

Diabetes Food List: Foods **with** Carbohydrates (1 serving = 15g)

Starch (Choose whole wheat)	Fruit	Milk/Yogurt
1 slice bread	1 small apple, orange, tangerine, pear, peach	1 cup skim, 1% or 2% cow's milk
½ English muffin, hot dog/hamburger bun	½ cup applesauce (unsweetened)	½ cup evaporated skim milk
½ pita (6 inches)	4 apricot halves (dried)	⅓ cup nonfat dry milk powder
1 small plain roll	½ banana	1 cup plain yogurt
¼ bagel or muffin	¾ cup blueberries	1 cups plain Greek yogurt (check label; different labels have different amounts of carbs)
1 corn tortilla (6 inches)	¾ cup blackberries	
½ cup bran cereal	⅓ cantaloupe	Sweets
¼ cup granola	1 cup melon, cubed	1 tbsp. jelly/jam
½ cup cooked cereal (oatmeal, cream of wheat, and grits)	12 cherries	1 tbsp. sugar, syrup or honey
¼ cup cooked steel cut oatmeal	2 figs or plums	
¾ cup other dry cereals (unsweetened)	½ grapefruit	
3 graham crackers	17 grapes	
3 cups popped popcorn	1 large kiwi	
4-6 small crackers	¾ cup pineapple, fresh	
10-12 small pretzels	½ cup mango, papaya	
⅓ cup noodles (soba, rice, egg) cooked	3 medium prunes	
⅓ cup whole wheat pasta (cooked)	2 small tangerines	
⅓ cup brown or white rice (cooked)	2 tbsp. raisins	
⅓ cup fried rice	2 tbsp. dried cranberries	
⅓ cup quinoa, whole wheat couscous, barley (cooked)	1 ¼ cup strawberries, watermelon	
½ cup beans (kidney, pinto) and lentils cooked	½ cup canned fruit (unsweetened)	
½ cup corn, hominy, peas		
½ small potato (yam & sweet)		
1 cup winter squash		

See back for a list of foods **with little or no carbohydrates**.

Diabetes Food List: Foods with little or no Carbohydrates

Vegetable (Non-Starchy)	Protein	Healthy Fats
½ cup cooked vegetables (asparagus, green beans, beansprouts, broccoli, cabbage, carrots, cauliflower, eggplant, spinach, tomato, turnips, water chestnuts, and zucchini)	1 oz. fish	1 tsp. oil (olive, canola, corn, soybean, sunflower, sesame, safflower)
1 cup raw vegetable	1 oz. skinless chicken or turkey	2 tbsp. salad dressing (light/low-fat)
½ cup tomato or vegetable juice	1 oz. lean beef, pork, lamb, or veal	1 tbsp. mayonnaise (fat-free, low-fat, reduced-fat, or light)
¼ cup tomato puree	½ cup tofu	6 almonds
	1 egg or 2 egg whites	⅛ avocado
	¼ cup egg substitute	10 peanuts in shell
	¼ cup low fat cottage cheese	
	1 oz. low fat cheese	
	2 tbsp. peanut butter	