



The Food Lists

The following chart shows the amount of nutrients in 1 serving from each list.

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates				
Starch: breads, cereals and grains, starchy vegetables, crackers, snacks, and beans, peas, and lentils	15	0–3	0–1	80
Fruits	15	—	—	60
Milk				
Fat-free, low-fat, 1%	12	8	0–3	100
Reduced-fat, 2%	12	8	5	120
Whole	12	8	8	160
Sweets, Desserts, and Other Carbohydrates	15	varies	varies	varies
Nonstarchy Vegetables	5	2	—	25
Meat and Meat Substitutes				
Lean	—	7	0–3	45
Medium-fat	—	7	4–7	75
High-fat	—	7	8+	100
Plant-based proteins	varies	7	varies	varies
Fats	—	—	5	45
Alcohol	varies	—	—	100

Bread

Food	Serving Size
Bagel, large (about 4 oz)	$\frac{1}{4}$ (1 oz)
Biscuit, 2½ inches across	1
Bread	
reduced-calorie	2 slices (1½ oz)
white, whole-grain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Chapatti, small, 6 inches across	1
Cornbread, 1¾ inch cube	1 (1½ oz)
English muffin	$\frac{1}{2}$
Hot dog bun or hamburger bun	$\frac{1}{2}$ (1 oz)
Naan, 8 inches by 2 inches	$\frac{1}{4}$
Pancake, 4 inches across, ¼ inch thick	1
Pita, 6 inches across	$\frac{1}{2}$
Roll, plain, small	1 (1 oz)
Stuffing, bread	$\frac{1}{3}$ cup
Taco shell, 5 inches across	2
Tortilla, corn, 6 inches across	1
Tortilla, flour, 6 inches across	1
Tortilla, flour, 10 inches across	$\frac{1}{3}$ tortilla
Waffle, 4-inch square or 4 inches across	1

Cereals and Grains

Food	Serving Size
Barley, cooked	½ cup
Bran, dry	
oat	¼ cup
wheat	½ cup
Bulgur (cooked)	½ cup
Cereals	
bran	½ cup
cooked (oats, oatmeal)	½ cup
puffed	1 ½ cups
shredded wheat, plain	½ cup
sugar-coated	½ cup
unsweetened, ready-to-eat	¾ cup
Couscous	½ cup
Granola	
low-fat	¼ cup
regular	¼ cup
Grits, cooked	½ cup
Kasha	½ cup
Millet, cooked	½ cup
Muesli	¼ cup
Pasta, cooked	½ cup
Polenta, cooked	½ cup
Quinoa, cooked	½ cup
Rice, white or brown, cooked	½ cup
Tabbouleh (tabouli), prepared	½ cup
Wheat germ, dry	3 Tbsp
Wild rice, cooked	½ cup

Starchy Vegetables

Food	Serving Size
Cassava	½ cup
Corn on cob, large	½ cup ½ cob (5 oz)
Hominy, canned	¾ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Parsnips	½ cup
Peas, green	½ cup
Plantain, ripe	½ cup
Potato baked with skin boiled, all kinds mashed, with milk and fat French fried (oven-baked)	¼ large (3 oz) ½ cup or ½ medium (3 oz) ½ cup 1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Spaghetti/pasta sauce	½ cup
Squash, winter (acorn, butternut)	1 cup
Succotash	½ cup
Yam, sweet potato, plain	½ cup

Crackers and Snacks

Food	Serving Size
Animal crackers	8
Crackers	
round-butter type	6
saltine-type	6
sandwich-style, cheese or peanut butter filling	3
whole-wheat regular	2–5 ($\frac{3}{4}$ oz)
whole-wheat lower fat or crispbreads	2–5 ($\frac{3}{4}$ oz)
Graham cracker, 2½-inch square	3
Matzoh	$\frac{3}{4}$ oz
Melba toast, about 2-inch by 4-inch piece	4 pieces
Oyster crackers	20
Popcorn	3 cups
with butter	3 cups
no fat added	3 cups
lower fat	3 cups
Pretzels	$\frac{3}{4}$ oz
Rice cakes, 4 inches across	2
Snack chips	
fat-free or baked (tortilla, potato), baked pita chips	15–20 ($\frac{3}{4}$ oz)
regular (tortilla, potato)	9–13 ($\frac{3}{4}$ oz)

Beans, Peas, and Lentils

The choices on this list count as 1 starch + 1 lean meat.

