

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Starch

One starch choice has 15 grams of carbohydrate, 3 grams of protein, 1 gram of fat, and 80 calories.

Bread

Food	Serving Size
Bagel	¼ large bagel (1 ounce)
Biscuit	1 biscuit (2½ inches across)
Breads, loaf-type	
White, whole-grain, French, Italian, pumpernickel, rye, sourdough, unfrosted raisin or cinnamon	1 slice (1 ounce)
Reduced-calorie, light	2 slices (1½ ounces)
Breads, flat-type (flatbreads)	
Chapatti	1 ounce
Ciabatta	1 ounce
Naan	3¼-inch square (1 ounce)
Pita(6 inches across)	½ pita
Roti	1 ounce
Sandwich flat buns, whole-wheat	1 bun, including top and bottom (1½ ounces)
Taco shell	2 taco shells (each 5 inches across)
Tortilla, corn	1small tortilla (6 inches across)
Tortilla, flour (white or whole-wheat)	1 small tortilla (6 inches across) or ⅓ large tortilla (10 inches across)
Cornbread	1¾-inch cube (1½ ounces)
English muffin	½ muffin
Hot dog bun or hamburger bun	½ bun (¾ ounce)
Pancake	1 pancake (4 inches across, ¼ inch thick)
Roll, plain	1 small roll (1 ounce)
Stuffing, bread	⅓ cup
Waffle	1 waffle (4-inch square or 4 inches across)

Cereals

Food	Serving Size
Bran cereal (twigs, buds, or flakes)	½ cup
Cooked cereals (oats, oatmeal)	½ cup
Granola cereal	¼ cup
Grits, cooked	½ cup
Muesli	¼ cup
Puffed cereal	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated cereal	½ cup
Unsweetened, ready-to-eat cereal	¾ cup

Grains (Including Pasta and Rice)

Unless otherwise indicated, serving sizes listed are for cooked grains.

Food	Serving Size
Barley	⅓ cup
Bran, dry	
Oat	¼ cup
Wheat	½ cup
Bulgur	½ cup
Couscous	⅓ cup
Kasha	½ cup
Millet	⅓ cup
Pasta, white or whole-wheat (all shapes and sizes)	⅓ cup
Polenta	⅓ cup
Quinoa, all colors	⅓ cup
Rice, white, brown, and all colors and types	⅓ cup
Tabbouleh (tabouli), prepared	½ cup
Wheat germ, dry	3 tablespoon
Wild rice	½ cup

Starchy Vegetables

All of the serving sizes for starchy vegetables on this list are for cooked vegetables.

Food	Serving Size
Breadfruit	¼ cup
Cassava or dasheen	⅓ cup
Corn	½ cup
On cob	4-inch to 4½-inch piece (½ large cob)
Hominy	¾ cup
Mixed vegetables with corn or peas	1 cup
Marinara, pasta, or spaghetti sauce	½ cup
Parsnips	½ cup
Peas, green	½ cup
Plantain	⅓ cup
Potato	
Baked with skin	¼ large potato (3 ounces)
Boiled, all kinds	½ cup or ½ medium potato (3 ounces)
Mashed, with milk and fat	½ cup
French-fried (oven-baked)*	1 cup (2 ounces)
Pumpkin puree, canned, no sugar added	¾ cup
Squash, winter (acorn, butternut)	1 cup
Succotash	½ cup
Yam or sweet potato, plain	½ cup (3½ ounces)

*Note: Restaurant-style french fries are on the **Fast Foods** list.

Beans, Peas, and Lentils

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

Food	Serving Size
Baked beans, canned	⅓ cup
Beans (black, garbanzo, kidney, lima, navy, pinto, white), cooked or canned, drained and rinsed	½ cup
Lentils (any color), cooked	½ cup
Peas (black-eyed and split), cooked or canned, drained and rinsed	½ cup
Refried beans, canned	½ cup

Note: Beans, lentils, and peas are also found on the **Protein** list.

Crackers and Snacks

Note: Some snacks are high in fat. Always check food labels.

Food	Serving Size
Crackers	
Animal	8 crackers
Crispbread	2 to 5 pieces ($\frac{3}{4}$ ounce)
Graham, 2½-inch square	3 squares
Nut and rice	10 crackers
Oyster	20 crackers
Round, butter-type*	6 crackers
Saltine-type	6 crackers
Sandwich-style, cheese or peanut butter filling*	3 crackers
Whole-wheat, baked	5 regular 1½-inch squares or 10 thins ($\frac{3}{4}$ ounce)
Granola or snack bar	1 bar ($\frac{3}{4}$ ounce)
Matzo, all shapes and sizes	$\frac{3}{4}$ ounce
Melba toast	4 pieces (each about 2 by 4 inches)
Popcorn	
No fat added	3 cups
With butter added**	3 cups
Pretzels	$\frac{3}{4}$ ounce
Rice cakes	2 cakes (4 inches across)
Snack chips	
Baked (potato, pita)	About 8 chips ($\frac{3}{4}$ ounce)
Regular (tortilla, potato)**	About 13 chips (1 ounce)

*Count as 1 starch choice + 1 fat choice (1 starch choice plus 5 grams of fat)

**Count as 1 starch choice + 2 fat choices (1 starch choice plus 10 grams of fat)

Note: For other snacks, see the **Sweets, Desserts, and Other Carbohydrates** list.

