



# CARBOHYDRATE LIST

Carbohydrates include cereals, grains, pasta, bread, rice, starchy vegetables, lentils, and beans

1 serving = 1 exchange

1 exchange = 15 grams carbohydrate

## Examples of Starches, Portions, and Number of Exchanges:

### *Breads*

Bagel ½ bagel = 1 exchange

Bread - whole wheat 1 slice = 1 exchange Bun

Hamburger, hot dog 1 bun = 2 exchanges

English muffin 1 muffin = 2 exchanges

Pancake- 4 inch across, ¼" thick 1 exchange

Pita Bread pocket – 6 in across ½ pita = 1 exchange

Roll - dinner roll, hard roll 1 small (2 in square)

Tortilla – 6 in across 1 tortilla = 1 exchange

Waffle - 4 inch square 1 exchange

### *Cereals/Cooked grains*

Cooked cereal - oatmeal, cream of wheat ½ cup cooked = 1 exchange Dry Cereal (read box) ½ to ¾ cup = 1 exchange

Couscous 1/3 cup = 1 exchange

Pasta ½ cup = 1 exchange

Rice – white or brown ½ cup = 1 exchange

Wheat germ 3 Tbsp = 1 exchange

Starchy Vegetables (potatoes, peas, corn, and beans, and winter squash)

Baked beans/refried beans 1/3 to ½ cup = 1 exchange

Peas ½ cup cooked = 1 exchange

Corn ½ cup cooked or 6 inch on cob = 1 exchange

Potato/Yam/Sweet Potato ½ cup mashed or small 3 oz potato = 1 exchange

Winter squash 1 cup = 1 exchange

### *Beans, Peas, and Lentils*

Beans and peas (garbanzo, pinto, kidney, white, split, black-eyed) 1/3 cup = 1 starch or 1 protein

Lima beans 1/3 cup = 1 starch or 1 protein

Lentils 1/2 cup = 1 starch or 1 protein

# CARBOHYDRATES CONT.

## *Crackers and Snacks*

Graham crackers 3 squares = 1 exchange

Saltine crackers 6 crackers = 1 exchange

Popcorn 3 cups = 1 exchange

Potato chips/tortilla chips 10 chips = 1 exchange

Pretzels  $\frac{3}{4}$  oz hard/10 mini/2 rods = 1 exchange

Rice Cakes – 4 in across 2 cakes = 1 exchange

Whole wheat crackers 2-5 crackers ( $\frac{3}{4}$  oz) = 1 exchange

## *Starchy Foods Prepared with Fat (estimated exchange)*

Biscuit – 2  $\frac{1}{2}$  in across 1 biscuit = 1 starch plus 1 fat exchange

Chow mein noodles  $\frac{1}{2}$  cup = 1 starch plus 1 fat exchange

Corn bread – 2 in cube 2 oz cube = 1 starch plus 1 fat exchange

Crackers round butter type 6 crackers = 1 starch plus 1 fat exchange

Croutons 1 cup = 1 starch plus 1 fat exchange

French fried potatoes (baked) 1 cup (2 oz) = 1 starch plus 1 fat exchange

Granola  $\frac{1}{4}$  cup = 1 starch plus 1 fat exchange

Hummus  $\frac{1}{3}$  cup = 1 starch plus 1 fat exchange

Muffin – 5 oz  $\frac{1}{5}$  (1 oz) = 1 starch plus 1 fat exchange

Popcorn, microwaved 3 cups = 1 starch plus 1 fat exchange



## MILK/DAIRY

### **Milk and Yogurt are Counted as both a protein and carbohydrate**

One milk exchange equals 12 grams of carbohydrates and 8 grams of protein.

**Cheeses are in the protein list and other dairy fats are on the fats list.** Examples of Milk Items, Portions, and Number of Exchanges:

Milk- skim or 1% 1 cup (8 oz) = 1 exchange

Soy milk – low fat or fat free 1 cup = 1 exchange

Yogurt – fat free or light  $\frac{2}{3}$  cup (6 oz) = 1 exchange

Almond milk only contains 1 gram of protein

1 cup of almond milk =  $\frac{1}{2}$ - 1 carbohydrate exchange



# FRUIT

One fruit exchange includes fresh, frozen, canned and dried fruits.

Typically, 1 fruit exchange is: • 1 small (4 oz) fresh fruit •  $\frac{1}{2}$  cup of fresh fruit or canned (make sure to rinse!) •  $\frac{1}{2}$  cup unsweetened fruit juice •  $\frac{1}{4}$  cup of dried fruit

1 fruit exchange= 15 grams of carbohydrate

*Examples of Fruits, Portions, and Number of Exchanges:*

Apple 1 small = 1 exchange

Applesauce-unsweetened  $\frac{1}{2}$  cup

Apricots – fresh 4 whole (5  $\frac{1}{2}$  oz) = 1 exchange

Apricots – dried halves 8 = 1 exchange

Banana – small 1 (4 oz) = 1 exchange

Blackberries  $\frac{3}{4}$  cup = 1 exchange

Blueberries  $\frac{3}{4}$  cup = 1 exchange

Cantaloupe – small  $\frac{1}{3}$  melon or 1 cup cubed = 1 exchange

Cherries – fresh 12 (3 oz) = 1 exchange

Dates 3 = 1 exchange Fruit cocktail  $\frac{1}{2}$  cup = 1 exchange

Grapefruit – large  $\frac{1}{2}$  grapefruit = 1 exchange

Grapes – small 17 (3 oz) = 1 exchange

Kiwi 1 (3  $\frac{1}{2}$  oz) = 1 exchange

Mandarin oranges, canned  $\frac{3}{4}$  cup = 1 exchange

Nectarine 1 (5 oz) = 1 exchange

Orange – small 1 (6  $\frac{1}{2}$  oz) = 1 exchange

Peach – medium, fresh 1 (4 oz) = 1 exchange

Pear – large, fresh  $\frac{1}{2}$  (4 oz) = 1 exchange

Pineapple – fresh  $\frac{3}{4}$  cup = 1 exchange

Plums – small 2 (5 oz) = 1 exchange Plums – dried (prunes) 3 = 1 exchange

Raisins 2 Tbsp = 1 exchange Raspberries 1 cup = 1 exchange

Strawberries 1  $\frac{1}{4}$  cup whole berries = 1 exchange

Watermelon 1 slice (13  $\frac{1}{2}$  oz) or 1  $\frac{1}{4}$  cup cubes = 1 exchange