseed  
Soybeans

### Bad Fats

#### Saturated Fats

Bacon and Bacon grease  
Butter (stick, whipped, reduced fat)  
Coconut, coconut oil, coconut milk  
Cream and half-and-half  
Cream cheese  
Ice cream (also contains carbohydrate)  
Lard and salt pork  
Palm and Palm kernel oil  
Sour cream

### Good Fats

#### \*Polyunsaturated Fats

Margarine (first ingredient is polyunsaturated oil)  
Mayonnaise (regular or reduced fat)  
Miracle Whip Salad Dressing (regular or reduced fat)  
Nuts (Walnuts)  
Oil (corn, safflower, soybean, cottonseed)  
Salad dressing (regular and reduced fat)  
Seeds (pumpkin, sunflower)

**All fats are high in calories!**  
**READ LABELS!!!**

#### Trans Fats

Hydrogenated or partially hydrogenated fats  
Margarine (stick)  
Nondairy creamers  
Shortening  
(Trans fat are contained in many snack foods, fast foods, and processed foods because these are prepared with hydrogenated fats)