Fruits

One fruit choice has 15 grams of carbohydrate and 60 calories.

Fruits

The weights listed include skin, core, seeds, and rind.

Food	Serving Size
Apple, unpeeled	1 small apple (4 ounces)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots	
Canned	½ cup
Dried	8 apricot halves
Fresh	4 apricots (5½ ounces total)
Banana	1 extra-small banana, about 4 inches long (4 ounces)
Blackberries	1 cup
Blueberries	¾ cup
Cantaloupe	1 cup diced
Cherries	
Sweet, canned	½ cup
Sweet, fresh	12 cherries (3 ½ ounces)
Dates	3 small (deglet noor) dates or 1 large (medjool) date
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 tablespoons
Figs	
Dried	3 small figs
Fresh	1½ large or 2 medium figs (3½ ounces)
Fruit cocktail	½ cup
Grapefruit	
Fresh	½ large grapefruit (5½ ounces)
Sections, canned	¾ cup
Grapes	17 small grapes (3 ounces)
Guava	2 small guava (2½ ounces)
Honeydew melon	1 cup diced
Kiwi	½ cup sliced
Loquat	¾ cup cubed
Mandarin oranges, canned	¾ cup
Mango	½ small mango (5½ ounces) or ½ cup

Fruits (Continued)

Food	Serving Size
Nectarine	1 medium nectarine (5½ ounces)
Orange	1 medium orange (6½ ounces)
Papaya	½ papaya (8 ounces) or 1 cup cubed
Peaches	
Canned	½ cup
Fresh	1 medium peach (6 ounces)
Pears	
Canned	½ cup
Fresh	½ large pear (4 ounces)
Pineapple	
Canned	½ cup
Fresh	¾ cup
Plantain, extra ripe (black), raw	¼ plantain (2¼ ounces)
Plums	
Canned	½ cup
Dried (prunes)	3 prunes
Fresh	2 small plums (5 ounces total)
Pomegranate seeds (arils)	½ cup
Raspberries	1 cup
Strawberries	1¼ cup whole berries
Tangerine	1 large tangerine (6 ounces)
Watermelon	1¼ cups diced

Fruit Juice

Food	Serving Size
Apple juice/cider	½ cup
Fruit juice blends, 100% juice	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Pomegranate juice	½ cup
Prune juice	⅓ cup

Milk and Milk Substitutes

One milk choice has 12 grams of carbohydrate and 8 grams of protein and:

- One fat-free (skim) or low-fat (1%) milk choice has 0 to 3 grams of fat and 100 calories per serving.
- One reduced-fat (2%) milk choice has 5 grams of fat and 120 calories per serving.
- One whole milk choice has 8 grams of fat and 160 calories per serving.

Milk and Yogurts

Food	Serving Size	Choices per Serving
Fat-free (skim) or low-fat (1%)		
Milk, buttermilk, acidophilus milk, lactose-free milk	1 cup	1 fat-free milk
Evaporated milk	½ cup	1 fat-free milk
Yogurt, plain or Greek; may be flavored with an artificial sweetener	⅔ cup (6 ounces)	1 fat-free milk
Chocolate milk	1 cup	1 fat-free milk + 1 carbohydrate
Reduced-fat (2%)		
Milk, acidophilus milk, kefir, lactose-free milk	1 cup	1 reduced-fat milk
Yogurt, plain	⅔ cup (6 ounces)	1 reduced-fat milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	½ cup	1 whole milk
Yogurt, plain	1 cup (8 ounces)	1 whole milk
Chocolate milk	1 cup	1 whole milk + 1 carbohydrate

Other Milk Foods and Substitutes

Food	Serving Size	Choices per Serving
Eggnog		
Fat-free	$\frac{1}{3}$ cup	1 carbohydrate
Low-fat	$\frac{1}{3}$ cup	1 carbohydrate + $\frac{1}{2}$ fat
Whole milk	$\frac{1}{3}$ cup	1 carbohydrate + 1 fat
Rice drink		
Plain, fat-free	1 cup	1 carbohydrate
Flavored, low-fat	1 cup	2 carbohydrates
Soy milk		
Light or low-fat, plain	1 cup	$\frac{1}{2}$ carbohydrate + $\frac{1}{2}$ fat
Regular, plain	1 cup	$\frac{1}{2}$ carbohydrate + 1 fat
Yogurt with fruit, low-fat	$\frac{2}{3}$ cup (6 ounces)	1 fat-free milk + 1 carbohydrate

Note: Unsweetened nut milks (such as almond milk and coconut milk) are on the **Fats** list.

Nonstarchy Vegetables

One nonstarchy vegetable choice (½ cup cooked or 1 cup raw) has 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories.

