


Carbohydrate Choices

Starch (1 choice = 15 grams of carbohydrate and 80 calories)

Bread

White or wheat bread 1 slice	
Bread, reduced calorie 2 slices	
Bagel	1/4 (1 oz)
English muffin	1/2 (1 oz)
French toast	1 slice
Hamburger bun	1/2
Hot dog bun	1/2
Pancake, 4 inch across (1/4 inch thick)	1
Muffin, low-fat	1 mini (1 oz)
Pita, 6 inch across	1/2
Roll, plain, small	1 (1oz)
Raisin bread, unfrosted	1 slice (1 oz)
Tortilla, corn 6"	1
Tortilla, flour 6"	1
Tortilla, flour 10"	1/3
Waffle, 4", low fat	1

Starchy Vegetables

Baked beans	1/3 cup
Corn	1/2 cup
Corn on cob	1/2 cob
Mixed vegetables (With corn, peas, or pasta)	1 cup
Peas, green	1/2 cup
Potato, boiled	1/2 cup
Potato, baked	1/4 large
Potato, mashed	1/2 cup
Squash, winter (Acorn, butternut, pumpkin)	1 cup
Yam, sweet potato	1/2 cup



Cereal and Grains

Bran cereals	½ cup
Bulgar	½ cup
Cereal, cooked	½ cup
Cereal, unsweetened	¾ cup
Cornmeal (dry)	3 Tbsp
Couscous	⅓ cup
Flour (dry)	3 Tbsp
Granola, low-fat	¼ cup
Grape-Nuts Cereal	¼ cup
Grits	½ cup
Oats	½ cup
Pasta	⅓ cup
Rice, white or brown	⅓ cup
Shredded wheat	½ cup
Sugar-frosted cereal	½ cup



Crackers and Snacks

Animal crackers	8
Graham crackers (2.5" square)	3
Melba toast	4 slices
Oyster crackers	24
Popcorn, popped (No fat)	3 cups
Pretzels	¾ cup
Rice cakes, 4"	2
Saltine crackers	6
Snack chips (Fat-free or baked)	15-20
Whole-wheat crackers	2-5

Starchy Foods Prepared with Fat (Count as 1 starch and 1 fat)

Biscuit, 2.5"	1
Chow mein noodles	½ cup
Corn bread, 2"	1
Cracker, round butter	6
Croutons	1 cup
French-fried potatoes (Oven-baked)	1 cup
Hummus	⅓ cup
Muffin, 5oz	1/5 cup
Sandwich crackers (Cheese or peanut butter filling)	3
Snack chips (No fat)	9-13



Beans, Peas, and Lentils (Count as 1 starch and 1 very lean meat)

Beans and peas (Garbanzo, pinto, kidney, white, split)	½ cup
Lima beans	⅔ cup
Lentils	½ cup
Miso	3 Tbsp

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.
