



The Food Lists

The following chart shows the amount of nutrients in 1 serving from each list.

| Food List | Carbohydrate (grams) | Protein (grams) | Fat (grams) | Calories |
|--|----------------------|-----------------|-------------|----------|
| Carbohydrates | | | | |
| Starch: breads, cereals and grains, starchy vegetables, crackers, snacks, and beans, peas, and lentils | 15 | 0–3 | 0–1 | 80 |
| Fruits | 15 | — | — | 60 |
| Milk | | | | |
| Fat-free, low-fat, 1% | 12 | 8 | 0–3 | 100 |
| Reduced-fat, 2% | 12 | 8 | 5 | 120 |
| Whole | 12 | 8 | 8 | 160 |
| Sweets, Desserts, and Other Carbohydrates | 15 | varies | varies | varies |
| Nonstarchy Vegetables | 5 | 2 | — | 25 |
| Meat and Meat Substitutes | | | | |
| Lean | — | 7 | 0–3 | 45 |
| Medium-fat | — | 7 | 4–7 | 75 |
| High-fat | — | 7 | 8+ | 100 |
| Plant-based proteins | varies | 7 | varies | varies |
| Fats | — | — | 5 | 45 |
| Alcohol | varies | — | — | 100 |



Starch

Bread

| Food | Serving Size |
|--|------------------|
| Bagel, large (about 4 oz) | ¼ (1 oz) |
| Biscuit, 2½ inches across | 1 |
| Bread | |
| reduced-calorie | 2 slices (1½ oz) |
| white, whole-grain, pumpernickel, rye, unfrosted raisin | 1 slice (1 oz) |
| Chapatti, small, 6 inches across | 1 |
| Cornbread, 1¾ inch cube | 1 (1½ oz) |
| English muffin | ½ |
| Hot dog bun or hamburger bun | ½ (1 oz) |
| Naan, 8 inches by 2 inches | ¼ |
| Pancake, 4 inches across, ¼ inch thick | 1 |
| Pita, 6 inches across | ½ |
| Roll, plain, small | 1 (1 oz) |
| Stuffing, bread | ⅓ cup |
| Taco shell, 5 inches across | 2 |
| Tortilla, corn, 6 inches across | 1 |
| Tortilla, flour, 6 inches across | 1 |
| Tortilla, flour, 10 inches across | ⅓ tortilla |
| Waffle, 4-inch square or 4 inches across | 1 |

Starch



Cereals and Grains

| Food | Serving Size |
|-------------------------------|--------------|
| Barley, cooked | ½ cup |
| Bran, dry | |
| oat | ¼ cup |
| wheat | ½ cup |
| Bulgur (cooked) | ½ cup |
| Cereals | |
| bran | ½ cup |
| cooked (oats, oatmeal) | ½ cup |
| puffed | 1½ cups |
| shredded wheat, plain | ½ cup |
| sugar-coated | ½ cup |
| unsweetened, ready-to-eat | ¾ cup |
| Couscous | ½ cup |
| Granola | |
| low-fat | ¼ cup |
| regular | ¼ cup |
| Grits, cooked | ½ cup |
| Kasha | ½ cup |
| Millet, cooked | ½ cup |
| Muesli | ¼ cup |
| Pasta, cooked | ½ cup |
| Polenta, cooked | ½ cup |
| Quinoa, cooked | ½ cup |
| Rice, white or brown, cooked | ½ cup |
| Tabbouleh (tabouli), prepared | ½ cup |
| Wheat germ, dry | 3 Tbsp |
| Wild rice, cooked | ½ cup |



Starch

Starchy Vegetables

| Food | Serving Size |
|--|---|
| Cassava | ½ cup |
| Corn on cob, large | ½ cup ½ cob (5 oz) |
| Hominy, canned | ¾ cup |
| Mixed vegetables with corn, peas, or pasta | 1 cup |
| Parsnips | ½ cup |
| Peas, green | ½ cup |
| Plantain, ripe | ½ cup |
| Potato baked with skin boiled, all kinds mashed, with milk and fat French fried (oven-baked) | ¼ large (3 oz) ½ cup or ½ medium (3 oz) ½ cup 1 cup (2 oz) |
| Pumpkin, canned, no sugar added | 1 cup |
| Spaghetti/pasta sauce | ½ cup |
| Squash, winter (acorn, butternut) | 1 cup |
| Succotash | ½ cup |
| Yam, sweet potato, plain | ½ cup |



Crackers and Snacks

| Food | Serving Size |
|--|---------------------------|
| Animal crackers | 8 |
| Crackers | |
| round-butter type | 6 |
| saltine-type | 6 |
| sandwich-style, cheese or peanut butter filling | 3 |
| whole-wheat regular | 2–5 ($\frac{3}{4}$ oz) |
| whole-wheat lower fat or crispbreads | 2–5 ($\frac{3}{4}$ oz) |
| Graham cracker, 2½-inch square | 3 |
| Matzoh | $\frac{3}{4}$ oz |
| Melba toast, about 2-inch by 4-inch piece | 4 pieces |
| Oyster crackers | 20 |
| Popcorn | 3 cups |
| with butter | 3 cups |
| no fat added | 3 cups |
| lower fat | 3 cups |
| Pretzels | $\frac{3}{4}$ oz |
| Rice cakes, 4 inches across | 2 |
| Snack chips | |
| fat-free or baked (tortilla, potato), baked pita chips | 15–20 ($\frac{3}{4}$ oz) |
| regular (tortilla, potato) | 9–13 ($\frac{3}{4}$ oz) |