Amaranth leaves (Chinese spinach)	Hearts of palm
Artichoke	Jicama
Artichoke hearts (no oil)	Kale
Asparagus	Kohlrabi
Baby corn	Leeks
Bamboo shoots	Mixed vegetables (without starchy vegetables, legumes, or pasta)
Bean sprouts (alfalfa, mung, soybean)	Mushrooms, all kinds, fresh
Beans (green, wax, Italian, yard-long beans)	Okra
Beets	Onions
Broccoli	Pea pods
Broccoli slaw, packaged, no dressing	Peppers (all varieties)
Brussels sprouts	Radishes
Cabbage (green, red, bok choy, Chinese)	Rutabaga
Carrots	Sauerkraut, drained and rinsed
Cauliflower	Spinach
Celery	Squash, summer varieties (yellow, pattypan, crookneck, zucchini)
Chayote	Sugar snap peas
Coleslaw, packaged, no dressing	Swiss chard
Cucumber	Tomato
Daikon	Tomatoes, canned
Eggplant	Tomato sauce (unsweetened)
Fennel	Tomato/vegetable juice
Gourds (bitter, bottle, luffa, bitter melon)	Turnips
Green onions or scallions	Water chestnuts
Greens (collard, dandelion, mustard, purslane, turnip)	

Note: Salad greens (such as arugula, chicory, endive, escarole, lettuce, radicchio, romaine, and watercress) are on the **Free Foods** list.

Sweets, Desserts, and Other Carbohydrates

One carbohydrate choice has 15 grams of carbohydrate and about 70 calories. One fat choice has 5 grams of fat and 45 calories.

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

Food	Serving Size	Choices per Serving
Biscotti	1 ounce	1 carbohydrate+ 1 fat
Brownie, small, unfrosted	1¼-inch square, ⅞-inch high (about 1 ounce)	1 carbohydrate + 1 fat
Cake		
Angel food, unfrosted	1/12 of cake (about 2 ounces)	2 carbohydrates
Frosted	2-inch square (about 2 ounces)	2 carbohydrates + 1 fat
Unfrosted	2-inch square (about 1 ounce)	1 carbohydrate + 1 fat
Cookies		
100-calorie pack	1 ounce	1 carbohydrate + ½ fat
Chocolate chip cookies	2 cookies, 2¼ inches across	1 carbohydrate + 2 fats
Gingersnaps	3 small cookies, 1½ inches across	1 carbohydrate
Large cookie	1 cookie, 6 inches wide (about 3 ounces)	4 carbohydrates + 3 fats
Sandwich cookies with crème filling	2 small cookies (about ⅔ ounce)	1 carbohydrate + 1 fat
Sugar-free cookies	1 large or 3 small cookies (¾ to 1 ounce)	1 carbohydrate + 1 to 2 fats
Vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small cupcake (about 1¾ ounces)	2 carbohydrates + 1 to 1½ fats
Flan	½ cup	2½ carbohydrates + 1 fat
Fruit cobbler	½ cup (3½ ounces)	3 carbohydrates + 1 fat
Gelatin, regular	½ cup	1 carbohydrate
Pie		
Commercially prepared fruit, 2 crusts	1/6 of 8-inch pie	3 carbohydrates + 2 fats
Pumpkin or custard	1/8 of 8-inch pie	1½ carbohydrates + 1½ fats
Pudding		
Regular (made with reduced-fat milk)	½ cup	2 carbohydrates
Sugar-free or sugar-free and fat-free (made with fat-free milk)	½ cup	1 carbohydrate

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

Food	Serving Size	Choices per serving
Blended sweeteners (mixtures of artificial sweeteners and sugar)	1½ tablespoons	1 carbohydrate
Candy		
Chocolate, dark or milk type	1 ounce	1 carbohydrate + 2 fats
Chocolate “kisses”	5 pieces	1 carbohydrate + 1 fat
Hard	3 pieces	1 carbohydrate
Coffee creamer, nondairy type		
Powdered, flavored	4 tsp	½ carbohydrate + ½ fat
Liquid, flavored	2 tablespoons	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ ounce)	1 carbohydrate
Fruit spreads, 100% fruit	1½ tablespoons	1 carbohydrate
Honey	1 tablespoon	1 carbohydrate
Jam or jelly, regular	1 tablespoon	1 carbohydrate
Sugar	1 tablespoon	1 carbohydrate
Syrup		
Chocolate	2 tablespoon	2 carbohydrates
Light (pancake-type)	2 tablespoon	1 carbohydrate
Regular (pancake-type)	1 tablespoon	1 carbohydrate