Food	Serving Size
Baked beans	½ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Lentils, cooked (brown, green, yellow)	½ cup
Peas, cooked (black-eyed, split)	½ cup
Refried beans, canned	½ cup

Fruits



Fruit

The weight listed includes skin, core, seeds, and rind.

Food	Serving Size
Apple, unpeeled, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots	
canned	½ cup
dried	8 halves
fresh	4 whole (5½ oz)
Banana, extra small	1 (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	½ melon or 1 cup cubed (11 oz)
Cherries	
sweet, canned	½ cup
sweet fresh	12 (3 oz)
Dates	3
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Figs	
dried	1½
fresh	1½ large or 2 medium (3½ oz)
Fruit cocktail	½ cup
Grapefruit	
large	½ (11 oz)
sections, canned	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10 oz)
Kiwi	1 (3½ oz)
Mandarin oranges, canned	¾ cup



Fruits

Fruit (continued)

The weight listed includes skin, core, seeds, and rind.

Food	Serving Size
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup cubed (8 oz)
Peaches canned fresh, medium	½ cup 1 (6 oz)
Pears canned fresh, large	½ cup ½ (4 oz)
Pineapple canned fresh	½ cup ¾ cup
Plums canned dried (prunes) small	½ cup 3 2 (5 oz)
Raspberries	1 cup
Strawberries	1¼ cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups cubes (13½ oz)



Fruit Juice

Food	Serving Size
Apple juice/cider	½ cup
Fruit juice blends, 100% juice	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	⅓ cup



Milk

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Fat-free (skim), low-fat (1%)	12	8	0–3	100
Reduced-fat (2%)	12	8	5	120
Whole	12	8	8	160

Milk and Yogurts

Food	Serving Size	Count as
Fat-free or low-fat (1%)		
Milk, buttermilk, acidophilus milk, Lactaid	1 cup	1 fat-free milk
Evaporated milk	$\frac{1}{2}$ cup	1 fat-free milk
Yogurt, plain or flavored with an artificial sweetener	$\frac{2}{3}$ cup (6 oz)	1 fat-free milk
Reduced-fat (2%)		
Milk, acidophilus milk, kefir, Lactaid	1 cup	1 reduced-fat milk
Yogurt, plain	$\frac{2}{3}$ cup (6 oz)	1 reduced-fat milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	$\frac{1}{2}$ cup	1 whole milk
Yogurt, plain	8 oz	1 whole milk



Dairy-Like Foods

Food	Serving Size	Count as
Chocolate milk		
fat-free	1 cup	1 fat-free milk + 1 carbohydrate
whole	1 cup	1 whole milk + 1 carbohydrate
Eggnog, whole milk	½ cup	1 carbohydrate + 2 fats
Rice drink		
flavored, low-fat	1 cup	2 carbohydrates
plain, fat-free	1 cup	1 carbohydrate
Smoothies, flavored, regular	10 oz	1 fat-free milk + 2½ carbohydrates
Soy milk		
light	1 cup	1 carbohydrate + ½ fat
regular, plain	1 cup	1 carbohydrate + 1 fat
Yogurt		
and juice blends	1 cup	1 fat-free milk + 1 carbohydrate
low carbohydrate (less than 6 grams carbohydrate per choice)	⅔ cup (6 oz)	½ fat-free milk
with fruit, low-fat	⅔ cup (6 oz)	1 fat-free milk + 1 carbohydrate

