



University of Michigan
Comprehensive Diabetes Center

Diabetes: Carbohydrate Food List

1. Bread Products	Portion Size	Carbs (g)
Bagel – Lender’s frozen	1 plain bagel	30
Bagel – Panera	1 plain bagel	60
Bread	1 regular slice	15-23
Bread Stuffing	½ Cup	20
Breadstick-soft	1 bread stick	15-25
Bun: Hamburger or Hot dog	1 regular size	15-30
Corn Bread	2” cube	15
Croissant	Medium 2 oz	25
Croutons: from Italian Restaurant	½ Cup	15
Croutons: pkg from fast food restaurant	1 pkg	10
Dinner Roll	Small	15
English Muffin	1 whole	30
Pancake	6” diameter (avg size)	30
Pita bread	Large 6”-9”	30-45
Tortilla-corn	7”	15
Waffle (frozen type)	1	15
Wrap	Various sizes	See label

2. Cereals/Beans/Grains/Pasta	Portion Size	Carbs (g)
Beans: refried	½ Cup	18
Oatmeal, cooked	½ Cup	10
Cream of Wheat, cooked	½ Cup	15
Cornmeal: dry	3 Tbsp	15
Beans/legumes/lentils as prepared	½ Cup	15
Flour: dry	3 Tbsp	15
Hummus	½ Cup	10-15
Pasta, cooked	1 Cup	45
Rice, cooked	1 Cup	45

3. Starchy Vegetables	Portion Size	Carbs (g)
Corn: cooked or canned	½ Cup	15
Corn Cob	6”-9”	30-45
Peas	½ Cup	15
Potato – Wendy’s	Avg baked (10 oz)	60
Potatoes (hashed, mashed)	½ Cup	15
Squash (winter type: acorn, Hubbard, etc)	1 Cup	10-30
Sweet Potato/Yams-plain cooked	10oz baked	60

4. Milk & Yogurt	Portion Size	Carbs (g)
Cow's milk (fat-free, 1%, 2%, Whole)	1 Cup	12
Rice Milk- flavored	1 Cup	See label
Rice Milk-Plain	1 Cup	20
Soy Milk (flavored-vanilla, chocolate, etc)	1 Cup	See label
Soy Milk (plain)	1 Cup	8
Yogurt (plain)	1 Cup	12
Yogurt- Dannon Light & Fit	1 serving (6oz)	10
Yogurt-Yoplait Light (blue top)	1 serving (6 oz)	19

5. Fruit	Portion Size	Carbs (g)
Apple	4-8 oz	15-30
Applesauce-unsweetened	½ Cup	15
Apricots, dried	7 pieces	15
Banana	6" - 9"	30-45
Blackberries, Blueberries	1 Cup	20
Canned Fruit Cocktail-in its own juice	½ Cup	15
Cantaloupe, Honeydew Melons	1 Cup	15
Cherries	12	15
Dates-dried Medjool type	1	15
Grapefruit	½ Large	15
Grapes	15 small	15
Kiwi	1 small	15
Orange	1 medium	15
Peaches (canned-in its own juice)	½ Cup	15
Pear	6 oz	20
Pineapple	1 Cup diced	20
Prunes- dried	3	15
Raisins	35 or 1/8 Cup (2 Tbsp.)	15
Raspberries	1 Cup	15
Strawberries-fresh	1 Cup halves	12
Watermelon	1 Cup diced	12

6. Fruit/Vegetable Juice	Portion Size	Carbs (g)
Apple Juice 100%	½ Cup	15
Carrot Juice	1 Cup	12
Cranberry Juice Cocktail 100%	½ Cup	12
Cranberry Juice Cocktail- Light	1 Cup	10
Grape Juice 100%	½ Cup (4 oz)	15
Orange Juice	½ Cup	13
Tomato or V8 juice	1 Cup (8oz)	10

7. Baked Goods	Portion Size	Carbs (g)
Biscuit (large Bob Evans)	1	30
Biscuit (small Pillsbury)	1	10
Brownie-large (Zimmerman's)	1	70
Cake 2 layer frosted	4" square	80
Chocolate Chip cookie-refrigerator dough	1	15
Cupcake with frosting (Hostess)	1	30
Danish (large bakery type)	1	45
Donut (Dunkin Donuts-plain or jelly filled)	1	25-40
Donut (Krispy Kreme)	1	20
Apple Crisp	½ Cup	70
Fruit pie	1/8 of 9" pie	50
Muffin (homemade standard size)	1	20-30
Muffins (bakery type)	1	60-75

8. Snack Foods	Portion Size	Carbs (g)
Dark Chocolate	1 oz	15
Dove Chocolate	3 pieces	15
French Fries-crinkle cut frozen type	10	15
French Fries-diner style	Side order	60
French Fries-fast food	Small order	30
Graham Cracker	3 squares	15
Granola: SEE LABEL	½ Cup	15-45
Hershey Kisses	5	15
Ice Cream- No Sugar Added	½ Cup	12-15
Ice Cream- plain vanilla	½ Cup	15
Jell-O	½ Cup	20
Jell-O-Sugar Free	½ Cup	0
Oyster Crackers	½ Cup	15
Popcorn	3 Cups	15
Potato Chips	1 oz (10-15 chips)	15
Pretzels	11 small	15
Pudding-Regular	1 snack pack	30
Pudding-Sugar Free	1 snack pack	15
Saltine Crackers	7 squares	15
Sherbet	½ Cup	30
Sorbet	½ Cup	35-40
Tortilla Chips	1 oz (10-15 chips)	20

9. Sauce/Condiments		
Apple Butter	2 Tbsp	15
Barbeque Sauce BBQ	2 Tbsp	15
Cranberry Sauce-jellied	¼ Cup	25
Fat Free Mayo/Salad Dressing	2 Tbsp	5

Fruit Jam or Jelly	1 Tbsp	15
Fruit Spread- Jam- 100% Fruit-less sugar	1 Tbsp	10
Fruit Spread-Jams-Sugar Free	1 Tbsp	5
Gravy-brown prepared from mix	1 Cup	15
Hoisin Sauce	2 Tbsp	15
Hollandaise Sauce made from mix	2 Tbsp	5
Honey	1 Tbsp	15
Honey Mustard	2 Tbsp	7
Ketchup	¼ Cup	15
Marinara Sauce	½ Cup	15
Plum Sauce	2 Tbsp	15
Ranch- fat free	2 Tbsp	8
Ranch- regular	2 Tbsp	2
Sloppy Joe Sauce	¼ Cup	15
Sugar	1 Tbsp	15
Sweet and Sour Sauce	2-3 Tbsp	15
Syrup	1 Tbsp	15
Syrup- Lite	2 Tbsp	15
Szechuan sauce	1/3 Cup	15

10. Combination Foods	Portion Size	Carbs (g)
Bean Soup (split pea, lentil, etc)	1 Cup	30
Beans & Cheese Burrito- avg frozen type	6 oz	45-60
Cabbage Roll with meat and rice	1 avg roll	15
Chicken Noodle Soup- from can	1 Cup	15
Chili with beans & meat	1 Cup	25
Chili-vegetarian	1 Cup	30-50
Cream Soup	1 Cup	15
Dumpling- Chinese type	3	15-20
Egg Roll	1 avg roll	15-25
Lasagna from restaurant	Avg serving	50-80
Macaroni & Cheese	1 Cup	45
Pizza (individual pan)	1 whole pizza	75
Pizza 12"	1 avg slice	30
Pot pie (small frozen)	1	30
Red Beans & Rice	1 Cup	45
Tuna Noodle Casserole	1 Cup	30

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Last Revised 04/2012