Doughnuts, Muffins, Pastries, and Sweet Breads

Food	Serving Size	Choices per Serving
Banana nut bread	1-inch slice (2 ounces)	2 carbohydrates + 1 fat
Doughnut		
Cake, plain	1 medium doughnut (1½ ounces)	1½ carbohydrates + 2 fats
Hole	2 holes (1 ounce)	1 carbohydrate + 1 fat
Yeast-type, glazed	1 doughnut, 3¾ inches across (2 ounces)	2 carbohydrates + 2 fats
Muffin		
Regular	1 muffin (4 ounces)	4 carbohydrates + 2 ½ fats
Lower fat	1 muffin (4 ounces)	4 carbohydrates + ½ fat
Scone	1 scone (4 ounces)	4 carbohydrates + 3 fats
Sweet roll or danish	1 pastry (2½ ounces)	2½ carbohydrates + 2 fats

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

Food	Serving Size	Choices per Serving
Frozen pops	1	½ carbohydrate
Fruit juice bars, frozen, 100% juice	1 bar (3 ounces)	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	⅓ cup	1 carbohydrate
Regular	½ cup	1 carbohydrate + 0 to 1 fat
Greek, lower-fat or fat-free	½ cup	1½ carbohydrates

Beverages, Soda, and Sports Drinks

Food	Serving Size	Choices per Serving
Cranberry juice cocktail	½ cup	1 carbohydrate
Fruit drink or lemonade	1 cup (8 ounces)	2 carbohydrates
Hot chocolate, regular	1 envelope (2 tablespoon or ¾ ounce) added to 8 ounces water	1 carbohydrate
Soft drink (soda), regular	1 can (12 ounces)	2½ carbohydrates
Sports drink (fluid replacement type)	1 cup (8 ounces)	1 carbohydrate

Condiments and Sauces

Food	Serving Size	Choices per Serving
Barbecue sauce	3 tablespoon	1 carbohydrate
Cranberry sauce, jellied	¼ cup	1½ carbohydrates
Curry sauce	1 ounce	1 carbohydrate + 1 fat
Gravy, canned or bottled	½ cup	½ carbohydrate + ½ fat

Hoisin sauce	1 tablespoon	½ carbohydrate
Marinade	1 tablespoon	½ carbohydrate
Plum sauce	1 tablespoon	½ carbohydrate
Salad dressing, fat-free, cream-based	3 tablespoon	1 carbohydrate
Sweet and sour sauce	3 tablespoon	1 carbohydrate

Protein

Lean Protein

One lean protein choice has 0 grams of carbohydrate, 7 grams of protein, 2 grams of fat, and 45 calories.

Note: 1 ounce is usually the serving size for meat, fish, poultry, or hard cheese.

Food	Serving Size
Beef: ground (90% or higher lean/10% or lower fat);select or choice grades trimmed of fat: roast (chuck, round, rump, sirloin), steak (cubed, flank, porterhouse, T-bone), tenderloin	1 ounce
Beef jerky	½ ounce
Cheeses with 3 grams of fat or less per ounces	1 ounce
Curd-style cheeses: cottage-type (all kinds); ricotta (fat-free or light)	¼ cup (2 ounces)
Egg substitutes, plain	¼cup
Egg whites	2
Fish Fresh or frozen such as catfish, cod, flounder, haddock, halibut, orange roughy, tilapia, trout	1 ounce
Salmon, fresh or canned	1 ounce
Sardines, canned	2 small sardines
Tuna, fresh or canned in water or oil and drained	1 ounce
Smoked: herring or salmon (lox)	1 ounce
Game: buffalo, ostrich, rabbit, venison	1 ounce
Hot dog with 3 grams of fat or less per ounce Note: May contain carbohydrate	1 hotdog (1¾ ounces)
Lamb: chop, leg, or roast	1 ounce
Organ meats: heart, kidney, liver Note: May be high in cholesterol	1 ounce
Oysters, fresh or frouncesen	6 medium
Pork, lean	
Canadian bacon	1 ounce
Ham	1 ounce

Rib or loin chop/roast, tenderloin	1 ounce
Poultry, without skin: chicken, Cornish hen, domestic duck or goose (well-drained of fat), turkey, lean ground turkey or chicken	1 ounce
Processed sandwich meats with 3 grams of fat or less per ounce: chipped beef, thin-sliced deli meats, turkey ham, turkey pastrami	1 ounces
Sausage with 3 grams of fat or less per ounces	1 ounces
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 ounces
Veal: cutlet (no breading), loin chop, roast	1 ounces

Medium-Fat Protein

One medium-fat protein choice has 0 grams of carbohydrate, 7 grams of protein, 5 grams of fat, and 75 calories. Note: 1 ounce is usually the serving size for meat, fish, poultry, or hard cheeses.

Food	Serving Size
Beef trimmed of visible fat: ground beef (85% or lower lean/15% or higher fat), corned beef, meatloaf, prime cuts of beef (rib roast), short ribs, tongue	1 ounce
Cheeses with 4 to 7 grams of fat per ounces: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses	1 ounce
Cheese, ricotta (regular or part skim)	¼ cup (2 ounces)
Egg	1 egg
Fish: any fried	1 ounce
Lamb: ground, rib roast	1 ounce
Pork: cutlet, ground, shoulder roast	1 ounce
Poultry with skin: chicken, dove, pheasant, turkey, wild duck, or goose; fried chicken	1 ounce
Sausage with 4 to 7 grams of fat per ounce	1 ounce

High-Fat Protein

One high-fat protein choice has 0 grams of carbohydrate, 7 grams of protein, 8 grams of fat and 100 calories. Note: 1 ounce is usually the serving size for meat, fish, poultry, or hard cheeses.

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 choices from this group per week.

Food	Serving Size
Bacon, pork	2 slices (1 ounce each before cooking)
Bacon, turkey	3 slices (½ ounce each before cooking)
Cheese, regular: American, blue-veined, brie, cheddar, hard goat,	1 ounce

Monterey jack, Parmesan, queso, and Swiss	
Hot dog: beef, pork, or combination	1 hot dog (10 hotdogs per 1 lb-sized package)
Hot dog: turkey or chicken	1 hot dog (10 hotdogs per 1 lb-sized package)
Pork: sausage, spareribs	1 ounce
Processed sandwich meats with 8 grams of fat or more per ounce: bologna, hard salami, pastrami	1 ounce
Sausage with 8 grams fat or more per ounce: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer	1 ounce

Plant-Based Protein

One carbohydrate choice has 15 grams of carbohydrate and about 70 calories. Because carbohydrate content varies among plant-based protein foods, read food labels.

Food	Serving Size	Choices per Serving
“Bacon” strips, soy-based	2 strips (½ ounce)	1 lean protein
Baked beans, canned	⅓ cup	1 starch + 1 lean protein
Beans (black, garbanzo, kidney, lima, navy, pinto, white), cooked or canned, drained and rinsed	½ cup	1 starch + 1 lean protein
“Beef” or “sausage” crumbles, meatless	1 ounces	1 lean protein
“Chicken” nuggets, soy-based	2 nuggets (1½ ounces)	½ carbohydrate + 1 medium-fat protein
Edamame, shelled	½ cup	½ carbohydrate + 1 lean protein
Falafel (spiced chickpea and wheat patties)	3 patties (about 2 inches across)	1 carbohydrate + 1 high-fat protein
Hot dog, meatless, soy-based	1 hot dog (1½ ounces)	1 lean protein
Hummus	⅓ cup	1 carbohydrate + 1 medium-fat protein
Lentils, any color, cooked or canned, drained and rinsed	½ cup	1 starch+ 1 lean protein
Meatless burger, soy-based	3 ounces	½ carbohydrate + 2 lean proteins
Meatless burger, vegetable- and starch- based	1 patty (about 2½ ounces)	½ carbohydrate + 1 lean protein
Meatless deli slices	1 ounces	1 lean protein
Mycoprotein (“chicken” tenders or crumbles), meatless	2 ounces	½ carbohydrate + 1 lean protein

Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 tablespoon	1 high-fat protein
Peas (black-eyed and split peas), cooked or canned, drained and rinsed	½ cup	1 starch + 1 lean protein
Refried beans, canned	½ cup	1 starch + 1 lean protein
“Sausage” breakfast-type patties, meatless	1 (1½ ounces)	1 medium-fat protein
Soy nuts, unsalted	¾ ounce	½ carbohydrate + 1 medium-fat protein
Tempeh, plain, unflavored	¼ cup (1½ ounces)	1 medium-fat protein
Tofu	½ cup (4 ounces)	1 medium-fat protein
Tofu, light	½ cup (4 ounces)	1 lean protein

Fats

One fat choice has 5 grams of fat and 45 calories.

Unsaturated Fats—Monounsaturated Fats

Food	Serving Size
Almond milk (unsweetened)	1 cup
Avocado, medium	2 tablespoons (1 ounce)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	1½ teaspoons
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 teaspoon
Olives	
Black (ripe)	8
Green, stuffed	10 large
Spread, plant stanol ester-type	
Light	1 tablespoon
Regular	2 tsp

Unsaturated Fats—Polyunsaturated Fats

Food	Serving Size
Margarine	
Lower-fat spread (30 to 50% vegetable oil, <i>trans</i> fat-free)	1 tablespoon
Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 teaspoon
Mayonnaise	
Reduced fat	1 tablespoon
Regular	1 teaspoon
Mayonnaise-style salad dressing	
Reduced fat	1 tablespoon
Regular	2 teaspoons
Nuts	
Pignolia (pine nuts)	1 tablespoon
Walnuts, English	4 halves
Oil: corn, cottonseed, flaxseed, grapeseed, safflower, soybean, sunflower	1 teaspoon
<i>Salad dressing</i>	

Reduced fat (Note: May contain carbohydrate)	2 tablespoon
Regular	1 tablespoon
Seeds	
Flaxseed, ground	1½ tablespoon
Pumpkin, sesame, sunflower	1 tablespoon
Tahini or sesame paste	2 tsp

