

FOOD LIST

Here’s a list of common foods you may eat each day. It gives you an idea of the number of calories and carbohydrates in each food.

When you look at the serving sizes, keep in mind that a cup is about the size of your closed fist, three ounces of meat or fish are about the size of your open palm, and an ounce of nuts is about a handful.



Breads, Grains and Cereals

Breads/Grains/Cereals	Serving Size	Calories	Carb Grams	Carb Servings
Bagel, Large (3½ inches across)	1	289	56	4
Bread (white or wheat)	1 Slice	80	15	1
Cereal (cooked)	½ Cup	80	15	1
Cereal (unsweetened, ready to eat)	¾ Cup	80	15	1
Crackers (graham)	3 Squares	80	15	1
English Muffin	1	120	25	2
Granola (low-fat)	½ Cup	160	30	2
Grits	1 Cup	143	31	2
Pasta (cooked)	⅓ Cup	80	15	1
Popcorn (air-popped)	1 Cup	31	6	½
Rice (cooked, white or brown)	⅓ Cup	80	15	1
Tortilla (corn or flour, 5–6 inches across)	1	80	15	1

Starchy Vegetables

Starchy Vegetables	Serving Size	Calories	Carb Grams	Carb Servings
Corn	½ Cup	80	15	1
McDonald’s French Fries	1 Small serving	238	31	2
Potato	½ Medium	80	15	1
Potato (mashed w/ whole milk)	1 Cup	237	36	2 ½
Sweet Potato/Yam	½ Cup	80	15	1

Beans and Peas

Beans/Peas	Serving Size	Calories	Carb Grams	Carb Servings
Baked Beans	⅓ Cup	80	15	1
Black Beans	½ Cup	80	15	1
Lentils	½ Cup	80	15	1
Lima Beans	⅔ Cup	80	15	1
Peas	½ Cup	80	15	1
Red Beans	½ Cup	80	15	1

Fruits

Fruit	Serving Size	Calories	Carb Grams	Carb Servings
Apple (small)	1 (4 Oz)	60	15	1
Applesauce (unsweetened)	½ Cup	60	15	1
Banana	½	60	15	1
Blueberries	¾ Cup	60	15	1
Cantaloupe (cubed)	1 Cup	60	15	1
Cherries	12	60	15	1
Figs	1 Small	30	8	½
Fruit Cocktail (in natural juice)	½ Cup	60	15	1
Grapefruit	½	60	15	1
Grapes	17 (3 Oz)	60	15	1
Mango	½ (5 ½ Oz)	60	15	1
Orange	1 (6 ½ Oz)	60	15	1
Peach	1 (4 Oz)	60	15	1
Pear	½ (4 Oz)	60	15	1
Pineapple	¾ Cup	60	15	1
Plantain	½ Cup	80	15	1
Raisins	2 Tbsp	60	15	1
Raspberries	1 Cup	60	15	1
Strawberries (whole berries)	1¼ Cup	60	15	1
Watermelon	1¼ Cup	60	15	1

Dairy

Dairy	Serving Size	Calories	Carb Grams	Carb Servings
1% Milk	1 Cup	105	12	1
2% Milk	1 Cup	120	12	1
Buttermilk (low-fat 1%)	1 Cup	98	12	1

Dairy

Dairy	Serving Size	Calories	Carb Grams	Carb Servings
Skim Milk	1 Cup	90	12	1
Sour Cream (fat-free)	1 Tbsp	10	2	0
Soy Milk (low-fat)	1 Cup	90	12	1
Whole Milk	1 Cup	150	12	1
Yogurt (plain)	1 Cup	127	17	1
Yogurt (with nonnutritive sweetener)	1 Cup	80	15	1

