

# Food List for Diabetes

## Nutrition Information Guide

### About Carbohydrate Choices

Consistent carbohydrates in meals and snacks can help regulate blood sugar for a person with diabetes. Each Carbohydrate Choice on the Nutrition Place Mat contains approximately 15 grams of carbohydrate (CHO). These foods can be traded for each other on occasion.

#### Starch & Bread Group

- 1 serving contains 15 grams CHO and may contain some protein & Fat (approx. C=15 P=3, F=0-1, & 80 calories)
- This group supplies your body with B vitamins and iron.
- Choose items with less than 3 grams of fat per serving to be on a low fat, heart healthy diet.
- High fiber foods are healthy choices for many reasons. If you are carbohydrate counting using food labels, be sure to subtract grams of fiber from the total carbohydrates listed if the item has more than 5 grams of fiber per serving!

#### Fruit Group

- 1 serving contains 15 grams CHO (approx. C=15, P=0, F=0, & 60 calories).
- The Fruit Group provides your body with Vitamin A & C, Folic Acid, Potassium, and fiber.
- Fruits are healthy, quick energy foods with a sweet taste that can help satisfy your sweet tooth!

#### Milk Group

- 1 serving contains 12-15 grams of CHO (approximate C=12, P=8, F=3 & 100 calories).
- This group provides your body with Calcium and Riboflavin.
- Choose skim/low fat milk or yogurt for a heart healthy diet!

#### More Carbohydrate Group

- 1 serving contains 15 grams CHO with variable amounts of protein and fat, depending on the food choice.
- To add variety and "livability" to your diabetes meal plan, use the sweet items on this list as an occasional treat.
- Eat the sweet carbohydrate choices in a mixed meal with other healthy foods to help reduce the effect that this sugar source might have on your blood sugars.

Food Information Source: USDA Nutrient Database for Standard Reference, Release 17.  
KEY: C = Carbohydrate grams (has 4 calories per gram)  
P = Protein grams (has 4 calories per gram)  
F = Fat grams (has 9 calories per gram)

*The information contained within the Nutrition Place Mat, Individualized Meal Plans, and Nutrition Information Guide is not a substitute for medical treatment. Please consult with your doctor or health care professional for medical advice.*

## Carbohydrate Choices

A carbohydrate choice is the amount of a food that has about 15 grams of carbohydrate and varying amounts of protein and fat. Carbohydrate choices must be regulated to help blood glucose control.

Grains/Beans/Starchy Vegetables	Serving Size	Choices	Carbohydrate
Bagel, small	1 bagel (3-4 oz)	3-4	45-60g
Baked beans	½ cup	1 ½	22g
Beans, (pinto, garbanzo, kidney), cooked or canned	½ cup	1	15g
Bread	1 slice (1 oz)	1	15g
Cereal, cooked	½ cup	1	15g
Cereal, unsweetened, ready-to-eat	¾ cup	1	15g
Corn	½ cup	1	15g
Dinner roll	1 roll (1 oz.)	1	15g
English muffin	1 muffin (2 oz)	2	30g
Hamburger or hot dog bun	1 bun (2 oz)	2	30g
Lima beans, cooked	2/3 cup	1	15g
Pancakes, 6" across	1 pancake	1	15g
Pasta (macaroni, noodles, spaghetti), cooked	½ cup	1	15g
Peas, green	½ cup	1	15g
Potato, baked or boiled	1 small	1	15g
Potato, baked or boiled	1 medium	2	30g
Potato, mashed	½ cup	1	15g
Rice, white or brown, cooked	1/3 cup	1	15g
Squash, acorn or butternut, cooked	1 cup	1	15g
Tortilla, 6" across	1 tortilla	1	15g
# Waffle, 4 ½" across	1 waffle	1	15g
Fruits/Fruit Juices	Serving Size	Choices	Carbohydrate
Apple, orange, or pear	1 medium	1	15g
Banana	1 medium	2	30g
Berries (blueberries, raspberries, strawberries)	1 cup	1	15g
Canned fruit in juice or water	½ cup	1	15g
Cherries or grapes	12-15	1	15g
Dried fruit	¼ cup	1	15g
Fruit juice	1/3-1/2 cup	1	15g
Grapefruit	½ medium	1	15g
Melon (watermelon, cantaloupe, honeydew)	1 cup cubes	1	15g
Prunes	3 prunes	1	15g
Raisins	2 Tbsp	1	15g
Milk/Yogurt/Milk Substitutes	Serving Size	Choices	Carbohydrate
Milk, skim or low-fat (1%)	1 cup (8-10oz)	1	15g
# Milk, reduced fat (2%) or whole	1 cup (8-10oz)	1	15g
Rice beverage	½-¾ cup (4-6oz)	1	15g
Soy milk, low-fat or non-fat	1 cup (8 oz)	1	15g
Yogurt, low-fat, artificially sweetened or plain	¾-1 cup (6-8oz)	1	15g
Yogurt, low-fat, sweetened, with fruit	¾-1 cup (6-8oz)	2	30g