Saturated Fats

Food	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter	
Reduced-fat	1 tablespoon
Stick	1 teaspoon
Whipped	2 teaspoons
Butter blends made with oil	
Reduced-fat or light	1 tablespoon
Regular	1½ teaspoons
Chitterlings, boiled	2 tablespoons (½ ounce)
Coconut, sweetened, shredded	2 tablespoons
Coconut milk, canned, thick	
Light	⅓ cup
Regular	1½ tablespoons
Coconut milk beverage (thin), unsweetened	1 cup
Cream	
Half-and-half	2 tablespoons
Heavy	1 tablespoon
Light	1½ tablespoons
Whipped	2 tablespoons
Cream cheese	

Reduced-fat	1½ tablespoons (¾ ounce)
Regular	1 tablespoon (½ ounce)
Lard	1 teaspoon
Oil: coconut, palm, palm kernel	1 teaspoon
Salt pork	¼ ounce
Shortening, solid	1 teaspoon
Sour cream	
Reduced-fat or light	3 tablespoons
Regular	2 tablespoons

Free Foods

Low-Carbohydrate Foods

Food	Serving Size
Candy, hard (regular or sugar-free)	1 piece
Fruits	
Cranberries or rhubarb, sweetened with sugar substitute	½ cup
Gelatin dessert, sugar-free	
Gum, sugar-free	1 piece
Jam or jelly, light or no-sugar-added	2 teaspoons
Salad greens (such as arugula, chicory, endive, escarole, leaf or iceberg lettuce, purslane, romaine, radicchio, spinach, watercress)	
Sugar substitutes (artificial sweeteners)	
Syrup, sugar-free	2 tablespoons
Vegetables: any raw, nonstarchy vegetables (such as broccoli, cabbage, carrots, cucumber, tomato)	½ cup
Vegetables: any cooked, nonstarchy vegetables (such as carrots, cauliflower, green beans)	¼ cup

Reduced or Fat-Free Foods

Food	Serving Size
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Cream cheese, fat-free	1 tablespoon (½ ounce)
Coffee creamers, nondairy	
Liquid, flavored	1½ teaspoons
Liquid, sugar-free, flavored	4 teaspoons
Powdered, flavored	1 teaspoon
Powdered, sugar-free, flavored	2 teaspoons
Margarine spread	
Fat-free	1 tablespoon
Reduced-fat	1 tsp
Mayonnaise	
Fat-free	1 tablespoon
Reduced-fat	1 tsp
Mayonnaise-style salad dressing	
Fat-free	1 tablespoon
Reduced-fat	2 tsp
Salad dressing	
Fat-free	1 tablespoon
Fat-free, Italian	2 tablespoon
Sour cream, fat-free or reduced-fat	1 tablespoon
Whipped topping	
Light or fat-free	2 tablespoon
Regular	1 tablespoon

Condiments

Food	Serving Size
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Barbecue sauce	2 tsp
Catsup (ketchup)	1 tablespoon
Chili sauce, sweet, tomato type	2 teaspoons
Horseradish	
Hot pepper sauce	
Lemon juice	
Miso	1½ teaspoons
Mustard	
Honey	1 tablespoon
Brown, dijon, horseradish-flavored, wasabi-flavored, or yellow	
Parmesan cheese, grated	1 tablespoon
Pickle relish (dill or sweet)	1 tablespoon
<i>Pickles</i>	
Dill	1½ medium pickles
Sweet, bread and butter	2 slices
Sweet, gherkin	¾ ounce
Pimento	
Salsa	¼ cup
Soy sauce, light or regular	1 tablespoon
Sweet-and-sour sauce	2 teaspoons
Taco sauce	1 tablespoon
Vinegar	
Worcestershire sauce	
Yogurt, any type	2 tablespoons

Drinks/Mixes

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

Seasonings

- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic, fresh or powder
- Herbs, fresh or dried
- Kelp
- Nonstick cooking spray
- Spices
- Wine, used in cooking

Combination Foods

One carbohydrate choice has 15 grams of carbohydrate and about 70 calories.

Entrees

Food	Serving Size	Choices per Serving
Casserole-type entrees (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese)	1 cup (8 ounces)	2 carbohydrates + 2 medium-fat proteins
Stews (beef/other meats and vegetables)	1 cup (8 ounces)	1 carbohydrate + 1 medium-fat protein + 0 to 3 fats

Frozen Meals/Entrees

Food	Serving Size	Choices per Serving
Burrito (beef and bean)	1 burrito (5 ounces)	3 carbohydrates + 1 lean protein + 2 fats
Dinner-type healthy meal (includes dessert and usually is usually less than 400 calories)	about 9–12 ounces	2 to 3 carbohydrates + 1 to 2 lean proteins + 1 fat
“Healthy”-type entree (usually less than 300 calories)	About 7-10 ounces	2 carbohydrates + 2 lean proteins
Pizza		
Cheese/vegetarian, thin crust	¼ of a 12-inch pizza (4½-5 ounces)	2 carbohydrates + 2 medium-fat proteins
Meat topping, thin crust	¼ of a 12-inch pizza (5 ounces)	2 carbohydrates + 2 medium-fat proteins + 1½ fats
Cheese/vegetarian or meat topping, rising crust	1/6 of 12-inch pizza (4 ounces)	2½ carbohydrates + 2 medium-fat proteins
Pocket sandwich	1 sandwich (4½ ounces)	3 carbohydrates + 1 lean protein + 1 to 2 fats
Potpie	1 potpie (7 ounces)	3 carbohydrates + 1 medium-fat protein + 3 fats