Nonstarchy Vegetables

Nonstarchy Vegetables	Serving Size	Calories	Carb Grams	Carb Servings
Artichoke	½ Cup cooked, 1 Cup raw	25	5	0
Asparagus	½ Cup cooked, 1 Cup raw	25	5	0
Beans (green, wax)	½ Cup cooked, 1 Cup raw	25	5	0
Bean Sprouts	½ Cup cooked, 1 Cup raw	25	5	0
Broccoli	½ Cup cooked, 1 Cup raw	25	5	0
Brussels Sprouts	½ Cup cooked, 1 Cup raw	25	5	0
Carrots	½ Cup cooked, 1 Cup raw	25	5	0
Cauliflower	½ Cup cooked, 1 Cup raw	25	5	0
Collard Greens	½ Cup cooked, 1 Cup raw	25	5	0
Cucumber	½ Cup cooked, 1 Cup raw	25	5	0
Eggplant	½ Cup cooked, 1 Cup raw	25	5	0
Green Onion/Scallion	½ Cup cooked, 1 Cup raw	25	5	0
Iceberg Lettuce	1 Cup	25	5	0
Leeks	½ Cup cooked, 1 Cup raw	25	5	0
Mushrooms	½ Cup cooked, 1 Cup raw	25	5	0
Peppers	½ Cup cooked, 1 Cup raw	25	5	0
Red Leaf Lettuce	1 Cup	25	5	0
Spinach	½ Cup cooked, 1 Cup raw	25	5	0
Summer Squash	½ Cup cooked, 1 Cup raw	25	5	0
Tomato	½ Cup cooked, 1 Cup raw	25	5	0
Zucchini	½ Cup cooked, 1 Cup raw	25	5	0

Protein

Protein	Serving Size	Calories	Carb Grams	Carb Servings
American Cheese (processed)	1 Oz	105	0	0
Beef (lean, cooked)	3 Oz	165	0	0
Burger King Whopper	1	670	51	3 ½
Cheddar Cheese (low-fat)	1 Slice (1 Oz)	48	0	0
Chicken (skinless, white meat, cooked)	3 Oz	105	0	0
Cod (broiled)	3 Oz	89	0	0
Cottage Cheese (1% milk)	½ Cup	82	3	0
Deli Turkey	1 Slice (1 Oz)	30	1	0
Eggs	1	75	0	0
Hot Dog (beef, low-fat)	1 Frankfurter	55	0	0
McDonald’s Chicken Selects	3 Pieces	382	28	2
Mozzarella Cheese (part skim milk)	1 Oz	75	0	0
Pork (lean, cooked)	3 Oz	165	0	0
Salmon (baked)	3 Oz	175	0	0
Sausage	3 Oz	331	2	0
Shellfish (cooked)	3 Oz	84	0	0
Sushi, California Roll (1¼" diam x 1½" high)	4 Pieces	200	28	2
Taco Bell, Soft Taco Supreme (beef)	1	260	23	1 ½
Tofu	4 Oz	75	0	0
Tuna (canned in water)	3 Oz	99	0	0

Fats

Fat	Serving Size	Calories	Carb Grams	Carb Servings
Almonds	23 (1 Oz)	169	6	½
Avocado	2 Tbsp (1 Oz)	45	0	0
Bacon	2 Slices	90	0	0
Butter	1 Tsp	45	0	0
Cashews	1 Oz	157	9	½
Cream Cheese (low-fat)	1 Tbsp	35	1	0
Cream Cheese (regular)	1 Tbsp	51	0	0
Margarine	1 Tsp	45	0	0

Fats

Fat	Serving Size	Calories	Carb Grams	Carb Servings
Mayonnaise	1 Tbsp	100	0	0
Oil (olive, canola, peanut)	1 Tbsp	135	0	0
Olives (black)	8 Large	45	0	0
Olives (green)	10 Large	45	0	0
Peanut Butter	1 Tbsp	94	3	0
Peanuts	1 Oz	161	5	0
Pistachios (roasted)	1 Oz	161	8	½
Salad Dressing (Italian, reduced-fat)	1 Tbsp	11	1	0
Sour Cream	2 Tbsp	45	0	0
Walnuts	1 Oz	175	3	0

Tbsp = Tablespoon • Tsp = Teaspoon • Oz = Ounce

MEAL PLANNING METHODS

Some people find it helpful to create their meals using a planning process. A simple and popular one is the Plate Method. Using this method at lunch and dinner, you would divide your plate into sections like so:

- 1/2 with nonstarchy vegetables
- 1/4 with lean, low-fat protein
- 1/4 with carbohydrates

