

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** – ½ medium (8-inch)
4. **Cooked rice (white or brown)** – ⅓ cup
5. **Cooked pasta** – ⅓ cup
6. **Oatmeal, cooked** – ½ cup
7. **Cold cereal** – ¾ cup (most regular cereals)
8. **Crackers** – 5–6 small squares
9. **Popcorn, air-popped** – 3 cups

Starchy Vegetables

10. **Potato (white or sweet)** – ½ cup cooked or 1 small (3 oz)
 11. **Corn** – ½ cup
 12. **Green peas** – ½ cup
 13. **Winter squash (butternut, acorn)** – ½ cup
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Fruit

- 14. **Apple** – 1 small (about 4 oz)
 - 15. **Banana** – ½ medium
 - 16. **Orange** – 1 small
 - 17. **Grapes** – 15 grapes
 - 18. **Strawberries** – 1¼ cups whole
 - 19. **Blueberries** – ¾ cup
 - 20. **Pineapple** – ¾ cup fresh
 - 21. **Watermelon** – 1 cup diced
 - 22. **Fruit juice** – ½ cup (4 oz)
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Dairy & Alternatives

- 23. **Milk (cow's or soy)** – 1 cup
 - 24. **Plain yogurt (low-fat or whole)** – ¾ cup
 - 25. **Sweetened plant milk (almond, oat, etc.)** – 1 cup (check label)
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Sweets & Extras (for awareness)

- 26. **Sugar** – 1 tablespoon
- 27. **Honey or syrup** – 1 tablespoon
- 28. **Jam or jelly** – 1 tablespoon
- 29. **Ice cream** – ½ cup
- 30. **Regular soda** – ½ cup (4 oz)