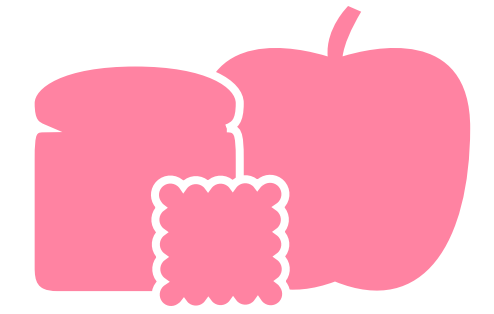


Carbohydrate Quick Reference Guide



Use this chart as a tool to stay on track with your carbohydrate goals and easily count carbohydrates!

Each Option = 15 grams of Carbohydrates or 1 Carbohydrate Choice

Breads	1 slice white or whole grain	2 slices reduced-calorie /light	1/2 English muffin	1/4 large bagel	1 small (6") flour/corn tortilla	1 waffle (4" across)	Quick Tip: Remember to choose whole grains as much as possible for added fiber and nutrients!
Cereal & Grains	1/3 cup barley, quinoa, couscous, rice (all types), pasta	1/2 cup hot cereal (oats, grits cooked in water)	1/2 cup bran cereal, shredded wheat	1/2 cup beans, lentils, peas (cooked or canned, drained & rinsed)	3/4 cup unsweetened ready-to-eat cereal	Quick tip: Beans, lentils and peas are great protein sources and high in fiber!	
Starchy Veggies	1/4 large baked potato with skin	1/2 cup corn, peas, mixed veggies, parsnips	1/2 cup yam or sweet potato	1/2 cup mashed potato with milk and fat	1 cup winter squash (butternut, acorn)		
Non-Starchy Veggies	*Each serving equals 5 grams carbohydrates	1/2 cup cooked or 1 cup raw	1/2 cup vegetable juice	Non-starchy veggies include asparagus, beets, broccoli, carrots, cauliflower, green beans, greens, mushrooms, onions, spinach, tomatoes, and zucchini.	Quick tip: Salad Greens are "Free"		

Learn more about type 2 diabetes management and connect with others at [Type2Diabetes.com](https://www.Type2Diabetes.com).

References: American Diabetes Association, Academy of Nutrition and Dietetics (2014). Count your Carbs. Getting Started.; American Diabetes Association, Academy of Nutrition and Dietetics (2014). Choose Your Foods. Food List for Diabetes.; American Diabetes Association, Academy of Nutrition and Dietetics (2014). Choose Your Foods. Food List for Weight Management.

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Fruit & Fruit Juices

17 small grapes

1 extra-small banana (4")

1 small apple

1 100% fruit juice bar

1 medium orange, pear, nectarine, tangerine

2 tbsp. dried fruit (raisins, cranberries, mixed)

Dairy & Dairy Substitutes

3/4 cup yogurt (regular or Greek yogurt, plain or sweetened with an artificial sweetener)

1 cup milk (1%, 2%, whole)

1 cup rice drink (plain, fat-free)

1 cup soy milk (regular or low-fat, plain)

Crackers & Snacks

3 graham cracker (2.5 inch squares)

6 saltine crackers

8 animal crackers

8 baked snack chips (potato, pita)

13 regular snack chips (potato, tortilla)

1 granola or snack bar

2 rice cakes (4" across)

3 cups popcorn

Quick Tip: Remember to choose whole grains!

Sweets & Desserts

1 oz. chocolate (dark, milk)

1 tbsp. honey, jam or jelly, sugar

3 pieces hard candy

2-inch square unfrosted cake

2 small sandwich cookies with creme filling

1/2 cup regular ice cream

1/2 cup sugar-free pudding

Quick Tip: Reserve these for special occasional indulgences! Choose dark chocolate for added health benefits!

Portioning

1 hand palm equals 1 slice of bread

1 tennis ball equals 1 medium fruit

1 handful or 1/2 baseball equals 1/2 cup serving

1 fist or 1 baseball equals 1 cup serving

Quick tip: Salad Greens are "Free"

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