Beverages, Soda, and Energy/Sports Drinks

Food	Serving Size	Count as
Cranberry juice cocktail	½ cup	1 carbohydrate
Energy drink	1 can (8.3 oz)	2 carbohydrates
Fruit drink or lemonade	1 cup (8 oz)	2 carbohydrates
Hot chocolate regular	1 envelope added to 8 oz water	1 carbohydrate + 1 fat
sugar-free or light	1 envelope added to 8 oz water	1 carbohydrate
Soft drink (soda), regular	1 can (12 oz)	2½ carbohydrates
Sports drink	1 cup (8 oz)	1 carbohydrate

Brownies, Cake, Cookies, Gelatin, Pie, and Pudding

Food	Serving Size	Count as
Brownie, small, unfrosted	1¼-inch square, ⅞ inch high (about 1 oz)	1 carbohydrate + 1 fat
Cake angel food, unfrosted	½ of cake (about 2 oz)	2 carbohydrates
frosted	2-inch square (about 2 oz)	2 carbohydrates + 1 fat
unfrosted	2-inch square (about 1 oz)	1 carbohydrate + 1 fat
Cookies chocolate chip	2 cookies (2¼ inches across)	1 carbohydrate + 2 fats
gingersnap	3 cookies	1 carbohydrate
sandwich, with crème filling	2 small (about ⅔ oz)	1 carbohydrate + 1 fat
sugar-free	3 small or 1 large (¾–1 oz)	1 carbohydrate + 1–2 fats
vanilla wafer	5 cookies	1 carbohydrate + 1 fat

Brownies, Cake, Cookies, Gelatin, Pie, and Pudding (continued)

Food	Serving Size	Count as
Cupcake, frosted	1 small (about 1¾ oz)	2 carbohydrates + 1–1½ fats
Fruit cobbler	½ cup (3½ oz)	3 carbohydrates + 1 fat
Gelatin, regular	½ cup	1 carbohydrate
Pie		
commercially prepared fruit, 2 crusts	¼ of 8-inch pie	3 carbohydrates + 2 fats
pumpkin or custard	¼ of 8-inch pie	1½ carbohydrates + 1½ fats
Pudding		
regular (made with reduced-fat milk)	½ cup	2 carbohydrates
sugar-free or sugar- and fat-free (made with fat-free milk)	½ cup	1 carbohydrate

Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings

Food	Serving Size	Count as
Candy bar, chocolate/peanut	2 “fun size” bars (1 oz)	1½ carbohydrates + 1½ fats
Candy, hard	3 pieces	1 carbohydrate
Chocolate “kisses”	5 pieces	1 carbohydrate + 1 fat
Coffee creamer		
dry, flavored	4 tsp	½ carbohydrate + ½ fat
liquid, flavored	2 Tbsp	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ oz)	1 carbohydrate
Fruit spreads, 100% fruit	1½ Tbsp	1 carbohydrate
Honey	1 Tbsp	1 carbohydrate
Jam or jelly, regular	1 Tbsp	1 carbohydrate
Sugar	1 Tbsp	1 carbohydrate

Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings (continued)

Food	Serving Size	Count as
Syrup		
chocolate	2 Tbsp	2 carbohydrates
light (pancake type)	2 Tbsp	1 carbohydrate
regular (pancake type)	1 Tbsp	1 carbohydrate

Condiments and Sauces

Food	Serving Size	Count as
Barbeque sauce	3 Tbsp	1 carbohydrate
Cranberry sauce, jellied	¼ cup	1½ carbohydrates
Gravy, canned or bottled	½ cup	½ carbohydrate + ½ fat
Salad dressing, fat-free, low-fat, cream-based	3 Tbsp	1 carbohydrate
Sweet and sour sauce	3 Tbsp	1 carbohydrate