1 choice = 15 grams carbohydrate  
2 choices = 30 grams carbohydrate

3 choices = 45 grams carbohydrate  
4 choices = 60 grams carbohydrate

# Higher in fat

Combination Foods*	Serving Size	Choices	Carbohydrate
Asian entrée (no rice)	1 cup	1	15g
# Burrito, bean, flour tortilla, 7" long	1 burrito	3	45g
# Burrito, meat, flour tortilla, 7" long	1 burrito	2	30g
Chili, casserole, or hot dish	1 cup	2	30g
# Frozen dinner, 8-11oz	1 dinner	2-3	30-45g
Frozen dinner, reduced calorie, "healthy", 8-11oz	1 dinner	2-3	30-45g
Hamburger with bun, regular size	1 burger	2	30g
# Lasagna, 3" x 4" piece	1 piece (1 cup)	2	30g
# Macaroni and cheese	1 cup	2	30g
# Pasta or potato salad	½ cup	1	15g
# Pizza, thick-crust, medium	1 slice (1/8 pizza)	2	30g
# Pizza, thin-crust, medium	1 slice (1/8 pizza)	1	15g
Soup (bean, noodle, or vegetable)	1 cup	1	15g
# Soup, cream	1 cup	1	15g
# Spaghetti or pasta sauce, canned	½ cup	1	15g
# Sub sandwich, 6" long	1 sub	3	45g
# Taco	1 taco	1	15g
Sweets/Snacks	Serving Size	Choices	Carbohydrate
# Brownie or cake, 2" square, frosted	1 piece	2	30g
# Chips, potato or tortilla	10-15 chips (1oz)	1	15g
# Chocolate candy bar, snack size	1 bar (1oz)	1	15g
# Cookie, 3" across	1 cookie	1	15g
# Crackers, soda	6 crackers	1	15g
# Doughnut, glazed, 3" across	1 doughnut (2oz)	2	30g
Frozen yogurt, nonfat or low-fat	½ cup	1 1/2	22g
Gelatin, regular (not sugar free)	½ cup	1	15g
Graham crackers, arrowroots	3	1	15g
# Granola bar	1 bar (1oz)	1	15g
Hard candies	3 round	1	15g
# Ice cream or light ice cream	½ cup	1	15g
Jam or jelly, regular	1 Tbsp	1	15g
# Muffin, small	1 muffin (3oz)	2	30g
Popcorn, popped, no fat added	3 cups	1	15g
Popcorn, microwave light, popped	½ large bag	2	30g
Pretzel twists, mini	15 pretzels (3/4 oz)	1	15g
Pudding, sugar free	½ cup	1	15g
Syrup, honey, or table sugar	1 Tbsp	1	15g

### Free Foods

Free foods have less than 5 grams of carbohydrate and less than 20 calories per serving. They have no significant effect on blood glucose levels and are not counted in your food plan.

#### Unlimited

Coffee, tea  
 Diet soft drinks, mineral water  
 Seasonings  
 Sugar substitutes

broth  
 sugar-free gelatin  
 salad greens

#### One Serving Is Free

Condiments (Ketchup, taco sauce, mustard), 1 Tbsp  
 Jams and jellies, low sugar or light, 1-2 tsp  
 Salad dressings, fat-free, 1 Tbsp  
 Syrup, sugar free, 2 Tbsp

sugar-free popsicle  
 any yogurt  
 ½ cup raw vegetable  
 1/4 cup salsa.

\* Some of these dishes can be modified to reduce fat and salt content.