

# ***Diabetes Food List***

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**15 grams Carbohydrate = 1 Carbohydrate Serving**

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## **Free Foods**

**(Does not count toward carbohydrates)**

Iceberg lettuce	Watercress
Endive	Radicchio
Arugula	Romaine lettuce

## **Bread Products**

**Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories**

Bagel	1/4 (1 oz)
Biscuit	1 (2 1/2 inches across)
Bread, white or whole-grain	1 slice (1 oz)
Hot dog or hamburger bun	1/2 bun (1 oz)
Cornbread	1 (1 3/4 inch cube)
English muffin	1/2 muffin
Naan Indian Bread	1/4 (8 inches by 2 inches)
Pancake, 1/4 inch thick	1 (4 inches across)
Pita bread	1/2 (6 inches across)
Bread stuffing	1/3 cup
Taco shell or tostada shell	2 crisp shells (5 inches across)
Tortilla, corn or flour (6 in)	1 tortilla
Waffle	1 (4-inch square)

## Starchy Vegetables

Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories

Cassava	1/3 cup
Corn	1/2 cup
Corn on cob, large	1/2 cob (5 oz)
Hominy, canned	3/4 cup
Parsnips	1/2 cup
Peas, green	1/2 cup
Plantain, ripe	1/3 cup
Potato - Baked with skin	1/4 large (3 oz)
Potato - Boiled, all kinds	1/2 cup or 1/2 medium (3 oz)
Potato - Mashed, with milk	1/2 cup
Potato fries (oven baked)	1 cup (2 oz)
Pumpkin, canned (no sugar)	1 cup
Squash	1 cup
Succotash	1/2 cup
Yam, sweet potato	1/2 cup

## **Cereals, Grains and Pasta**

**Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories**

Couscous, cooked	1/3 cup
Granola, regular or low-fat	1/4 cup
Grits, cooked	1/2 cup
Kasha	1/2 cup
Millet, cooked	1/3 cup
Muesli	1/4 cup
Pasta, cooked	1/3 cup
Polenta, cooked	1/3 cup
Quinoa, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup
Tabbouleh, prepared	1/2 cup
Wheat germ, dry	3 Tablespoons
Wild rice, cooked	1/2 cup
Barley, cooked	1/3 cup
Bran cereal	1/2 cup
Oats, oatmeal, cooked	1/2 cup
Puffed cereal	1 1/2 cups
Shredded wheat cereal	1/2 cup
Sugar-coated cereals	1/2 cup
Unsweetened cereals	3/4 cup

## **Beans and Lentils (cooked)**

**Each Serving = 15 g carbohydrate, 7 g protein, 0-3 g fat, 125 calories**

Baked beans	1/3 cup
Beans (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
Lentils (brown, green, yellow)	1/2 cup
Peas (black-eyed, split)	1/2 cup
Refried beans, canned	1/2 cup

## **Snacks**

**Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories**

Animal crackers	8 crackers
Graham crackers (2 1/2 inch square)	3 squares
Melba toast, 2-inch by 4-inch	4 pieces
Oyster crackers	20 crackers
Popcorn, popped	3 cups
Baked chips	15-20 chips (3/4 oz)
Regular chips	9-13 chips (3/4 oz)
Crispbreads	2-5 chips (3/4 oz)
Round-butter type crackers	6 crackers
Saltine cracker	6 crackers
Cream-filled crackers	3 crackers
Whole-wheat crackers	2-5 crackers (3/4 oz)

# Fruit

**Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories**

Apple, unpeeled, small	1 apple (4 oz)
Applesauce, unsweetened	1/2 cup
Apricot, dried	8 halves
Banana	1/2 large or 1 baby banana
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe	1 cup cubed (11 oz)
Dates	3 dates
Dried fruits	2 tablespoons
Figs	2 figs (3 1/2 oz)
Fruit cocktail	1/2 cup
Grapes, small	17 grapes (3 oz)
Honeydew	1 slice or 1 cup cubed
Kiwi	1 kiwi (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango	1/2 cup or 1/2 small
Orange, small	1 (6 1/2 oz)
Papaya	1 cup cubed (8 oz)
Prunes	3 prunes
Raisins	2 tablespoons
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	2 tangerines
Watermelon	1 1/4 cup

## **Fruit Juice**

**Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories**

Apple juice and apple cider	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grapefruit juice	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup

## **Milk and Yogurt**

Fat-free and low-fat buttermilk	1 cup
Fat-free milk	1 cup
Low-fat, 1 % milk	1 cup
Evaporated fat-free milk	1/2 cup
Fat-free dry milk powder	1/3 cup dry
Fat-free yogurt	2/3 cup (6 oz)
Milk, whole	1 cup
Evaporated whole milk	1/2 cup
Full-fat yogurt, plain	8 oz
Goat's milk	1 cup

# Non-Starchy Vegetables

Serving size = 1/2 cup cooked, 1 cup raw

Each serving = 5 g carbohydrate, 2 g protein, 0 g fat, 25 calories

Amaranth spinach	Mushrooms
Artichoke	Okra
Asparagus	Onions
Baby corn	Oriental radish or daikon
Bamboo shoots	Pea pods (snow peas)
Beans (green, wax, Italian)	Peppers (all varieties)
Bean sprouts	Radishes
Beets	Rutabaga
Bok choy	Sauerkraut
Borscht	Soybean sprouts
Broccoli	Spinach
Brussels sprouts	Summer squash
Cabbage - all types	Sugar snap peas
Carrots	Swiss chard
Cauliflower	Mung bean sprouts
Mixed vegetables	Tomato (fresh or canned)
Chayote	Tomato sauce
Coleslaw, no dressing	Tomato/vegetable juice
Cucumber	Turnips
Eggplant	Water chestnuts
Gourds (bitter, bottle, luffa)	Yard-long beans
Greens (collard, kale, mustard)	Zucchini

## Proteins

Each Serving = 0 g carbohydrate, 7 g protein, 0-3 g fat, 45 calories

Cheeses (0-3 g fat per oz)	1 oz
Cottage cheese	1/4 cup
Egg substitute, plain	1/4 cup
Egg whites	2 egg whites
Beef	1 oz
Fish	1 oz
Hot dog with 0-3 g fat per oz	1 hot dog
Lamb: chop, leg, roast	1 oz
Organ meats: heart, kidney, liver (high cholesterol)	1 oz
Oysters, fresh or frozen	6 oysters
Pork	1 oz
Poultry (chicken, duck)	1 oz
Processed sandwich meats	1 oz
Salmon, canned	1 oz
Sardines, canned	2 sardines
Sausage with 0-3 g fat per oz	1 oz
Shellfish	1 oz



## **Nuts**

**Each Serving = 0 g carbohydrate, 0 g protein, 5 g fat, 45 calories**

Almonds	6 nuts
Brazil	2 nuts
Cashews	6 nuts
Filberts (hazelnuts)	5 nuts
Macadamia	3 nuts
Peanuts	10 nuts

## **Condiments**

**Each Serving = 15 g carbohydrate, 0 g protein**

Barbeque sauce	3 tablespoons
Cranberry sauce, jellied	1/4 cup
Gravy, canned or bottled	1/2 cup
Salad dressing, fat-free	3 tablespoons
Sweet and sour sauce	3 tablespoons