

What is a carbohydrate?

The foods you eat will make a difference in your blood sugars (glucose). Carbohydrates (starches, fruits, and milk) will raise your blood sugar the most. All carbohydrates will turn into sugar, but we still need them! Carbohydrates are fuel for our brain and muscles.

Which foods have carbohydrates?

Our body needs carbohydrates with fiber, protein, vitamins, and minerals.

Carbohydrate foods are:

- Whole grains such as brown rice, oats, and bulgur, and foods made from whole grains like some breads, cereals, crackers, and pasta.
- Starchy vegetables like potatoes, peas and corn.
- Beans and foods made from legumes like soy milk or tofu.
- Milk, yogurt, and other dairy foods.
- Fruits and 100% fruit juices.

Other foods with carbohydrates are:

- Sugar, syrup, and honey
- Foods made with sugar or other sweeteners like candy, soft drinks, cakes, cookies, and other snack foods.
- Foods made with processed or refined grains.
- These foods do not have fiber, vitamins, and minerals – choose these foods less often!



Most people need 3-4 servings of carbohydrates per meal.
That is 45-60 grams. Remember 1 serving = 15 grams.

Starches (1 serving = 15 grams of carbohydrates)

Bread	1 slice
Cereal (cooked)	½ cup
Cereal (dry, unsweetened)	¾ cup
Rice or Pasta	⅓ cup
Crackers (saltine)	6 crackers
Popcorn	3 cups
Tortillas	1 tortilla (6 inch)



Starchy Vegetables (serving size = ½ cup)

Potatoes	Sweet peas	Butternut squash
Corn	Lentils	Pumpkin
Beans	Plantain	Yucca



Fruits (1 serving = 15 grams of carbohydrates)

Small Fruit	apple, peach, plum
Large Fruit	½ banana, ½ mango
Dry Fruit	¼ cup
Diced fruit	1 cup



Milk/Yogurt (1 serving = 12 grams of carbohydrates)

1 cup of milk [any kind: whole, 1%, 2%, skim (fat-free)]

6 ounces light yogurt

* non-dairy milk (like soy or almond milk)
has different amounts of carbohydrates

