

Carbohydrate in Foods

This handout can help you find out which foods are higher and lower in carbohydrate. Knowing this can help you manage your blood sugar.

Carbohydrate foods















These foods turn into sugar in your blood.
You can have some carbohydrate foods every day.

Each serving below is 1 choice.
1 choice = 15 grams of carbohydrate.

Grains							
Bread  1 slice	Baked bannock  2x2x1 inch (5x5x2.5 cm)	Bagel  ¼	Bun  ½	Soda crackers  7	Hot cereal  ¾ cup (175 mL)	Cold cereal  ½ cup (125 mL)	Pancake or waffle  1 (4 inch or 10 cm)
Cooked pasta, quinoa  ½ cup (125 mL)	Cooked rice, barley  ½ cup (75 mL)	Thick soup  1 cup (250 mL)	Pizza crust  1/12 of 12 inch or 30 cm pizza	Pita  ½ (6 inch or 15 cm)	Roti/chapati or tortilla  1 (6 inch or 15 cm)	Muffin  1 small (2 inch) homemade or ¼ of store-bought muffin	
Starchy Vegetables							
Beans, chickpeas, lentils  ½ cup (125 mL) cooked	Corn  ½ cob or ½ cup (125 mL)	Green peas  1 cup (250 mL)	Potato  ½ potato or ½ cup (125 mL)	Squash  ¾ cup (175 mL)	Sweet potato, yam  ½ cup (125 mL)		
Fruit							
Apple, orange  1 medium	Banana  ½ large	Blueberries  1 cup (250 mL)	Strawberries, Raspberries, or Blackberries  2 cups (500 mL)	Cherries or grapes  15	Canned fruit  ½ cup (125 mL)	Kiwis  2 medium	Peach, nectarine  1 large
Melon  1 cup (250 mL)	Pear  1 small	Pineapple  ¾ cup (175 mL)	Plums  2 medium	Juice, 100%  ½ cup (125 mL)	Mandarins  2 medium	Mango  ½ medium	Raisins or other dried fruit  2 Tbsp (30 mL)
Milk and Alternatives							
Milk or fortified soy beverage, no added sugar  1 cup (250 mL)	Yogurt, plain or no added sugar  ¾ cup (175 mL)	Yogurt with added sugar  ½ cup (75 mL) or 100 g	Milk or fortified soy beverage with added sugar  ½ cup (125 mL)				
Other foods							
Sugar, jam, jelly, honey, syrup  1 Tbsp (15 mL)	Sugary drinks, pop  ½ cup (125 mL)	Popcorn  3 cups (750 mL)	Potato or tortilla chips  17 chips (25 g)				

Foods with little or no carbohydrate

These foods have little effect on your blood sugar.

Vegetables						
						
Meat and Protein Foods						
Fish	Lean meat and poultry	Eggs	Cheese	Cottage cheese	Tofu	
						
Fats						
Oil, tub margarine, butter	Salad dressing	Nuts, nut butters, seeds		Olives, avocados		
						
Extras						
Coffee, tea	Broth	Herbs, spices	Diet pop	Sugar substitutes		
						

Notes: