

# Sample Carbohydrate Exchange List



BlueCross BlueShield of Mississippi

It's good to be Blue.

One serving of each of the following foods counts as 1 Carbohydrate Exchange (C) or about 15g of total carbohydrates. Choose 3-4 per meal, 1-2 for snack, 1-2 at bedtime.

Grains	Portion Size
Bread	1 slice
English muffin	1/2
Hamburger or Hotdog bun	1/2
Pancake	4" diameter
Pita	1/2
Tortilla	6" diameter
Cereal	1/2 cup
Rice or pasta	1/3 cup
Grits	1/2 cup
Granola	1/4 cup
Animal crackers	8
Popped popcorn	3 cups
Pretzels	3/4 ounce
Rice cakes	2
Saltine crackers	6
Baked chips	15-20
Fruits	
Banana	1/2
Apple	1 small 2"
Blackberries or Blueberries	3/4 cup
Cantaloupe or Honeydew melon	1 cup
Cherries	12
Grapes	17 small
Orange	1 small
Pineapple	3/4 cup
Strawberries or Watermelon	1 1/4 cup
Raisins	2 Tablespoons
Applesauce	1/2 cup
Fruit Juice	4 ounces
Dairy	
Milk	1 cup
Yogurt	6 ounces
Starchy Vegetables	
Corn	1/2 cup
Baked Potato	3 ounces
Mashed potatoes	1/2 cup
Pumpkin	1 cup
Acorn or Butternut squash	1 cup

## Free Foods

These are foods that are low in carbohydrates and do not increase blood sugar. Choose these foods when you are hungry but have already had enough carbohydrates for the day.

Artichoke	Green onion
Asparagus	Mushrooms
Baby corn	Okra
Beets	Peppers
Broccoli	Salad greens
Brussels sprouts	Spinach
Cabbage	Summer squash
Carrots	Tomatoes
Cauliflower	Turnips
Celery	Vegetable juice
Cucumber	Water chestnuts
Eggplant	Zucchini
Green beans	

## Free Condiments & Seasonings

Cooking spray	Horseradish
Garlic	Lemon juice
Gum	Mustard
Herbs	