

STARCHY CARBOHYDRATES

PORTION SIZES

Beans, Peas & Lentils

Each portion = 15 g carbs + 1 lean protein

Food	Serving Size or Portion
Baked Beans	1/3 cup
Cooked Beans (black, garbanzo, kidney, lima, navy, pinto, cannellini)	½ cup
Cooked Lentils (all varieties)	½ cup
Cooked Peas (all varieties)	½ cup
Refried Beans (canned)	½ cup

Breads

Each portion = 15 g carbs

Food	Serving Size/Portion
Bagel, large (4 oz)	¼ (1 oz)
Bread, white, whole grain, pumpernickel, rye	1 slice (1 oz)
Chapatti, small 6 inches across	1
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake (small 4 inches across ½ inch thick)	1
Pita (6 inches across)	½
Roll, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla corn or flour (6 inches across)	1
Tortilla, corn or flour (10 inches across)	1/3 tortilla
Waffle 4 inch square/ or 4 inch across	1

Cereals and Grains

Each portion = 15 g carbs

Food	Serving Size or Portion
Barley, cooked	1/3 cup
Oat Bran, dry	¼ cup
Wheat Bran, dry	½ cup
Bulgur, cooked	½ cup
Bran cereal	½ cup
Oatmeal, cooked	½ cup
Puffed cereal	1 ½ cup
Plain shredded wheat cereal	½ cup
Couscous, cooked	1/3 cup
Granola	¼ cup
Pasta, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup
Wild rice, cooked	½ cup
Millet, cooked	1/3 cup
Quinoa, cooked	½ cup

Crackers and Snacks

Each portion = 15 g carbs

Food	Serving Size or Portion
Animal Crackers	8
Crackers, round butter type	6
Saltine type	6
Sandwich style, cheese or peanut butter filling	3
Whole-wheat regular	2-5 (check label)
Graham cracker 2 ½ inch square	3
Matzoh	¾ oz
Melba toast (2x4 inch)	4
Oyster crackers	20
Popcorn	3 cups
Rice cakes (4 inches across)	2
Pretzels	¾ oz
Baked tortilla/potato chips	15-20 (¾ oz) check label
Fried regular tortilla/potato chips	9-13 (¾ oz) check label

Starchy Vegetables

Each portion = 15 g carbs

Food	Serving Size or Portion
Corn	½ cup
Corn on the cob, large	½ cup, (5 oz)
Mixed vegetables with corn, peas or pasta	1 cup
Parsnips	1/2 cup
Green peas	1/2 cup
Plantain, ripe	1/2 cup
Baked Potato with skin	¼ large (3 oz)
Boiled Potato, all kinds	1/2 cup or ½ medium (3 oz)
Mashed Potatoes	½ cup
French fries	1 cup (2 oz)
Pumpkin	1 cup
Winter Squash	1 cup
Succotash	1/2 cup
Yam, sweet potato, plain	½ cup