

Carrasco Wellness and Diabetes Care LLC

Personalized diabetes care and nursing support, in Spanish and English, that promotes lasting health and meaningful results.



Common Foods with ~15 g Carbohydrate per Serving (ask me why this is important!)

Grains & Starches

1. **Bread** – 1 slice (regular sandwich bread)
2. **Corn tortilla** – 1 small (6-inch)
3. **Flour tortilla** – $\frac{1}{2}$ medium (8-inch)
4. **Cooked rice (white or brown)** – $\frac{1}{3}$ cup
5. **Cooked pasta** – $\frac{1}{3}$ cup
6. **Oatmeal, cooked** – $\frac{1}{2}$ cup
7. **Cold cereal** – $\frac{3}{4}$ cup (most regular cereals)
8. **Crackers** – 5–6 small squares
9. **Popcorn, air-popped** – 3 cups

Starchy Vegetables

10. **Potato (white or sweet)** – $\frac{1}{2}$ cup cooked or 1 small (3 oz)
11. **Corn** – $\frac{1}{2}$ cup
12. **Green peas** – $\frac{1}{2}$ cup
13. **Winter squash (butternut, acorn)** – $\frac{1}{2}$ cup

 **Fruit**

14. **Apple** – 1 small (about 4 oz)
15. **Banana** – $\frac{1}{2}$ medium
16. **Orange** – 1 small
17. **Grapes** – 15 grapes
18. **Strawberries** – $1\frac{1}{4}$ cups whole
19. **Blueberries** – $\frac{3}{4}$ cup
20. **Pineapple** – $\frac{3}{4}$ cup fresh
21. **Watermelon** – 1 cup diced
22. **Fruit juice** – $\frac{1}{2}$ cup (4 oz)

 **Dairy & Alternatives**

23. **Milk (cow's or soy)** – 1 cup
24. **Plain yogurt (low-fat or whole)** – $\frac{3}{4}$ cup
25. **Sweetened plant milk (almond, oat, etc.)** – 1 cup (check label)

 **Sweets & Extras (for awareness)**

26. **Sugar** – 1 tablespoon
27. **Honey or syrup** – 1 tablespoon
28. **Jam or jelly** – 1 tablespoon
29. **Ice cream** – $\frac{1}{2}$ cup
30. **Regular soda** – $\frac{1}{2}$ cup (4 oz)