

15 克碳水化合物食品清单

蔬菜和豆类

每份含 15 g 碳水化合物



淀粉类蔬菜

- ½ 杯煮熟的绿豌豆
- ½ 杯煮熟的玉米
- ½ 个大玉米棒 (5 盎司)
- ½ 杯煮熟的玉米糝
- ½ 杯煮熟的红薯
- ½ 杯煮熟的土豆
- 1 个小的土豆或红薯
- ½ 杯薯饼或奶酪焗土豆
- 10 到 15 根炸薯条
- 1 杯冬南瓜 (南瓜、橡子南瓜、奶油南瓜)
- 1 杯番茄酱或意面酱
- ½ 杯番茄汁
- ¼ 杯番茄泥

豆类

- ½ 杯煮熟的豆子 (芸豆、斑豆、红豆、绿豆等)
- ½ 杯炸豆泥
- ½ 杯煮熟的扁豆
- ¼ 杯烤豆

乳制品

每份含 13 g 碳水化合物



- 1 杯牛奶 (脱脂、1%、2%、全脂)
- 6 盎司杯酸奶 (原味或用人造甜味剂调味)
- 1 杯不含乳饮料
(___ g 碳水化合物)

低碳水化合物：非淀粉类蔬菜

每份含 5 g 碳水化合物！

1 杯生的或 ½ 杯煮熟的：

- | | | | |
|-----|-----|-----|----|
| 芦笋 | 卷心菜 | 菠菜 | 辣椒 |
| 四季豆 | 胡萝卜 | 西红柿 | 黄瓜 |
| 豆芽 | 花椰菜 | 生菜 | 甜豆 |
| 西兰花 | 茄子 | 西葫芦 | 芜菁 |



水果

每份含 15 g 碳水化合物



- 1 个小的新鲜水果 (苹果、橙子、梨、桃子、橘子、油桃)
- ½ 杯无糖苹果酱
- 4 个新鲜杏子
- 7 个杏干半片
- ½ 个香蕉
- 2 汤匙果干
- 1 杯甜瓜块 (哈密瓜、西瓜、蜜瓜)
- ½ 杯樱桃
- 2 个无花果或李子
- ½ 杯无糖水果罐头
- ½ 个葡萄柚
- 15 颗葡萄
- 1 个大猕猴桃
- ¾ 杯菠萝
- ½ 个芒果或木瓜
- 3 个中等大小的西梅干
- 2 汤匙葡萄干或蔓越莓干
- 15 个中等大小的草莓
- 1 杯蓝莓
- 1 杯树莓
- ½ 杯果汁

糖果和甜点

每份含 15 g 碳水化合物



- 2 平方英寸无糖霜蛋糕 (2 盎司)
- 1¼ 平方英寸的无糖霜布朗尼 (1 盎司), ¾ 英寸高
- 2 块小曲奇 (¾ 盎司)
- ½ 杯无糖布丁
- ½ 杯冰激凌
- ½ 杯低脂或脱脂冷冻酸奶
- 1 汤匙糖浆、果酱、果冻、糖或蜂蜜
- 1 汤匙枫糖浆
- 1 杯运动饮料
- 1 杯用水冲泡的热巧克力

淀粉类食物

每份含 15 g 碳水化合物



面包

- 1 片面包
- ½ 个英式松饼
- 1 个小羊角面包
- 1 个小松饼 (1 盎司)
- 1 个薄煎饼或华夫饼 (4 英寸)
- ¼ 个大贝果
- ½ 个热狗面包或汉堡面包
- 1 个玉米饼 (6 英寸)
- 1 个小玉米面包或饼干 (2 英寸立方块, 2 盎司)
- 1 个小平卷面包 (1 盎司)
- ½ 个小皮塔饼 (6 英寸)

谷物、面食和米饭 (煮熟)

- ½ 杯麸皮
- ¼ 杯格兰诺拉麦片
- ½ 杯煮熟的谷物
- ¾ 杯干谷物
- ½ 杯糖霜麦片
- ⅓ 杯煮熟的意大利面
- ⅓ 杯煮熟的白米饭或糙米饭
- ½ 杯炒面
- ⅓ 杯藜麦
- ½ 杯蒸粗面粉

饼干、薯片和爆米花

- 6 块咸饼干或丽兹饼干
- 3 块全麦饼干
- 6 到 7 块动物饼干
- ¾ 盎司椒盐脆饼 (15 个迷你扭结)
- 1 盎司零食薯片
- 9 到 13 片玉米片
- 3 杯爆米花

低碳水化合物：

蛋白质和脂肪

含有极少或较少的碳水化合物

蛋白质示例：鸡蛋、奶酪、肉类 (鸡肉、牛肉、猪肉)、鱼和海鲜

脂肪示例：油、黄油、蛋黄酱



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