Salads (Deli-Style)

Food	Serving Size	Choices per Serving
Coleslaw	½ cup	1 carbohydrate + 1½ fats
Macaroni/pasta salad	½ cup	2 carbohydrates + 3 fats
Potato salad	½ cup	1½ to 2 carbohydrates + 1 to 2 fats
Tuna salad or chicken salad	½ cup (3½ ounces)	½ carbohydrate + 2 lean proteins + 1 fat

Soups

Food	Serving Size	Choices per Serving
Bean, lentil, or split pea soup	1 cup (8 ounces)	1½ carbohydrates + 1 lean protein
Chowder (made with milk)	1 cup (8 ounces)	1 carbohydrate + 1 lean protein + 1½ fats
Cream soup (made with water)	1 cup (8 ounces)	1 carbohydrate + 1 fat
Miso soup	1 cup (8 ounces)	½ carbohydrate + 1 lean protein
Ramen noodle soup	1 cup (8 ounces)	2 carbohydrates + 2 fats
Rice soup/porridge (congee)	1 cup (8 ounces)	1 carbohydrate
Tomato soup (made with water), borscht	1 cup (8 ounces)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type soup (including “healthy”-type soups, such as those lower in sodium and/or fat)	1 cup (8 ounces)	1 carbohydrate + 1 lean protein

Fast Foods

One carbohydrate choice has 15 grams of carbohydrate and about 70 calories.

Main Dishes/Entrees

Food	Serving Size	Choices per Serving
Chicken		
Breast, breaded and fried*	1 (about 7 ounces)	1 carbohydrate + 6 medium-fat proteins
Breast, meat only**	1	4 lean proteins
Drumstick, breaded and fried*	1 (about 2½ ounces)	½ carbohydrate + 2 medium-fat proteins
Drumstick, meat only**	1	1 lean protein + ½ fat
Nuggets or tenders	6 (about 3½ ounces)	1 carbohydrate + 2 medium- fat proteins + 1 fat
Thigh, breaded and fried*	1 (about 5 ounces)	1 carbohydrate + 3 medium- fat proteins + 2 fats
Thigh, meat only**	1	2 lean proteins + ½ fat
Wing, breaded and fried*	1 wing (about 2 ounces)	½ carbohydrate + 2 medium-fat proteins
Wing, meat only**	1 wing	1 lean protein
Main dish salad (grilled chicken-type, no dressing or croutons)	1 salad (about 11½ ounces)	1 carbohydrate + 4 lean proteins
Pizza		
Cheese, pepperoni, or sausage, regular or thick crust	⅛ of a 14-inch pizza (about 4 ounces)	2½ carbohydrates + 1 high-fat protein + 1 fat
Cheese, pepperoni, or sausage, thin crust	⅛ of a 14-inch pizza (about 2 ¾ ounces)	1½ carbohydrates + 1 high-fat protein + 1 fats
Cheese, meat, and vegetable, regular crust	⅛ of a 14-inch pizza (about 5 ounces)	2½ carbohydrates + 2 high-fat proteins

*Definition and weight refer to food with bone, skin, and breading.

**Definition refers to above food without bone, skin, and breading.

Asian

Food	Serving Size	Choices per Serving
Beef/chicken/shrimp with vegetables in sauce	1 cup (about 6 ounces)	1 carbohydrate + 2 lean proteins + 1 fat
Eggroll, meat	1 eggroll (about 3 ounces)	1½ carbohydrates + 1 lean protein + 1½ fats
Fried rice, meatless	1 cup	2½ carbohydrates + 2 fats
Fortune cookie	1 cookie	½ carbohydrate
Hot-and-sour soup	1 cup	½ carbohydrate + ½ fat
Meat and sweet sauce	1 cup (about 6 ounces)	3½ carbohydrates + 3 medium- fat proteins + 3 fats
Noodles and vegetables in sauce (chow mein, lo mein)	1 cup	2 carbohydrates + 2 fat

Mexican

Food	Serving Size	Choices per Serving
Burrito with beans and cheese	1 small burrito (about 6 ounces)	3½ carbohydrates + 1 medium-fat protein + 1 fat
Nachos with cheese	1 small order (about 8 nachos)	2½ carbohydrates + 1 high-fat protein + 2 fats
Quesadilla, cheese only	1 small order (about 5 ounces)	2½ carbohydrates + 3 high-fat proteins
Taco, crisp, with meat and cheese	1 small taco (about 3 ounces)	1 carbohydrate + 1 medium-fat protein + ½ fat
Taco salad with chicken and tortilla bowl	1 salad (1 lb, including tortilla bowl)	3½ carbohydrates + 4 medium-fat proteins + 3 fats
Tostada with beans and cheese	1 small tostada (about 5 ounces)	2 carbohydrates + 1 high-fat protein