Doughnuts, Muffins, Pastries, and Sweet Breads

Food	Serving Size	Count as
Banana nut bread	1-inch slice (1 oz)	2 carbohydrates + 1 fat
Doughnut		
cake, plain	1 medium (1½ oz)	1½ carbohydrates + 2 fats
yeast type, glazed	3¾ inches across (2 oz)	2 carbohydrates + 2 fats
Muffin (4 oz)	¼ muffin (1 oz)	1 carbohydrate + ½ fat
Sweet roll or Danish	1 (2½ oz)	2½ carbohydrates + 2 fats

Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

Food	Serving Size	Count as
Frozen pops	1	½ carbohydrate
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Ice cream fat-free light no sugar added regular	½ cup ½ cup ½ cup ½ cup	1½ carbohydrates 1 carbohydrate + 1 fat 1 carbohydrate + 1 fat 1 carbohydrate + 2 fats
Sherbet, sorbet	½ cup	2 carbohydrates
Yogurt, frozen fat-free regular	½ cup ½ cup	1 carbohydrate 1 carbohydrate + 0–1 fat

Granola Bars, Meal Replacement Bars/Shakes, and Trail Mix

Food	Serving Size	Count as
Granola or snack bar, regular or low-fat	1 bar (1 oz)	1½ carbohydrates
Meal replacement bar	1 bar (1½ oz)	1½ carbohydrates + 0–1 fat
Meal replacement bar	1 bar (2 oz)	2 carbohydrates + 1 fat
Meal replacement shake, reduced calorie	1 can (10–11 oz)	1½ carbohydrates + 0–1 fat
Trail mix candy/nut-based dried fruit-based	1 oz 1 oz	1 carbohydrate + 2 fats 1 carbohydrate + 1 fat



Nonstarchy Vegetables

Nonstarchy Vegetables

Amaranth or Chinese spinach	Kohlrabi
Artichoke	Leeks
Artichoke hearts	Mixed vegetables (without corn, peas, or pasta)
Asparagus	Mung bean sprouts
Baby corn	Mushrooms, all kinds, fresh
Bamboo shoots	Okra
Beans (green, wax, Italian)	Onions
Bean sprouts	Oriental radish or daikon
Beets	Pea pods
Borscht	Peppers (all varieties)
Broccoli	Radishes
Brussels sprouts	Rutabaga
Cabbage (green, bok choy, Chinese)	Sauerkraut
Carrots	Soybean sprouts
Cauliflower	Spinach
Celery	Squash (summer, crookneck, zucchini)
Chayote	Sugar pea snaps
Coleslaw, packaged, no dressing	Swiss chard
Cucumber	Tomato
Eggplant	Tomatoes, canned
Gourds (bitter, bottle, luffa, bitter melon)	Tomato sauce
Green onions or scallions	Tomato/vegetable juice
Greens (collard, kale, mustard, turnip)	Turnips
Hearts of palm	Water chestnuts
Jicama	Yard-long beans

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Lean meat	—	7	0–3	45
Medium-fat meat	—	7	4–7	75
High-fat meat	—	7	8+	100
Plant-based protein	varies	7	varies	varies

Lean Meats and Meat Substitutes

Food	Amount
Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Beef jerky	1/2 oz
Cheeses with 3 grams of fat or less per oz	1 oz
Cottage cheese	¼ cup
Egg substitutes, plain	¼ cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Fish, smoked: herring or salmon (lox)	1 oz
Game: buffalo, ostrich, rabbit, venison	1 oz
Hot dog with 3 grams of fat or less per oz (8 dogs per 14 oz package) <i>Note: May be high in carbohydrate.</i>	1
Lamb: chop, leg, or roast	1 oz
Organ meats: heart, kidney, liver <i>Note: May be high in cholesterol.</i>	1 oz
Oysters, fresh or frozen	6 medium
Pork, lean	
Canadian bacon	1 oz
rib or loin chop/roast, ham, tenderloin	1 oz

