

## Foods High and Low in Carbohydrates

Choosing the right foods can help you get the nutrients you need while helping keep your blood glucose under control.

### *What foods are high in carbohydrates?*

- Bread, cereal, rice and pasta, beans and starchy vegetables
- Fruits
- Milk, yogurt and cheese
- Sweets

### Examples with Serving Sizes

(To equal 1 carbohydrate serving: 15 grams of carbohydrates)

#### *Bread, cereal, rice, pasta*

|                             |                                    |
|-----------------------------|------------------------------------|
| 1 corn tortilla (6-inch)    | 1 corn bread (2-inch)              |
| 1 flour tortilla (6-inch)   | 1 pancake (4-inch)                 |
| ½ flour tortilla (10-inch)  | ¾ cup dry cereal (flakes or puffs) |
| ½ piece pita bread (6-inch) | ¼ cup Grape Nuts®                  |
| 1 slice bread (1 ounce)     | ¼ cup granola                      |
| ½ small bagel (1 ounce)     | ½ cup cooked cereal                |
| ½ English muffin            | 1/3 cup pasta                      |
| ½ hamburger/hotdog bun      | 1/3 cup stuffing                   |
| 6 crackers                  | 1/3 cup rice                       |
| 1 waffle (4-inch)           | ½ cup grits                        |
| 1 biscuit (2 ½-inch)        | 3 cups popcorn, no added fat       |

#### *Beans*

|   |                         |
|---|-------------------------|
| ½ cup pinto, black, kidney, or other cooked dry beans | ½ cup cooked lentils    |
|   | ½ cup cooked split peas |

## *Starchy Vegetables*

- 1/2 cup baked beans
- 1/2 cup corn
- 1/2 cup peas
- 1 small potato (3 ounces)
- 1 cup French fries ( 2 ounces)
- 1/2 cup yam or sweet potato
- 1 cup winter squash (acorn, butternut, buttercup, hubbard, etc.)
- 1 cup pumpkin

## *Fruits*

- 1 small apple (4 ounces)
- 1 small banana (4 ounces)
- 1/2 grapefruit (11 ounces)
- 1 kiwi (3 1/2 ounces)
- 1 small orange (6 1/2 ounces)
- 1 small nectarine (5 ounces)
- 1 medium peach (4 ounces)
- 1/2 pear, large (4 ounces)
- 2 small tangerines (8 ounces)
- 1 cup cantaloupe
- 1 cup papaya
- 1 1/4 cups watermelon
- 3/4 cup berries (strawberries, blueberries, raspberries, etc.)
- 3/4 cup fresh pineapple
- 1/2 cup mango (5 1/2 ounces)
- 1/2 cup canned fruit (peaches, pears, apricots, pineapple, plums, fruit cocktail, etc.)
- 1/2 cup fruit juice (apple, grapefruit, orange, pineapple)
- 1/3 cup fruit juice (cranberry, fruit blends, grape, prune)
- 1/2 cup applesauce
- 4 fresh apricots
- 8 halves dried apricots
- 12 fresh cherries (3 ounces)
- 3 dates
- 17 grapes
- 2 small plums (5 ounces)
- 3 dried prunes
- 2 tablespoons raisins

## *Milk, yogurt, and cheese*

- 1 cup milk (cow's, goat's, etc.)
- 1 cup fat-free or low-fat milk (fat-free buttermilk, fat-free evaporated milk, fat-free soy milk)
- 1 cup fruit-flavored yogurt (6 ounces)
- 1 cup rice milk (unsweetened)
- 1/2 cup evaporated milk
- 1/2 cup dry nonfat milk

## *Sweets* (just a little)

- |   |                          |
|---|--------------------------|
| 1 tablespoon jam or jelly                     | 2 small sandwich cookies |
| 1 tablespoon honey                            | 3 ginger snaps           |
| 1 tablespoon syrup                            | 5 vanilla wafers         |
| 1 tablespoon sugar                            | 1 Fig Newton®            |
| ½ cup ice cream                               | 1 Rice Krispie® bar      |
| 2-inch piece of cake or brownie (no frosting) | 1 rice or popcorn cake   |
| 1 small cupcake or muffin                     |                          |

## *What foods are low in carbohydrates?*

- Non-starchy vegetables
- Meat, fish, poultry, and meat substitutes
- Fats

### Examples with Serving Sizes

#### *Non-starchy Vegetables*

- |                                   |  |
|-----------------------------------|--|
| 1 cup lettuce                     | 1 cup raw onion slices                                   |
| 1 cup raw spinach                 | ½ cup cooked okra  |
| ½ cup cooked spinach              | 1 cup raw radishes                                       |
| 1 cup raw greens                  | ½ cup cooked summer squash (yellow, zucchini, spaghetti) |
| ½ cup cooked greens               | 1 medium tomato  |
| ½ cup cooked cabbage/cabbage slaw | ½ cup cooked turnips                                     |
| ½ cup cooked Brussels sprouts     | 1 cup cucumber slices                                    |
| 1 cup raw celery                  | 1 cup cooked mushrooms                                   |
| 1 cup raw jicama                  | ½ cup raw mushrooms                                      |
| 1 cup raw green pepper strips     | 1 cup carrot sticks                                      |
| 1 cup raw broccoli                | ½ cup cooked carrots                                     |
| ½ cup cooked broccoli             | 1 cup raw cauliflower                                    |
| ½ cup cooked beets                | ½ cup cooked cauliflower                                 |
| ½ cup cooked asparagus            |  |
| ½ cup cooked green beans          |  |

## *Meat, Poultry, Fish, and Meat Substitutes*

2-3 ounces cooked beef (hamburger, steak, roast, etc.)

2-3 ounces cooked pork (pork chop, roast, ham, ground pork, etc.)

2-3 ounces cooked chicken

1 chicken drumstick

2-3 ounces cooked turkey

2-3 ounces cooked fish (trout, catfish, salmon, mackerel, etc.)

½ cup tuna

2-3 ounces cooked shellfish (shrimp, lobster, clams, etc.)

2-3 ounces cooked game meats (venison, elk, turkey, etc.)

1 egg

½ tablespoon peanut butter

1 ounce peanuts (10 nuts)

4 pecan halves

6 nuts (almonds, walnuts, cashews)

½ cup tofu (4 ounces)

## *Fats (Just a Little)*

2 tablespoons avocado (1 ounce)

8 black olives

10 stuffed green olives

2 tablespoons flaked coconut

1 teaspoon vegetable oil

1 teaspoon margarine

1 teaspoon butter

1 teaspoon lard

1 teaspoon shortening

1 teaspoon salad dressing

2 teaspoons Miracle Whip®

1 tablespoon cream cheese

2 tablespoons sour cream

1 strip bacon

Adapted from the Texas Cooperative Extension *Special Food Needs*

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.