Starch

Beans, Peas, and Lentils

The choices on this list count as 1 starch + 1 lean meat.

| Food | Serving Size |
|---|--------------|
| Baked beans | ½ cup |
| Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white) | ½ cup |
| Lentils, cooked (brown, green, yellow) | ½ cup |
| Peas, cooked (black-eyed, split) | ½ cup |
| Refried beans, canned | ½ cup |

Fruits



Fruit

The weight listed includes skin, core, seeds, and rind.

| Food | Serving Size |
|--|--------------------------------|
| Apple, unpeeled, small | 1 (4 oz) |
| Apples, dried | 4 rings |
| Applesauce, unsweetened | ½ cup |
| Apricots canned | ½ cup |
| dried | 8 halves |
| fresh | 4 whole (5½ oz) |
| Banana, extra small | 1 (4 oz) |
| Blackberries | ¾ cup |
| Blueberries | ¾ cup |
| Cantaloupe, small | ½ melon or 1 cup cubed (11 oz) |
| Cherries sweet, canned | ½ cup |
| sweet fresh | 12 (3 oz) |
| Dates | 3 |
| Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins) | 2 Tbsp |
| Figs dried | 1½ |
| fresh | 1½ large or 2 medium (3½ oz) |
| Fruit cocktail | ½ cup |
| Grapefruit large | ½ (11 oz) |
| sections, canned | ¾ cup |
| Grapes, small | 17 (3 oz) |
| Honeydew melon | 1 slice or 1 cup cubed (10 oz) |
| Kiwi | 1 (3½ oz) |
| Mandarin oranges, canned | ¾ cup |



Fruits

Fruit (continued)

The weight listed includes skin, core, seeds, and rind.

| Food | Serving Size |
|---------------------|-----------------------------------|
| Mango, small | ½ fruit (5½ oz) or ½ cup |
| Nectarine, small | 1 (5 oz) |
| Orange, small | 1 (6½ oz) |
| Papaya | ½ fruit or 1 cup cubed (8 oz) |
| Peaches canned | ½ cup |
| fresh, medium | 1 (6 oz) |
| Pears canned | ½ cup |
| fresh, large | ½ (4 oz) |
| Pineapple canned | ½ cup |
| fresh | ¾ cup |
| Plums canned | ½ cup |
| dried (prunes) | 3 |
| small | 2 (5 oz) |
| Raspberries | 1 cup |
| Strawberries | 1¼ cup whole berries |
| Tangerines, small | 2 (8 oz) |
| Watermelon | 1 slice or 1¼ cups cubes (13½ oz) |



Fruit Juice

| Food | Serving Size |
|--------------------------------|---------------------|
| Apple juice/cider | ½ cup |
| Fruit juice blends, 100% juice | ½ cup |
| Grape juice | ½ cup |
| Grapefruit juice | ½ cup |
| Orange juice | ½ cup |
| Pineapple juice | ½ cup |
| Prune juice | ½ cup |

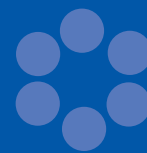


Milk

| | Carbohydrate (grams) | Protein (grams) | Fat (grams) | Calories |
|-------------------------------|---------------------------------|----------------------------|------------------------|-----------------|
| Fat-free (skim), low-fat (1%) | 12 | 8 | 0–3 | 100 |
| Reduced-fat (2%) | 12 | 8 | 5 | 120 |
| Whole | 12 | 8 | 8 | 160 |

Milk and Yogurts

| Food | Serving Size | Count as |
|--|---------------------|--------------------|
| Fat-free or low-fat (1%) | | |
| Milk, buttermilk, acidophilus milk, Lactaid | 1 cup | 1 fat-free milk |
| Evaporated milk | ½ cup | 1 fat-free milk |
| Yogurt, plain or flavored with an artificial sweetener | ⅔ cup (6 oz) | 1 fat-free milk |
| Reduced-fat (2%) | | |
| Milk, acidophilus milk, kefir, Lactaid | 1 cup | 1 reduced-fat milk |
| Yogurt, plain | ⅔ cup (6 oz) | 1 reduced-fat milk |
| Whole | | |
| Milk, buttermilk, goat's milk | 1 cup | 1 whole milk |
| Evaporated milk | ½ cup | 1 whole milk |
| Yogurt, plain | 8 oz | 1 whole milk |