Lean Meats and Meat Substitutes (continued)

Food	Amount
Poultry, without skin: Cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey	1 oz
Processed sandwich meats with 3 grams of fat or less per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami	1 oz
Salmon, canned	1 oz
Sardines, canned	2 small
Sausage with 3 grams of fat or less per oz	1 oz
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Tuna, canned in water or oil, drained	1 oz
Veal, loin chop, roast	1 oz

Medium-Fat Meat and Meat Substitutes

Food	Amount
Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
Cheeses with 4–7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz
Egg <i>Note: High in cholesterol, so limit to 3 per week.</i>	1
Fish, any fried product	1 oz
Lamb: ground, rib roast	1 oz
Pork: cutlet, shoulder roast	1 oz
Poultry: chicken with skin; dove, pheasant, wild duck, or goose; fried chicken; ground turkey	1 oz
Ricotta cheese	2 oz or ¼ cup
Sausage with 4–7 grams of fat per oz	1 oz
Veal, cutlet (no breading)	1 oz

High-Fat Meat and Meat Substitutes

These foods are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis. Try to eat 3 or fewer servings from this group per week.

Food	Amount
Bacon pork	2 slices (16 slices per lb or 1 oz each, before cooking)
turkey	3 slices (½ oz each before cooking)
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss	1 oz
Hot dog: beef, pork, or combination (10 per lb-sized package)	1
Hot dog: turkey or chicken (10 per lb-sized package)	1
Pork: ground, sausage, spareribs	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz
Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer	1 oz

Plant-Based Proteins

Because carbohydrate content varies among plant-based proteins, you should read the food label.

Food	Amount	Count as
“Bacon” strips, soy-based	3 strips	1 medium-fat meat
Baked beans	½ cup	1 starch + 1 lean meat
Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white	½ cup	1 starch + 1 lean meat
“Beef” or “sausage” crumbles, soy-based	2 oz	½ carbohydrate + 1 lean meat
“Chicken” nuggets, soy-based	2 nuggets (1½ oz)	½ carbohydrate + 1 medium-fat meat
Edamame	½ cup	½ carbohydrate + 1 lean meat
Falafel (spiced chickpea and wheat patties)	3 patties (about 2 inches across)	1 carbohydrate + 1 high-fat meat
Hot dog, soy-based	1 (1½ oz)	½ carbohydrate + 1 lean meat
Hummus	½ cup	1 carbohydrate + 1 high-fat meat
Lentils, brown, green, or yellow	½ cup	1 carbohydrate + 1 lean meat
Meatless burger, soy-based	3 oz	½ carbohydrate + 2 lean meats
Meatless burger, vegetable- and starch-based	1 patty (about 2½ oz)	1 carbohydrate + 2 lean meats
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp	1 high-fat meat
Peas, cooked: black-eyed and split peas	½ cup	1 starch + 1 lean meat

Plant-Based Proteins (continued)

Because carbohydrate content varies among plant-based proteins, you should read the food label.

Food	Amount	Count as
Refried beans, canned	$\frac{1}{2}$ cup	1 starch + 1 lean meat
“Sausage” patties, soy-based	1 (1½ oz)	1 medium-fat meat
Soy nuts, unsalted	$\frac{3}{4}$ oz	$\frac{1}{2}$ carbohydrate + 1 medium-fat meat
Tempeh	$\frac{1}{4}$ cup	1 medium-fat meat
Tofu	4 oz ($\frac{1}{2}$ cup)	1 medium-fat meat
Tofu, light	4 oz ($\frac{1}{2}$ cup)	1 lean meat

Unsaturated Fats — Monounsaturated Fats

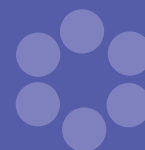
Food	Serving Size
Avocado, medium	2 Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	1½ tsp
Nuts	
almonds	6 nuts
Brazil	2 nuts
cashews	6 nuts
filberts (hazelnuts)	5 nuts
macadamia	3 nuts
mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
pistachios	16 nuts
Oil: canola, olive, peanut	1 tsp
Olives	
black (ripe)	8 large
green, stuffed	10 large

