



Diabetes Nutrition Complete Carbohydrate Chart

The Apex Nutrition Complete Carbohydrate Chart is a 12-page table of common foods and their serving sizes equal to 15 grams of carbohydrate, or 1 serving of carbohydrates. This is an essential tool in counting carbohydrates and should be used as taught in "Carbohydrate Counting in 4 Steps!" It includes grains and grain products, starchy vegetables, fruits, vegetables, milk and yogurt, cheese and cheese products, protein foods, fats, processed foods, and fast-food selections. It even indicates which foods are too high in saturated fats and should be avoided. Below is a sample of the chart.

Each selection equals **15 grams of carbohydrates**. Protein and calories vary according to the chart. The **red selections** derive greater than 10% of their calories from saturated fat, so these should be limited or avoided completely.

Food	Serving Size	Protein (grams)	Calories
<u>Breads</u>			
Sliced Bread (white, whole-wheat, pumpernickel, rye)	1 slice (1 oz.)	3	80
Reduced Calorie sliced	2 slices (1 ½ oz.)	3	80
Bagel	1/2 bagel (1 oz)	3	80
Pita (6 in. across)	1/2 pita	3	80
Tortilla, flour (7-8" across)	1 tortilla	3	80
Tortilla, corn (6" across)	1 tortilla	3	80
Bread Stick, crisp (4" long x 1/2")	2 breadsticks (2/3 oz)	3	80
English Muffin	1/2 muffin	3	80
Hot Dog Bun	1/2 bun	3	80
Hamburger Bun	1/2 bun	3	80
Raisin Bread, unfrosted	1/2 slice	3	80
Waffle (4 1/2" square)	1 waffle	3	80
Muffin (medium, from mix)	1/2 muffin	1	65
Pancake (8" diameter)	1 pancake	4	120
Dumplings or gnocchi, steamed	2 small	3	80
Roll (dinner, hard)	1 small roll	3	80
Biscuit (2 1/2")	1 biscuit	3	80
Crossiant	1/2 crossiant (1.5 oz.)	2	115