Dairy-Like Foods

| Food | Serving Size | Count as |
|---|--------------|------------------------------------|
| Chocolate milk | | |
| fat-free | 1 cup | 1 fat-free milk + 1 carbohydrate |
| whole | 1 cup | 1 whole milk + 1 carbohydrate |
| Eggnog, whole milk | ½ cup | 1 carbohydrate + 2 fats |
| Rice drink | | |
| flavored, low-fat | 1 cup | 2 carbohydrates |
| plain, fat-free | 1 cup | 1 carbohydrate |
| Smoothies, flavored, regular | 10 oz | 1 fat-free milk + 2½ carbohydrates |
| Soy milk | | |
| light | 1 cup | 1 carbohydrate + ½ fat |
| regular, plain | 1 cup | 1 carbohydrate + 1 fat |
| Yogurt | | |
| and juice blends | 1 cup | 1 fat-free milk + 1 carbohydrate |
| low carbohydrate (less than 6 grams carbohydrate per choice) | ⅔ cup (6 oz) | ½ fat-free milk |
| with fruit, low-fat | ⅔ cup (6 oz) | 1 fat-free milk + 1 carbohydrate |



Sweets, Desserts, and Other Carbohydrates

Beverages, Soda, and Energy/Sports Drinks

| Food | Serving Size | Count as |
|----------------------------|-----------------------------------|------------------------|
| Cranberry juice cocktail | ½ cup | 1 carbohydrate |
| Energy drink | 1 can (8.3 oz) | 2 carbohydrates |
| Fruit drink or lemonade | 1 cup (8 oz) | 2 carbohydrates |
| Hot chocolate regular | 1 envelope added to 8 oz water | 1 carbohydrate + 1 fat |
| sugar-free or light | 1 envelope added to 8 oz water | 1 carbohydrate |
| Soft drink (soda), regular | 1 can (12 oz) | 2½ carbohydrates |
| Sports drink | 1 cup (8 oz) | 1 carbohydrate |

Brownies, Cake, Cookies, Gelatin, Pie, and Pudding

| Food | Serving Size | Count as |
|-------------------------------|--|---------------------------|
| Brownie, small, unfrosted | 1¼-inch square, ⅞ inch high (about 1 oz) | 1 carbohydrate + 1 fat |
| Cake angel food, unfrosted | ½ of cake (about 2 oz) | 2 carbohydrates |
| frosted | 2-inch square (about 2 oz) | 2 carbohydrates + 1 fat |
| unfrosted | 2-inch square (about 1 oz) | 1 carbohydrate + 1 fat |
| Cookies chocolate chip | 2 cookies (2¼ inches across) | 1 carbohydrate + 2 fats |
| gingersnap | 3 cookies | 1 carbohydrate |
| sandwich, with crème filling | 2 small (about ⅔ oz) | 1 carbohydrate + 1 fat |
| sugar-free | 3 small or 1 large (¾–1 oz) | 1 carbohydrate + 1–2 fats |
| vanilla wafer | 5 cookies | 1 carbohydrate + 1 fat |

Sweets, Desserts, and Other Carbohydrates



Brownies, Cake, Cookies, Gelatin, Pie, and Pudding (continued)

| Food | Serving Size | Count as |
|---|-----------------------|-----------------------------|
| Cupcake, frosted | 1 small (about 1¼ oz) | 2 carbohydrates + 1–1½ fats |
| Fruit cobbler | ½ cup (3½ oz) | 3 carbohydrates + 1 fat |
| Gelatin, regular | ½ cup | 1 carbohydrate |
| Pie | | |
| commercially prepared fruit, 2 crusts | ¼ of 8-inch pie | 3 carbohydrates + 2 fats |
| pumpkin or custard | ¼ of 8-inch pie | 1½ carbohydrates + 1½ fats |
| Pudding | | |
| regular (made with reduced-fat milk) | ½ cup | 2 carbohydrates |
| sugar-free or sugar- and fat-free (made with fat-free milk) | ½ cup | 1 carbohydrate |

Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings

| Food | Serving Size | Count as |
|--|--------------------------|----------------------------|
| Candy bar, chocolate/peanut | 2 “fun size” bars (1 oz) | 1½ carbohydrates + 1½ fats |
| Candy, hard | 3 pieces | 1 carbohydrate |
| Chocolate “kisses” | 5 pieces | 1 carbohydrate + 1 fat |
| Coffee creamer | | |
| dry, flavored | 4 tsp | ½ carbohydrate + ½ fat |
| liquid, flavored | 2 Tbsp | 1 carbohydrate |
| Fruit snacks, chewy (pureed fruit concentrate) | 1 roll (¾ oz) | 1 carbohydrate |
| Fruit spreads, 100% fruit | 1½ Tbsp | 1 carbohydrate |
| Honey | 1 Tbsp | 1 carbohydrate |
| Jam or jelly, regular | 1 Tbsp | 1 carbohydrate |
| Sugar | 1 Tbsp | 1 carbohydrate |