Sandwiches

Food	Serving Size	Choices per Serving
Breakfast sandwiches		
Breakfast burrito with sausage, egg, cheese	1 burrito (about 4 ounces)	1½ carbohydrates + 2 high-fat proteins
Egg, cheese, meat on an English muffin	1 sandwich	2 carbohydrates + 3 medium-fat proteins + ½ fat
Egg, cheese, meat on a biscuit	1 sandwich	2 carbohydrates + 3 medium-fat proteins + 2 fats
Sausage biscuit sandwich	1 sandwich	2 carbohydrates + 1 high-fat proteins + 4 fats
Chicken sandwiches		
Grilled with bun, lettuce, tomatoes, spread	1 sandwich (about 7 ½ ounces)	3 carbohydrates + 4 lean proteins
Crispy, with bun, lettuce, tomatoes, spread	1 sandwich (about 6 ounces)	3 carbohydrates + 2 lean proteins + 3 ½ fats
Fish sandwich with tartar sauce and cheese	1 sandwich (5 ounces)	2½ carbohydrates + 2 medium-fat proteins + 1 ½ fats
Hamburger		
Regular with bun and condiments (catsup, mustard, onion, pickle)	1 burger (about 3 ½ ounces)	2 carbohydrates + 1 medium-fat protein + 1 fat
4 ounces meat with cheese, bun, and condiments (catsup, mustard, onion, pickle)	1 burger (about 8 ½ ounces)	3 carbohydrates + 4 medium-fat protein + 2½ fats
Hot dog with bun, plain	1 hot dog (about 3 ½ ounces)	1½ carbohydrate + 1 high-fat protein + 2 fats
Submarine sandwich (no cheese or sauce)		
Less than 6 grams fat	1 6-inch sub	3 carbohydrates + 2 lean proteins
Regular	1 6-inch sub	3 carbohydrates + 2 lean proteins + 1 fat
Wrap, grilled chicken, vegetables, cheese, and spread	1 small wrap (about 4 to 5 ounces)	2 carbohydrates + 2 lean proteins + 1½ fats

Sides/Appetizers

Food	Serving Size	Choices per Serving
French fries	1 small order (about 3½ ounces)	2½ carbohydrates + 2 fats
	1 medium order (about 5 ounces)	3½ carbohydrates + 3 fats
	1 large order (about 6 ounces)	4½ carbohydrates + 4 fats
Hash browns	1 cup/medium order (about 5 ounces)	3 carbohydrates + 6 fats
Onion rings	1 serving (8 to 9 rings, about 4 ounces)	3½ carbohydrates + 4 fats
Salad, side (no dressing, croutons or cheese)	1 small salad	1 nonstarchy vegetable

Beverages and Desserts

Food	Serving Size	Choices per Serving
Coffee, latte (fat-free milk)	1 small order (about 12 ounces)	1 fat-free milk
Coffee, mocha (fat-free milk, no whipped cream)	1 small order (about 12 ounces)	1 fat-free milk + 1 carbohydrate
Milkshake, any flavor	1 small shake (about 12 ounces) 1 medium shake (about 16 ounces) 1 large shake (about 22 ounces)	5½ carbohydrates + 3 fats 7 carbohydrates + 4 fats 10 carbohydrates + 5 fats
Soft-serve ice cream cone	1 small	2 carbohydrates + ½ fat

Note: See the **Starch** list for plain rice; see the **Starch** list and **Sweets, Desserts, and Other Carbohydrates** list for bagels and muffins; see the **Starch** list or **Protein** list for refried and other beans; see the **Sweets, Desserts, and Other Carbohydrates** list for frozen desserts such as ice cream or frozen yogurt.

Alcohol

One alcohol equivalent or choice (½ ounce absolute alcohol) has about 100 calories. One carbohydrate choice has 15 grams of carbohydrate and about 70 calories.

Alcoholic Beverage	Serving Size	Choices per Serving
Beer		
Light (less than 4.5% ABV)	12 fluid ounces	1 alcohol equivalent + ½ carbohydrate
Regular (about 5% ABV)	12 fluid ounces	1 alcohol equivalent + 1 carbohydrate
Dark (more than 5.7% ABV)	12 fluid ounces	1 alcohol equivalent + 1 to 1½ carbohydrates
Distilled spirits (80 or 86 proof): vodka, rum, gin, whiskey, tequila	1½ fluid ounces	1 alcohol equivalent
Liqueur, coffee (53 proof)	1 fluid ounce	½ alcohol equivalent + 1 carbohydrate
Sake	1 fluid ounce	½ alcohol equivalent
Wine		
Champagne	5 fluid ounces	1 alcohol equivalent
Dessert (sherry)	3½ fluid ounces	1 alcohol equivalent + 1 carbohydrate
Dry, red or white (10% ABV)	5 fluid ounces	1 alcohol equivalent

Note: The abbreviation “% ABV” refers to the percentage of alcohol by volume.