Polyunsaturated Fats

Food	Serving Size
Margarine: lower-fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Margarine: stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise reduced-fat regular	1 Tbsp 1 tsp
Mayonnaise-style salad dressing reduced-fat regular	1 Tbsp 2 tsp
Nuts Pignolia (pine nuts) walnuts, English	1 Tbsp 4 halves
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Oil: made from soybean and canola oil—Enova	1 tsp
Plant stanol esters light regular	1 Tbsp 2 tsp
Salad dressing reduced-fat <i>Note: May be high in carbohydrate.</i> regular	2 Tbsp 1 Tbsp
Seeds flaxseed, whole pumpkin, sunflower sesame seeds	1 Tbsp 1 Tbsp 1 Tbsp
Tahini or sesame paste	2 tsp

Saturated Fats

Food	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter	
reduced-fat	1 Tbsp
stick	1 tsp
whipped	2 tsp
Butter blends made with oil	
reduced-fat or light	1 Tbsp
regular	1½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
light	⅓ cup
regular	1½ Tbsp
Cream	
half and half	2 Tbsp
heavy	1 Tbsp
light	1½ Tbsp
whipped	2 Tbsp
whipped, pressurized	¼ cup
Cream cheese	
reduced-fat	1½ Tbsp (¾ oz)
regular	1 Tbsp (½ oz)
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Salt pork	¼ oz
Shortening, solid	1 tsp
Sour cream	
reduced-fat or light	3 Tbsp
regular	2 Tbsp



Low Carbohydrate Foods

Food	Serving Size
Cabbage, raw	½ cup
Candy, hard (regular or sugar-free)	1 piece
Carrots, cauliflower, or green beans, cooked	¼ cup
Cranberries, sweetened with sugar substitute	½ cup
Cucumber, sliced	½ cup
Gelatin dessert, sugar-free unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Rhubarb, sweetened with sugar substitute	½ cup
Salad greens	
Sugar substitutes (artificial sweeteners)	
Syrup, sugar-free	2 Tbsp



Free Foods

Modified Fat Foods with Carbohydrate

Food	Serving Size
Cream cheese, fat-free	1 Tbsp (½ oz)
Creamers	
nondairy, liquid	1 Tbsp
nondairy, powdered	2 tsp
Margarine spread	
fat-free	1 Tbsp
reduced-fat	1 tsp
Mayonnaise	
fat-free	1 Tbsp
reduced-fat	1 tsp
Mayonnaise-style salad dressing	
fat-free	1 Tbsp
reduced-fat	1 tsp
Salad dressing	
fat-free or low-fat	1 Tbsp
fat-free, Italian	2 Tbsp
Sour cream, fat-free or reduced-fat	1 Tbsp
Whipped topping	
light or fat-free	2 Tbsp
regular	1 Tbsp



Condiments

Food	Serving Size
Barbecue sauce	2 tsp
Catsup (ketchup)	1 Tbsp
Honey mustard	1 Tbsp
Horseradish	
Lemon juice	
Miso	1½ tsp
Mustard	
Parmesan cheese, freshly grated	1 Tbsp
Pickle relish	1 Tbsp
Pickles	
dill	1½ medium
sweet, bread and butter	2 slices
sweet, gherkin	¾ oz
Salsa	¼ cup
Soy sauce, light or regular	1 Tbsp
Sweet and sour sauce	2 tsp
Sweet chili sauce	2 tsp
Taco sauce	1 Tbsp
Vinegar	
Yogurt, any type	2 Tbsp

Free Snacks

These foods in these serving sizes are perfect free-food snacks.

