

15 Gram Carbohydrate Food List

Vegetables and legumes

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
- ¼ cup tomato puree

Legumes

- ½ cup boiled beans (kidney, pinto, red, green, etc.)
- ½ cup refried beans
- ½ cup cooked lentils
- ¼ 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)

Lower carbs: Non-starchy vegetables

Each is 5 g carbs!

1 cup raw OR ½ cup cooked:

- | | | | |
|--------------|-------------|----------|-----------|
| Asparagus | Cabbage | Spinach | Peppers |
| Green beans | Carrots | Tomato | Cucumber |
| Bean sprouts | Cauliflower | Lettuce | Snap peas |
| Broccoli | Eggplant | Zucchini | Turnips |



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
- ½ banana
- 2 Tbsp dried fruit
- 1 cup melon cubes (cantaloupe, watermelon, honeydew)
- ½ cup cherries
- 2 figs or plums
- ½ cup canned fruit, unsweetened
- ½ grapefruit
- 15 grapes
- 1 large kiwi
- ¾ cup pineapple
- ½ mango or papaya
- 3 medium prunes
- 2 Tbsp raisins or raisins
- 15 strawberries, medium size
- 1 cup blueberries
- 1 cup raspberries
- ½ cup juice

Sweets and desserts

Each is 15 g carbs



- 2"-square cake, unfrosted (2 oz)
- 1¼ inch-square brownie, unfrosted (1 oz), ⅞" high
- 2 small cookies (⅓ oz)
- ½ cup sugar-free pudding
- ½ cup ice cream
- ½ cup frozen yogurt, low-fat or fat-free
- 1 Tbsp syrup, jam, jelly, sugar or honey
- 1 Tbsp maple syrup
- 1 cup sports drink
- 1 cup hot chocolate made with water

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
- ¼ cup granola
- ½ cup cooked cereal
- ¾ cup dry cereal
- ½ cup sugar frosted cereal
- ⅓ cup cooked pasta
- ⅓ cup cooked white or brown rice
- ½ cup chow mein noodles
- ⅓ cup quinoa
- ½ cup couscous

Crackers, chips and popcorn

- 6 Saltine or Ritz crackers
- 3 Graham crackers
- 6 to 7 animal crackers
- ¾ oz pretzels (15 mini twists)
- 1 oz snack chips
- 9 to 13 tortilla chips
- 3 cups popcorn

Lower carbs: Proteins and fats

have very little or less carbohydrates



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

Examples of fats: Oil, butter, mayonnaise