

**STARCH****1 CHOICE = 15 GRAMS CARBOHYDRATE**

Bagel	¼ large (4oz)
Biscuit, 2 ½ inches	1
Bread, Reduced-calorie	2 slices (1 ½ oz)
Bread	1 slice (1oz)
Cornbread, 1 ¾ inch cube	1 (1 ½ oz)
English Muffin	½
Hot dog/hamburg bun	½ (1 oz)
Naan – 8" x 2"	¼
Pita- 6" across	½
Tortilla- 6" across	1
Waffle or pancake (4")	1

Grains	1/3 cup
(Barley, Couscous, Millet, Pasta, rice, Quinoa, polenta)	
Bulgur, grits, oatmeal	½ cup
Bran cereal, shredded	
Wheat, sugar cereal	½ cup
Unsweetened Cereal	¾ cup

Squash (acorn, butternut, pumpkin)	1 cup
Cassava, plantain	1/3 cup
Corn, green peas, parsnips, potatoes	½ cup
Baked potato with skin	1 small-3oz

Chips, Baked	15-20
Chips, potato or tortilla	9-13
Crackers, Animal	8
Crackers, Graham	3
Crackers, Saltine or Ritz-style	6
Popcorn	3 cups
Pretzels	¾ oz
Rice Cakes	2- 4" across

Baked Beans	1/3 cup
Beans- all types, cooked	½ cup

**FAST FOOD CHOICES****1 CHOICE = 15 GRAMS CARBOHYDRATE**

Chicken Breast	5 oz
Chicken nuggets	6 pieces
Chicken Stir Fry w/veggies	1 cup
Egg Roll	1 (3oz)
Taco	1 small
Breakfast sandwich	½
Hamburger	½
French Fries	1/3 small order
Chicken sandwich	1/3
Submarine Sandwich	2 inches

**FRUIT****1 CHOICE = 15 GRAMS CARBOHYDRATE**

Banana	1 Extra Small (4oz)
Blueberries, blackberries	¾ cup
Dried Fruit, Raisins	2 Tbsp
Unsweetened fruit	½ cup
(Fresh, Frozen, Canned)	
Whole Fruit	1 small (4oz)
Unsweetened Fruit Juice	½ cup
Grapes, small	17 (3oz)
Melon or Raspberries	1 cup

**MILK****1 CHOICE = 12 GRAMS CARBOHYDRATE**

Buttermilk, Cow or Soy Milk	1 cup
Rice Drink -Fat Free	1 cup
Yogurt, fat free or low fat	2/3 cup (6oz)

**NON-STARCHY VEGGIES****1 CHOICE = 5 GRAMS CARBOHYDRATE**

Cooked Veggies	½ cup
Raw Veggies	1 cup
Vegetable Juice	½ cup

**COMBO FOODS****1 CHOICE = 15 GRAMS CARBOHYDRATE**

Soup	1 cup
Stew- meat & veggie	1 cup

**2 CHOICES = 30 GRAMS CARBOHYDRATE**

Lasagna, noodle casserole	1 cup
Pizza	3 inch wedge
Potato or Macaroni Salad	½ cup

**3 CHOICES = 45 GRAMS CARBOHYDRATE**

Burrito	1 (5oz)
Dinner-type frozen meal	1 (14-17 oz)

**SWEETS****1 CHOICE = 15 GRAMS CARBOHYDRATE**

Cookie	2 small (2/3 oz)
Cupcake, Donut	½
Brownie	1 ¼" square (1 oz)
Ice Cream	½ cup
Cake, unfrosted	2 " square (1 oz)