- 5 baby carrots and celery sticks
- ¼ cup blueberries
- ½ oz sliced cheese, fat-free
- 10 goldfish-style crackers
- 2 saltine-type crackers
- 1 frozen cream pop, sugar-free
- ½ oz lean meat
- 1 cup light popcorn
- 1 vanilla wafer



Free Foods

Drinks/Mixes

Any food on this list—without a serving size listed—can be consumed in any moderate amount.

- Bouillon, broth, consomme
- Bouillon or broth, low-sodium
- Carbonated or mineral water
- Club soda
- Cocoa powder, unsweetened (1 Tbsp)
- Coffee, unsweetened or with sugar substitute
- Diet soft drinks, sugar-free
- Drink mixes, sugar-free
- Tea, unsweetened or with sugar substitute
- Tonic water, diet
- Water
- Water, flavored, carbohydrate free

Seasonings

Any food on this list can be consumed in any moderate amount.

- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic
- Herbs, fresh or dried
- Nonstick cooking spray
- Pimento
- Spices
- Hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

Combination Foods



Entrees

Food	Serving Size	Count as
Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese)	1 cup (8 oz)	2 carbohydrates + 2 medium-fat meats
Stews (beef/other meats and vegetables)	1 cup (8 oz)	1 carbohydrate + 1 medium-fat meat + 0–3 fats
Tuna salad or chicken salad	½ cup (3½ oz)	½ carbohydrate + 2 lean meats + 1 fat

Frozen Meals/Entrees

Food	Serving Size	Count as
Burrito (beef and bean)	1 (5 oz)	3 carbohydrates + 1 lean meat + 2 fats
Dinner-type meal	generally 14–17 oz	3 carbohydrates + 3 medium-fat meats + 3 fats
Entree or meal with less than 340 calories	about 8–11 oz	2–3 carbohydrates + 1–2 lean meats
Pizza cheese/vegetarian, thin crust	¼ of a 12 inch (4½–5 oz)	2 carbohydrates + 2 medium-fat meats
meat topping, thin crust	¼ of a 12 inch (5 oz)	2 carbohydrates + 2 medium-fat meats + 1½ fats
Pocket sandwich	1 (4½ oz)	3 carbohydrates + 1 lean meat + 1–2 fats
Pot pie	1 (7 oz)	2½ carbohydrates + 1 medium-fat meat + 3 fats



Combination Foods

Salads (Deli-Style)

Food	Serving Size	Count as
Coleslaw	½ cup	1 carbohydrate + 1½ fats
Macaroni/pasta salad	½ cup	2 carbohydrates + 3 fats
Potato salad	½ cup	1½–2 carbohydrates + 1–2 fats

Soups

Food	Serving Size	Count as
Bean, lentil, or split pea	1 cup	1 carbohydrate + 1 lean meat
Chowder (made with milk)	1 cup (8 oz)	1 carbohydrate + 1 lean meat + 1½ fats
Cream (made with water)	1 cup (8 oz)	1 carbohydrate + 1 fat
Instant with beans or lentils	6 oz prepared 8 oz prepared	1 carbohydrate 2½ carbohydrates + 1 lean meat
Miso soup	1 cup	½ carbohydrate + 1 fat
Oriental noodle	1 cup	2 carbohydrates + 2 fats
Rice (congee)	1 cup	1 carbohydrate
Tomato (made with water)	1 cup (8 oz)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 carbohydrate

Breakfast Sandwiches

Food	Serving Size	Count as
Egg, cheese, meat, English muffin	1 sandwich	2 carbohydrates + 2 medium-fat meats
Sausage biscuit sandwich	1 sandwich	2 carbohydrates + 2 high-fat meats + 3½ fats

