

## 15 Gram Carbohydrate Food List

### 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)

### Vegetables and legumes

#### Each is 15 g carbs

#### Starchy vegetables

½ cup cooked green peas  
½ cup cooked corn or hominy  
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

#### Beans, Seeds, Nuts

½ cup cooked beans (kidney, pinto,  
red, green, etc.)  
½ cup cooked lentils  
¼ cup baked beans  
4 tablespoons nut butter

### Fruits

#### Each is 15 g carbs

1 small fresh fruit (apple, orange,  
pear, peach, tangerine, nectarine)  
½ cup applesauce, unsweetened  
4 fresh apricots  
½ banana  
2 Tbsp dried fruit  
1 date  
1 cup melon cubes (cantaloupe,  
watermelon, honeydew)  
¾ cup cherries  
2 figs or plums  
½ cup canned fruit, unsweetened  
½ grapefruit  
15 grapes  
large kiwi  
¾ cup pineapple  
½ mango or papaya  
3 medium prunes  
1 cup berries  
½ cup juice

### Sweets and desserts

#### Each is 15 g carbs

2"-square cake, unfrosted (2 oz)  
1 inch-square brownie, (1 oz)  
1 Tbsp frosting  
2 small cookies (⅔ oz)  
½ cup sugar-free pudding  
½ cup ice cream  
½ cup frozen yogurt  
1 Tbsp syrup, jam, jelly, sugar or  
honey  
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 cereal
- ¼ cup granola
- ½ cup cooked 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 potato chips
- 9 to 13 tortilla chips
- 3 cups popcorn

## **Lower carbs: Non-starchy vegetables**

**Each is about 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

## **No carbs: Proteins and fats**

**Have very little or no carbohydrates**

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

Examples of fats: Oil, butter, mayonnaise