

Carbohydrate Content Chart: 15 grams

Choose **More** Complex Carbs

- 1 slice whole wheat bread
- ½ cup beans, peas, corn
- ½ small baked sweet or white potato
- ½ cup mashed potato
- ½ cup couscous, quinoa, grits (cooked)
- ¼ cup oatmeal (dry)
- 1/3 cup whole wheat pasta, brown rice (cooked)
- 1 (6" diameter) whole wheat tortilla
- ½ banana, small apple/orange/peach
- 2 cuties, kiwis
- ½ cup grapes/mango/pineapple
- 1 cup berries, melon
- ½ grapefruit
- 6-8 oz non-fat yogurt (artificially sweetened)
- 1 cup (8 oz) cow's milk
- Popcorn (3 cups)
- 1 cup edamame

Choose **Less** Processed Carbs

- 1 slice white bread
- ¼ bagel (4-5" in diameter)
- 1 pancake or waffle (4" diameter)
- 2 Tbsp dried fruit
- ½ cup ice cream
- 1 Tbsp regular jam/jelly, honey, table sugar, syrup
- ½ cup fruit juice
- 1 dinner roll (1 oz)
- 10-15 French fries or potato chips
- Candy bar (2" or 1 oz)
- Donut, cake (3") or glazed (4")
- 5-6 saltine crackers
- ¼ pkg ramen noodles
- ½ biscuit
- 5 oz regular soda
- 2 Tbsp BBQ sauce

~30 grams per meal
~10 grams for a snack