Sweets, Desserts, and Other Carbohydrates

Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings (continued)

| Food | Serving Size | Count as |
|------------------------|--------------|-----------------|
| Syrup | | |
| chocolate | 2 Tbsp | 2 carbohydrates |
| light (pancake type) | 2 Tbsp | 1 carbohydrate |
| regular (pancake type) | 1 Tbsp | 1 carbohydrate |

Condiments and Sauces

| Food | Serving Size | Count as |
|--|--------------|------------------------|
| Barbeque sauce | 3 Tbsp | 1 carbohydrate |
| Cranberry sauce, jellied | ¼ cup | 1½ carbohydrates |
| Gravy, canned or bottled | ½ cup | ½ carbohydrate + ½ fat |
| Salad dressing, fat-free, low-fat, cream-based | 3 Tbsp | 1 carbohydrate |
| Sweet and sour sauce | 3 Tbsp | 1 carbohydrate |

Doughnuts, Muffins, Pastries, and Sweet Breads

| Food | Serving Size | Count as |
|----------------------|-------------------------|---------------------------|
| Banana nut bread | 1-inch slice (1 oz) | 2 carbohydrates + 1 fat |
| Doughnut | | |
| cake, plain | 1 medium (1½ oz) | 1½ carbohydrates + 2 fats |
| yeast type, glazed | 3¾ inches across (2 oz) | 2 carbohydrates + 2 fats |
| Muffin (4 oz) | ¼ muffin (1 oz) | 1 carbohydrate + ½ fat |
| Sweet roll or Danish | 1 (2½ oz) | 2½ carbohydrates + 2 fats |

Sweets, Desserts, and Other Carbohydrates



Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

| Food | Serving Size | Count as |
|--------------------------------------|--------------|--------------------------|
| Frozen pops | 1 | ½ carbohydrate |
| Fruit juice bars, frozen, 100% juice | 1 bar (3 oz) | 1 carbohydrate |
| Ice cream | | |
| fat-free | ½ cup | 1½ carbohydrates |
| light | ½ cup | 1 carbohydrate + 1 fat |
| no sugar added | ½ cup | 1 carbohydrate + 1 fat |
| regular | ½ cup | 1 carbohydrate + 2 fats |
| Sherbet, sorbet | ½ cup | 2 carbohydrates |
| Yogurt, frozen | | |
| fat-free | ½ cup | 1 carbohydrate |
| regular | ½ cup | 1 carbohydrate + 0–1 fat |

Granola Bars, Meal Replacement Bars/Shakes, and Trail Mix

| Food | Serving Size | Count as |
|--|------------------|----------------------------|
| Granola or snack bar, regular or low-fat | 1 bar (1 oz) | 1½ carbohydrates |
| Meal replacement bar | 1 bar (1½ oz) | 1½ carbohydrates + 0–1 fat |
| Meal replacement bar | 1 bar (2 oz) | 2 carbohydrates + 1 fat |
| Meal replacement shake, reduced calorie | 1 can (10–11 oz) | 1½ carbohydrates + 0–1 fat |
| Trail mix | | |
| candy/nut-based | 1 oz | 1 carbohydrate + 2 fats |
| dried fruit-based | 1 oz | 1 carbohydrate + 1 fat |



Nonstarchy Vegetables

Nonstarchy Vegetables

| | |
|--|---|
| Amaranth or Chinese spinach | Kohlrabi |
| Artichoke | Leeks |
| Artichoke hearts | Mixed vegetables (without corn, peas, or pasta) |
| Asparagus | Mung bean sprouts |
| Baby corn | Mushrooms, all kinds, fresh |
| Bamboo shoots | Okra |
| Beans (green, wax, Italian) | Onions |
| Bean sprouts | Oriental radish or daikon |
| Beets | Pea pods |
| Borscht | Peppers (all varieties) |
| Broccoli | Radishes |
| Brussels sprouts | Rutabaga |
| Cabbage (green, bok choy, Chinese) | Sauerkraut |
| Carrots | Soybean sprouts |
| Cauliflower | Spinach |
| Celery | Squash (summer, crookneck, zucchini) |
| Chayote | Sugar pea snaps |
| Coleslaw, packaged, no dressing | Swiss chard |
| Cucumber | Tomato |
| Eggplant | Tomatoes, canned |
| Gourds (bitter, bottle, luffa, bitter melon) | Tomato sauce |
| Green onions or scallions | Tomato/vegetable juice |
| Greens (collard, kale, mustard, turnip) | Turnips |
| Hearts of palm | Water chestnuts |
| Jicama | Yard-long beans |

Meat and Meat Substitutes



| | Carbohydrate (grams) | Protein (grams) | Fat (grams) | Calories |
|---------------------|---------------------------------|----------------------------|------------------------|-----------------|
| Lean meat | — | 7 | 0–3 | 45 |
| Medium-fat meat | — | 7 | 4–7 | 75 |
| High-fat meat | — | 7 | 8+ | 100 |
| Plant-based protein | varies | 7 | varies | varies |

Lean Meats and Meat Substitutes

| Food | Amount |
|---|---------------|
| Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin | 1 oz |
| Beef jerky | 1/2 oz |
| Cheeses with 3 grams of fat or less per oz | 1 oz |
| Cottage cheese | ¼ cup |
| Egg substitutes, plain | ¼ cup |
| Egg whites | 2 |
| Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna | 1 oz |
| Fish, smoked: herring or salmon (lox) | 1 oz |
| Game: buffalo, ostrich, rabbit, venison | 1 oz |
| Hot dog with 3 grams of fat or less per oz (8 dogs per 14 oz package) <i>Note: May be high in carbohydrate.</i> | 1 |
| Lamb: chop, leg, or roast | 1 oz |
| Organ meats: heart, kidney, liver <i>Note: May be high in cholesterol.</i> | 1 oz |
| Oysters, fresh or frozen | 6 medium |
| Pork, lean | |
| Canadian bacon | 1 oz |
| rib or loin chop/roast, ham, tenderloin | 1 oz |



Meat and Meat Substitutes

Lean Meats and Meat Substitutes (continued)

| Food | Amount |
|---|---------|
| Poultry, without skin: Cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey | 1 oz |
| Processed sandwich meats with 3 grams of fat or less per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami | 1 oz |
| Salmon, canned | 1 oz |
| Sardines, canned | 2 small |
| Sausage with 3 grams of fat or less per oz | 1 oz |
| Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp | 1 oz |
| Tuna, canned in water or oil, drained | 1 oz |
| Veal, loin chop, roast | 1 oz |

Medium-Fat Meat and Meat Substitutes

| Food | Amount |
|--|---------------|
| Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib), short ribs, tongue | 1 oz |
| Cheeses with 4–7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string | 1 oz |
| Egg <i>Note: High in cholesterol, so limit to 3 per week.</i> | 1 |
| Fish, any fried product | 1 oz |
| Lamb: ground, rib roast | 1 oz |
| Pork: cutlet, shoulder roast | 1 oz |
| Poultry: chicken with skin; dove, pheasant, wild duck, or goose; fried chicken; ground turkey | 1 oz |
| Ricotta cheese | 2 oz or ¼ cup |
| Sausage with 4–7 grams of fat per oz | 1 oz |
| Veal, cutlet (no breading) | 1 oz |

Meat and Meat Substitutes



High-Fat Meat and Meat Substitutes

These foods are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis. Try to eat 3 or fewer servings from this group per week.

| Food | Amount |
|--|--|
| Bacon pork | 2 slices (16 slices per lb or 1 oz each, before cooking) |
| turkey | 3 slices (½ oz each before cooking) |
| Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss | 1 oz |
| Hot dog: beef, pork, or combination (10 per lb-sized package) | 1 |
| Hot dog: turkey or chicken (10 per lb-sized package) | 1 |
| Pork: ground, sausage, spareribs | 1 oz |
| Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami | 1 oz |
| Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer | 1 oz |



Meat and Meat Substitutes

Plant-Based Proteins

Because carbohydrate content varies among plant-based proteins, you should read the food label.

| Food | Amount | Count as |
|--|-----------------------------------|------------------------------------|
| “Bacon” strips, soy-based | 3 strips | 1 medium-fat meat |
| Baked beans | ½ cup | 1 starch + 1 lean meat |
| Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white | ½ cup | 1 starch + 1 lean meat |
| “Beef” or “sausage” crumbles, soy-based | 2 oz | ½ carbohydrate + 1 lean meat |
| “Chicken” nuggets, soy-based | 2 nuggets (1½ oz) | ½ carbohydrate + 1 medium-fat meat |
| Edamame | ½ cup | ½ carbohydrate + 1 lean meat |
| Falafel (spiced chickpea and wheat patties) | 3 patties (about 2 inches across) | 1 carbohydrate + 1 high-fat meat |
| Hot dog, soy-based | 1 (1½ oz) | ½ carbohydrate + 1 lean meat |
| Hummus | ½ cup | 1 carbohydrate + 1 high-fat meat |
| Lentils, brown, green, or yellow | ½ cup | 1 carbohydrate + 1 lean meat |
| Meatless burger, soy-based | 3 oz | ½ carbohydrate + 2 lean meats |
| Meatless burger, vegetable- and starch-based | 1 patty (about 2½ oz) | 1 carbohydrate + 2 lean meats |
| Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter | 1 Tbsp | 1 high-fat meat |
| Peas, cooked: black-eyed and split peas | ½ cup | 1 starch + 1 lean meat |

Meat and Meat Substitutes



Plant-Based Proteins (continued)

Because carbohydrate content varies among plant-based proteins, you should read the food label.

| Food | Amount | Count as |
|------------------------------|--------------|------------------------------------|
| Refried beans, canned | ½ cup | 1 starch + 1 lean meat |
| “Sausage” patties, soy-based | 1 (1½ oz) | 1 medium-fat meat |
| Soy nuts, unsalted | ¾ oz | ½ carbohydrate + 1 medium-fat meat |
| Tempeh | ¼ cup | 1 medium-fat meat |
| Tofu | 4 oz (½ cup) | 1 medium-fat meat |
| Tofu, light | 4 oz (½ cup) | 1 lean meat |



