

15G CARBOHYDRATE LIST

It's important to remember that all non-fiber carbohydrate sources break down to simple sugar in the digestive tract. So, whether you are eating an apple, a lifesaver, or a potato, eventually, they all become sugar. There is a difference in how quickly they are absorbed and broken down which is reflected in the "Glycemic Index", but essentially, all non-fiber carbs should be treated like sugar.

Equally important to keep in mind is that carbs are not inherently "bad". In fact, some of the healthiest foods like berries and broccoli are mostly carbohydrate. That said, when you have diabetes or blood sugar problems, it's important to limit carbohydrates and to focus on real food, low glycemic options. We typically recommend limiting carbohydrates to no more than 15-20g per meal from simple, real food, healthy sources. This should be customized based on your individual carb tolerance.

The carbohydrate options listed below are all 15g, making it easy to choose the right amount of food to consume. Be aware of all the carb sources in your meal, and be sure to limit the total net carbohydrates to no more than 15-20g per meal, based on your individual carb tolerance.

VEGETABLE SOURCES All fibrous vegetables are 1 1/2 cups cooked or 3 cups raw

Artichoke	Leeks
Asparagus	Mixed Vegetables (without corn, peas, or pasta)
Beans (green, wax, Italian)	Mushrooms
Bean sprouts	Okra
Beets	Onions
Broccoli	Pea pods
Brussels sprouts	Peppers
Cabbage	Radishes
Carrots	Salad greens
Cauliflower	Sauerkraut
Celery	Spinach
Cucumber	Summer squash
Eggplant	Tomato (canned, sauce, juice)
Green onions or scallions	Turnips
Greens (collard, kale, mustard, turnip)	Water chestnuts
Kohlrabi	Watercress
	Zucchini

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FRUIT SOURCES Fruits listed below are 15g per serving size

Apple, unpeeled, small	1 (4 oz.)
Banana, small	1 (4 oz.)
Blackberries	$\frac{3}{4}$ cup
Blueberries	$\frac{3}{4}$ cup
Cantaloupe, small	$\frac{1}{3}$ melon or 1 cup cubes
Cherries, sweet fresh	12 (3 oz.)
Grapefruit, large	$\frac{1}{2}$ (11 oz.)
Grapes, small	17 (3 oz.)
Honeydew melon	1 slice (10 oz.) or 1 cup cubes
Kiwi	1 (3 $\frac{1}{2}$ oz.)
Mango, small	$\frac{1}{2}$ fruit (5 $\frac{1}{2}$ oz.) or $\frac{1}{2}$ cup
Orange, small	1 (6 $\frac{1}{2}$ oz.)
Papaya	$\frac{1}{2}$ fruit (8 oz.) or 1 cup cubes
Peach, medium, fresh	1 (6 oz.)
Pear, large, fresh	$\frac{1}{2}$ (4 oz.)
Pineapple, fresh	$\frac{3}{4}$ cup
Raisins	2 Tbsp.
Raspberries	1 cup
Strawberries	1 $\frac{1}{4}$ cup whole berries
Watermelon	1 slice (13 $\frac{1}{2}$ oz.) or 1 $\frac{1}{4}$ cup cubes

STARCHY CARBS Carb sources listed below are 15g per serving size

Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz.)
English Muffin	$\frac{1}{2}$
Roll, plain, small	1 (1 oz.)
Oats	$\frac{1}{2}$ cup
Pasta, cooked	$\frac{1}{3}$ cup
Rice, white or brown, cooked	$\frac{1}{3}$ cup
Beans and peas	$\frac{1}{2}$ cup
Lentils (cooked)	$\frac{1}{2}$ cup
Corn on the cob, medium 3"	1 (5 oz.)
Peas, green	$\frac{1}{2}$ cup
Potato, mashed	$\frac{1}{2}$ cup
Squash, winter (acorn, butternut)	1 cup
Plain, low-fat or nonfat yogurt	$\frac{3}{4}$ cup
Popcorn, popped	3 cups
Hummus	$\frac{1}{3}$ cup