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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  ⅓ 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  1 (6 inch or 15 cm)		
Starchy Vegetables							
Beans, peas, lentils  ½ cup (125 mL) cooked	Corn  ½ cup (125 mL)	Green peas  1 cup (250 mL)	Potato  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)	Other berries  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)			
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  ⅓ 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)					

Foods with little or no carbohydrate

These foods have little effect on your blood sugar.

Vegetables



Meat and Protein Foods

<p>Fish</p>	<p>Lean meat and poultry</p>	<p>Eggs</p>	<p>Cheese</p>	<p>Cottage cheese</p>	<p>Tofu</p>	
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Fats

<p>Oil, tub margarine, butter</p>	<p>Salad dressing</p>	<p>Nuts, nut butters, seeds</p>	<p>Olives, avocados</p>
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Extras

<p>Coffee, tea</p>	<p>Broth</p>	<p>Herbs, spices</p>	<p>Diet pop</p>	<p>Sugar substitutes</p>		
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