Fats

Unsaturated Fats — Monounsaturated Fats

| Food | Serving Size |
|---|---------------|
| Avocado, medium | 2 Tbsp (1 oz) |
| Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy) | 1½ tsp |
| Nuts | |
| almonds | 6 nuts |
| Brazil | 2 nuts |
| cashews | 6 nuts |
| filberts (hazelnuts) | 5 nuts |
| macadamia | 3 nuts |
| mixed (50% peanuts) | 6 nuts |
| peanuts | 10 nuts |
| pecans | 4 halves |
| pistachios | 16 nuts |
| Oil: canola, olive, peanut | 1 tsp |
| Olives | |
| black (ripe) | 8 large |
| green, stuffed | 10 large |



Polyunsaturated Fats

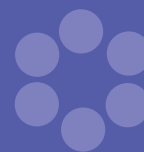
| Food | Serving Size |
|---|--------------|
| Margarine: lower-fat spread (30%–50% vegetable oil, <i>trans</i> fat–free) | 1 Tbsp |
| Margarine: stick, tub (<i>trans</i> fat–free), or squeeze (<i>trans</i> fat–free) | 1 tsp |
| Mayonnaise reduced-fat | 1 Tbsp |
| regular | 1 tsp |
| Mayonnaise-style salad dressing reduced-fat | 1 Tbsp |
| regular | 2 tsp |
| Nuts Pignolia (pine nuts) | 1 Tbsp |
| walnuts, English | 4 halves |
| Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower | 1 tsp |
| Oil: made from soybean and canola oil—Enova | 1 tsp |
| Plant stanol esters light | 1 Tbsp |
| regular | 2 tsp |
| Salad dressing reduced-fat | 2 Tbsp |
| <i>Note: May be high in carbohydrate.</i> | |
| regular | 1 Tbsp |
| Seeds flaxseed, whole | 1 Tbsp |
| pumpkin, sunflower | 1 Tbsp |
| sesame seeds | 1 Tbsp |
| Tahini or sesame paste | 2 tsp |



Fats

Saturated Fats

| Food | Serving Size |
|----------------------------------|----------------|
| Bacon, cooked, regular or turkey | 1 slice |
| Butter | |
| reduced-fat | 1 Tbsp |
| stick | 1 tsp |
| whipped | 2 tsp |
| Butter blends made with oil | |
| reduced-fat or light | 1 Tbsp |
| regular | 1½ tsp |
| Chitterlings, boiled | 2 Tbsp (½ oz) |
| Coconut, sweetened, shredded | 2 Tbsp |
| Coconut milk | |
| light | ½ cup |
| regular | 1½ Tbsp |
| Cream | |
| half and half | 2 Tbsp |
| heavy | 1 Tbsp |
| light | 1½ Tbsp |
| whipped | 2 Tbsp |
| whipped, pressurized | ¼ cup |
| Cream cheese | |
| reduced-fat | 1½ Tbsp (¾ oz) |
| regular | 1 Tbsp (½ oz) |
| Lard | 1 tsp |
| Oil: coconut, palm, palm kernel | 1 tsp |
| Salt pork | ¼ oz |
| Shortening, solid | 1 tsp |
| Sour cream | |
| reduced-fat or light | 3 Tbsp |
| regular | 2 Tbsp |



Low Carbohydrate Foods

| Food | Serving Size |
|--|---------------------|
| Cabbage, raw | ½ cup |
| Candy, hard (regular or sugar-free) | 1 piece |
| Carrots, cauliflower, or green beans, cooked | ¼ cup |
| Cranberries, sweetened with sugar substitute | ½ cup |
| Cucumber, sliced | ½ cup |
| Gelatin dessert, sugar-free unflavored | |
| Gum | |
| Jam or jelly, light or no sugar added | 2 tsp |
| Rhubarb, sweetened with sugar substitute | ½ cup |
| Salad greens | |
| Sugar substitutes (artificial sweeteners) | |
| Syrup, sugar-free | 2 Tbsp |



Free Foods

Modified Fat Foods with Carbohydrate

| Food | Serving Size |
|---|---------------------|
| Cream cheese, fat-free | 1 Tbsp (½ oz) |
| Creamers nondairy, liquid | 1 Tbsp |
| nondairy, powdered | 2 tsp |
| Margarine spread fat-free | 1 Tbsp |
| reduced-fat | 1 tsp |
| Mayonnaise fat-free | 1 Tbsp |
| reduced-fat | 1 tsp |
| Mayonnaise-style salad dressing fat-free | 1 Tbsp |
| reduced-fat | 1 tsp |
| Salad dressing fat-free or low-fat | 1 Tbsp |
| fat-free, Italian | 2 Tbsp |
| Sour cream, fat-free or reduced-fat | 1 Tbsp |
| Whipped topping light or fat-free | 2 Tbsp |
| regular | 1 Tbsp |