Main Dishes/Entrees

Food	Serving Size	Count as
Burrito (beef and beans)	1 (about 8 oz)	3 carbohydrates + 3 medium-fat meats + 3 fats
Chicken breast, breaded and fried	1 (about 5 oz)	1 carbohydrate + 4 medium-fat meats
Chicken drumstick, breaded and fried	1 (about 2 oz)	2 medium-fat meats
Chicken nuggets	6 (about 3½ oz)	1 carbohydrate + 2 medium-fat meats + 1 fat
Chicken thigh, breaded and fried	1 (about 4 oz)	½ carbohydrate + 3 medium-fat meats + 1½ fats
Chicken wings, hot	6 (5 oz)	5 medium-fat meats + 1½ fats

Oriental

Food	Serving Size	Count as
Beef/chicken/shrimp with vegetables in sauce	1 cup (about 5 oz)	1 carbohydrate + 1 lean meat + 1 fat
Egg roll, meat	1 (about 3 oz)	1 carbohydrate + 1 lean meat + 1 fat
Fried rice, meatless	½ cup	1½ carbohydrates + 1½ fats
Meat and sweet sauce (orange chicken)	1 cup	3 carbohydrates + 3 medium- fat meats + 2 fats
Noodles and vegetables in sauce (chow mein, lo mein)	1 cup	2 carbohydrates + 1 fat

Pizza

Food	Serving Size	Count as
Pizza cheese, pepperoni, regular crust	⅛ of a 14 inch (about 4 oz)	2½ carbohydrates + 1 medium-fat meat + 1½ fats
cheese/vegetarian, thin crust	¼ of a 12 inch (about 6 oz)	2½ carbohydrates + 2 medium-fat meats + 1½ fats

Sandwiches

Food	Serving Size	Count as
Chicken sandwich, grilled	1	3 carbohydrates + 4 lean meats
Chicken sandwich, crispy	1	3½ carbohydrates + 3 medium-fat meats + 1 fat
Fish sandwich with tartar sauce	1	2½ carbohydrates + 2 medium-fat meats + 2 fats
Hamburger large with cheese	1	2½ carbohydrates + 4 medium-fat meats + 1 fat
regular	1	2 carbohydrates + 1 medium-fat meat + 1 fat
Hot dog with bun	1	1 carbohydrate + 1 high-fat meat + 1 fat
Submarine sandwich less than 6 grams fat	6-inch sub	3 carbohydrates + 2 lean meats
regular	6-inch sub	3½ carbohydrates + 2 medium-fat meats + 1 fat
Taco, hard or soft shell (meat and cheese)	1 small	1 carbohydrate + 1 medium-fat meat + 1½ fats

Salads

Food	Serving Size	Count as
Salad, main dish (grilled chicken type, no dressing or croutons)	Salad	1 carbohydrate + 4 lean meats
Salad, side, no dressing or cheese	Small (about 5 oz)	1 vegetable

Sides/Appetizers

Food	Serving Size	Count as
French fries, restaurant style	small medium large	3 carbohydrates + 3 fats 4 carbohydrates + 4 fats 5 carbohydrates + 6 fats
Nachos with cheese	small (about 4½ oz)	2½ carbohydrates + 4 fats
Onion rings	1 serving (about 3 oz)	2½ carbohydrates + 3 fats

Desserts

Food	Serving Size	Count as
Milkshake, any flavor	12 oz	6 carbohydrates + 2 fats
Soft-serve ice cream cone	1 small	2½ carbohydrates + 1 fat

Alcoholic Beverage	Serving Size	Count as
Beer light (4.2%) regular (4.9%)	12 fl oz 12 fl oz	1 alcohol equivalent + ½ carbohydrate 1 alcohol equivalent + 1 carbohydrate
Distilled spirits: vodka, rum, gin, whiskey 80 or 86 proof	1½ fl oz	1 alcohol equivalent
Liqueur, coffee (53 proof)	1 fl oz	½ alcohol equivalent + 1 carbohydrate
Sake	1 fl oz	½ alcohol equivalent
Wine dessert (sherry) dry, red or white (10%)	3½ fl oz 5 fl oz	1 alcohol equivalent + 1 carbohydrate 1 alcohol equivalent