

Appendix H

Carbohydrate Choices

(15 g carbohydrate per amount listed)

Grains and Starchy Vegetables: 1 carb choice:

| | |
|---|-------------------------|
| Rice, pasta, polenta, barley | 1/3 cup |
| quinoa (cooked) | |
| Wild rice (cooked) | 1/2 cup |
| Couscous, bulgur, grits, kasha (cooked) | 1/2 cup |
| Bread | 1 slice |
| English muffin | 1/2 |
| Bagel | 1/3 -4 inch |
| Matzo-plain | 1 |
| Pita | 1- 4 inch |
| Tortilla-corn or flour | 1-6 inch |
| Corn bread..... | 1-2 inch square |
| Biscuit | 1/2-2.5 inch |
| Hamburger/hot dog bun | 1/2 |
| Bollio | 1/4 |
| Crackers (e.g.Triscuits) | 5 |
| Cereal-cooked | 1/2 cup |
| Cereal-cold..... | 3/4 cup |
| Fufu (cassava-based-cooked) | 1/3 cup |
| Injera (teff flat bread)..... | 1/2 -12 inch |
| Naan, roti..... | 1/2 -6 inch |
| Fry bread | 1/3-5 inch |
| Yucca | 1/2 cup |
| Edamame..... | 1/2 cup |
| Beans-dried, cooked | 1/2 cup |
| Refried or baked beans..... | 1/3 cup |
| Lentils-cooked..... | 1/2 cup |
| Potato (sweet/yam/white)-cooked | 1/2 cup or 1/2 of small |
| Plantain-cooked..... | 1/3 cup |
| Pumpkin-fresh cooked | 1 cup |
| Pumpkin-canned | 3/4 cup |
| Corn | 1 ear/1/2 cup |
| Squash, peas | 1/2 cup |
| Soup (tomato, bean, pea, potato etc) | 1/2 cup |
| Soup (chicken noodle, chicken rice) etc..... | 1 cup |
| Vegetable juice cocktail/tomato juice | 1 cup |
| Pizza-thin crust..... | 1/8 medium |
| Casserole, chili, macaroni and cheese | 1/2 cup |
| Veggie burger..... | 1 |
| Hummus | 1/2 cup |
| Falafel | 3 balls |

Fruit:

| | |
|--|----------------------|
| Banana | 1/2 large or 1 small |
| Grapes, cherries | 1/2 cup/15 |
| Melon, papaya, berries | 1 cup |
| Mango | 1/2 small |
| Grapefruit | 1/2 |
| Apple, orange, pear, guava, peach..... | 1 small/1/2 cup |
| Frozen fruit without sugar | 1/2 cup |
| Canned fruit in juice | 1/2 cup |

Milk and yogurt:

| | |
|---|---------|
| Milk, goat milk, soymilk | 1 cup |
| Rice Milk..... | 3/4 cup |
| Evaporated milk | 1/2 cup |
| Kefir, buttermilk..... | 1 cup |
| Yogurt-plain or artificially sweetened..... | 1 cup |

Sources: Gebhardt SE, Thomas RG. 2002. Nutritive Value of Foods. USDA Agricultural Research Service,. Beltsville, Maryland, 200 Home and Garden Bulletin No. 72.;

Individual food labels