Condiments

| Food | Serving Size |
|---------------------------------|--------------|
| Barbecue sauce | 2 tsp |
| Catsup (ketchup) | 1 Tbsp |
| Honey mustard | 1 Tbsp |
| Horseradish | |
| Lemon juice | |
| Miso | 1½ tsp |
| Mustard | |
| Parmesan cheese, freshly grated | 1 Tbsp |
| Pickle relish | 1 Tbsp |
| Pickles | |
| dill | 1½ medium |
| sweet, bread and butter | 2 slices |
| sweet, gherkin | ¾ oz |
| Salsa | ¼ cup |
| Soy sauce, light or regular | 1 Tbsp |
| Sweet and sour sauce | 2 tsp |
| Sweet chili sauce | 2 tsp |
| Taco sauce | 1 Tbsp |
| Vinegar | |
| Yogurt, any type | 2 Tbsp |

Free Snacks

These foods in these serving sizes are perfect free-food snacks.

- 5 baby carrots and celery sticks
- ¼ cup blueberries
- ½ oz sliced cheese, fat-free
- 10 goldfish-style crackers
- 2 saltine-type crackers
- 1 frozen cream pop, sugar-free
- ½ oz lean meat
- 1 cup light popcorn
- 1 vanilla wafer



Free Foods

Drinks/Mixes

Any food on this list—without a serving size listed—can be consumed in any moderate amount.

- Bouillon, broth, consomme
- Bouillon or broth, low-sodium
- Carbonated or mineral water
- Club soda
- Cocoa powder, unsweetened (1 Tbsp)
- Coffee, unsweetened or with sugar substitute
- Diet soft drinks, sugar-free
- Drink mixes, sugar-free
- Tea, unsweetened or with sugar substitute
- Tonic water, diet
- Water
- Water, flavored, carbohydrate free

Seasonings

Any food on this list can be consumed in any moderate amount.

- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic
- Herbs, fresh or dried
- Nonstick cooking spray
- Pimento
- Spices
- Hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

Combination Foods



Entrees

| Food | Serving Size | Count as |
|--|---------------|--|
| Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese) | 1 cup (8 oz) | 2 carbohydrates + 2 medium-fat meats |
| Stews (beef/other meats and vegetables) | 1 cup (8 oz) | 1 carbohydrate + 1 medium-fat meat + 0–3 fats |
| Tuna salad or chicken salad | ½ cup (3½ oz) | ½ carbohydrate + 2 lean meats + 1 fat |

Frozen Meals/Entrees

| Food | Serving Size | Count as |
|---|-----------------------------|---|
| Burrito (beef and bean) | 1 (5 oz) | 3 carbohydrates + 1 lean meat + 2 fats |
| Dinner-type meal | generally 14–17 oz | 3 carbohydrates + 3 medium-fat meats + 3 fats |
| Entree or meal with less than 340 calories | about 8–11 oz | 2–3 carbohydrates + 1–2 lean meats |
| Pizza cheese/vegetarian, thin crust | ¼ of a 12 inch (4½–5 oz) | 2 carbohydrates + 2 medium-fat meats |
| meat topping, thin crust | ¼ of a 12 inch (5 oz) | 2 carbohydrates + 2 medium-fat meats + 1½ fats |
| Pocket sandwich | 1 (4½ oz) | 3 carbohydrates + 1 lean meat + 1–2 fats |
| Pot pie | 1 (7 oz) | 2½ carbohydrates + 1 medium-fat meat + 3 fats |



Combination Foods

Salads (Deli-Style)

| Food | Serving Size | Count as |
|----------------------|--------------|-------------------------------|
| Coleslaw | ½ cup | 1 carbohydrate + 1½ fats |
| Macaroni/pasta salad | ½ cup | 2 carbohydrates + 3 fats |
| Potato salad | ½ cup | 1½–2 carbohydrates + 1–2 fats |

Soups

| Food | Serving Size | Count as |
|--|--------------------------------|--|
| Bean, lentil, or split pea | 1 cup | 1 carbohydrate + 1 lean meat |
| Chowder (made with milk) | 1 cup (8 oz) | 1 carbohydrate + 1 lean meat + 1½ fats |
| Cream (made with water) | 1 cup (8 oz) | 1 carbohydrate + 1 fat |
| Instant with beans or lentils | 6 oz prepared 8 oz prepared | 1 carbohydrate 2½ carbohydrates + 1 lean meat |
| Miso soup | 1 cup | ½ carbohydrate + 1 fat |
| Oriental noodle | 1 cup | 2 carbohydrates + 2 fats |
| Rice (congee) | 1 cup | 1 carbohydrate |
| Tomato (made with water) | 1 cup (8 oz) | 1 carbohydrate |
| Vegetable beef, chicken noodle, or other broth-type | 1 cup (8 oz) | 1 carbohydrate |

Fast Foods



Breakfast Sandwiches

| Food | Serving Size | Count as |
|-----------------------------------|--------------|--|
| Egg, cheese, meat, English muffin | 1 sandwich | 2 carbohydrates + 2 medium-fat meats |
| Sausage biscuit sandwich | 1 sandwich | 2 carbohydrates + 2 high-fat meats + 3½ fats |

Main Dishes/Entrees

| Food | Serving Size | Count as |
|--------------------------------------|-----------------|---|
| Burrito (beef and beans) | 1 (about 8 oz) | 3 carbohydrates + 3 medium-fat meats + 3 fats |
| Chicken breast, breaded and fried | 1 (about 5 oz) | 1 carbohydrate + 4 medium-fat meats |
| Chicken drumstick, breaded and fried | 1 (about 2 oz) | 2 medium-fat meats |
| Chicken nuggets | 6 (about 3½ oz) | 1 carbohydrate + 2 medium-fat meats + 1 fat |
| Chicken thigh, breaded and fried | 1 (about 4 oz) | ½ carbohydrate + 3 medium-fat meats + 1½ fats |
| Chicken wings, hot | 6 (5 oz) | 5 medium-fat meats + 1½ fats |



Fast Foods

Oriental

| Food | Serving Size | Count as |
|--|--------------------|---|
| Beef/chicken/shrimp with vegetables in sauce | 1 cup (about 5 oz) | 1 carbohydrate + 1 lean meat + 1 fat |
| Egg roll, meat | 1 (about 3 oz) | 1 carbohydrate + 1 lean meat + 1 fat |
| Fried rice, meatless | ½ cup | 1½ carbohydrates + 1½ fats |
| Meat and sweet sauce (orange chicken) | 1 cup | 3 carbohydrates + 3 medium-fat meats + 2 fats |
| Noodles and vegetables in sauce (chow mein, lo mein) | 1 cup | 2 carbohydrates + 1 fat |

Pizza

| Food | Serving Size | Count as |
|---|-----------------------------|---|
| Pizza cheese, pepperoni, regular crust | ⅛ of a 14 inch (about 4 oz) | 2½ carbohydrates + 1 medium-fat meat + 1½ fats |
| cheese/vegetarian, thin crust | ¼ of a 12 inch (about 6 oz) | 2½ carbohydrates + 2 medium-fat meats + 1½ fats |

Fast Foods



Sandwiches

| Food | Serving Size | Count as |
|---|--------------|--|
| Chicken sandwich, grilled | 1 | 3 carbohydrates + 4 lean meats |
| Chicken sandwich, crispy | 1 | 3½ carbohydrates + 3 medium-fat meats + 1 fat |
| Fish sandwich with tartar sauce | 1 | 2½ carbohydrates + 2 medium-fat meats + 2 fats |
| Hamburger large with cheese | 1 | 2½ carbohydrates + 4 medium-fat meats + 1 fat |
| regular | 1 | 2 carbohydrates + 1 medium-fat meat + 1 fat |
| Hot dog with bun | 1 | 1 carbohydrate + 1 high-fat meat + 1 fat |
| Submarine sandwich less than 6 grams fat | 6-inch sub | 3 carbohydrates + 2 lean meats |
| regular | 6-inch sub | 3½ carbohydrates + 2 medium-fat meats + 1 fat |
| Taco, hard or soft shell (meat and cheese) | 1 small | 1 carbohydrate + 1 medium-fat meat + 1½ fats |

Salads

| Food | Serving Size | Count as |
|--|--------------------|-------------------------------|
| Salad, main dish (grilled chicken type, no dressing or croutons) | Salad | 1 carbohydrate + 4 lean meats |
| Salad, side, no dressing or cheese | Small (about 5 oz) | 1 vegetable |



Fast Foods

Sides/Appetizers

| Food | Serving Size | Count as |
|--------------------------------|------------------------|---------------------------|
| French fries, restaurant style | small | 3 carbohydrates + 3 fats |
| | medium | 4 carbohydrates + 4 fats |
| | large | 5 carbohydrates + 6 fats |
| Nachos with cheese | small (about 4½ oz) | 2½ carbohydrates + 4 fats |
| Onion rings | 1 serving (about 3 oz) | 2½ carbohydrates + 3 fats |

Desserts

| Food | Serving Size | Count as |
|---------------------------|--------------|--------------------------|
| Milkshake, any flavor | 12 oz | 6 carbohydrates + 2 fats |
| Soft-serve ice cream cone | 1 small | 2½ carbohydrates + 1 fat |

Alcohol



| Alcoholic Beverage | Serving Size | Count as |
|--|----------------------|--|
| Beer light (4.2%) regular (4.9%) | 12 fl oz 12 fl oz | 1 alcohol equivalent + ½ carbohydrate 1 alcohol equivalent + 1 carbohydrate |
| Distilled spirits: vodka, rum, gin, whiskey 80 or 86 proof | 1½ fl oz | 1 alcohol equivalent |
| Liqueur, coffee (53 proof) | 1 fl oz | ½ alcohol equivalent + 1 carbohydrate |
| Sake | 1 fl oz | ½ alcohol equivalent |
| Wine dessert (sherry) dry, red or white (10%) | 3½ fl oz 5 fl oz | 1 alcohol equivalent + 1 carbohydrate 1 alcohol equivalent |