15 Gram Carbohydrate Food List

Vegetables and leaumes



Each is 15 g carbs

Starchy vegetables

½ cup cooked green peas

½ cup cooked corn

½ corn on the cob, large (5 oz)

½ cup cooked hominy

½ cup cooked sweet potatoes

½ cup cooked potatoes

1 small potato or sweet potato

½ cup hash browns or au gratin potatoes

10 to 15 French fries

1 cup winter squash (pumpkin, acorn, butternut)

1 cup marinara or pasta sauce

½ cup tomato juice

1/4 cup tomato puree

Legumes

½ cup boiled beans (kidney, pinto, red, green, etc.)

½ cup refried beans

½ cup cooked lentils

1/4 cup baked beans

Dairy products Each is 13 g carbs



1 cup milk (fat-free,

1%, 2%, whole) 6-oz cup yogurt (plain or flavored with artificial sweetener)

1 cup dairy-free beverage

(___ g carbs)

Fruits

Each is 15 g carbs



1 small fresh fruit (apple, orange, pear, peach, tangerine, nectarine)

½ cup applesauce, unsweetened

4 fresh apricots

7 dried apricot halves

1/2 banana

2 Tbsp dried fruit

1 cup melon cubes (cantaloupe, watermelon, honeydew)

½ cup cherries

2 fias or plums

½ cup canned fruit, unsweetened

½ grapefruit

15 grapes

1 large kiwi

3/4 cup pineapple

½ mango or papaya

3 medium prunes

2 Tbsp raisins or craisins

15 strawberries, medium size

1 cup blueberries

1 cup raspberries

Sweets and desserts

2"-square cake, unfrosted (2 oz)

1¼ inch-square brownie, unfrosted

½ cup frozen yogurt, low-fat or fat-free

1 Tbsp syrup, jam, jelly, sugar or honey

1 cup hot chocolate made with water

½ cup juice

Each is 15 g carbs

(1 oz), 1/8" high

½ cup ice cream

1 Tbsp maple syrup

1 cup sports drink

2 small cookies (% oz)

½ cup sugar-free pudding

Starches

Each is 15 g carbs



Breads

1 slice bread

½ English muffin

1 small croissant

1 small muffin (1 oz)

1 pancake or waffle (4")

¼ of a large bagel

½ hot dog bun or burger bun

1 tortilla (6")

1 small cornbread or biscuit

(2" cube, 2 oz)

1 small plain roll (1 oz)

½ small pita (6")

Cereals, pasta and rice (cooked)

½ cup bran cereal

1/4 cup granola

½ cup cooked cereal

34 cup dry cereal

½ cup sugar frosted cereal

⅓ cup cooked pasta

1/₃ cup cooked white or

brown rice

½ cup chow mein noodles

½ cup quinoa

½ cup couscous

Crackers, chips and popcorn

6 Saltine or Ritz crackers

3 Graham crackers

6 to 7 animal crackers

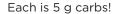
3/4 oz pretzels (15 mini twists)

1 oz snack chips

9 to 13 tortilla chips

3 cups popcorn

Lower carbs: Non-starchy vegetables



1 cup raw OR ½ cup cooked:

Asparagus Green beans Bean sprouts Broccoli

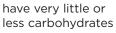
Cabbage Carrots Cauliflower Eggplant

Spinach Tomato Lettuce Zucchini

Peppers Cucumber Snap peas Turnips



Proteins and fats





Examples of proteins: Eggs, cheese, meat (chicken, beef, pork), fish and seafood

Examples of fats: Oil, butter, mayonnaise

