## Counting Carbohydrates with Type 1 Diabetes and Celiac Disease

You are not alone; 7 to 12 out of 100 people with type 1 diabetes also have celiac disease. It is important for you to control your blood sugar and follow a gluten-free diet. This handout provides examples of gluten-free foods and lists the amount of carbohydrate per serving. The foods are split into the following groups:

- Starches
- Fruits and Fruit Juices
- Milk, Yogurt, and Dairy-Like Foods
- Non-Starchy Vegetables
- Sweets, Desserts, and Other Carbohydrates
- Meats and Meat Substitutes
- Fats

The carbohydrate grams are listed at the top of each section.
Note the serving size listed for each food.
Although the foods listed here are usually gluten free, be sure to read nutrition labels on all mixed foods and processed foods to check for possible gluten-containing ingredients. Contact the manufacturer when in doubt.

## Starches

## Breads and Flours

Each Serving = 15 grams carbohydrate
Protein, fat and calories vary in gluten-free products

| Bagel, gluten-free (corn, rice, potato) | $1 / 4(1 \mathrm{oz})$ |
| :--- | :--- |
| Biscuit, gluten-free (rice, potato) | $1 \mathrm{small}(1 \mathrm{oz})$ |
| Bread, gluten-free (rice) | $1 / 2-1$ slice (1 oz) |
| Bun, hotdog or hamburger, gluten-free | $1 / 4$ bun (1 oz) |
| $\quad$ (rice/tapioca) |  |
| Naan Bread, gluten-free (rice) | 8 inches by 2 inches |
| Pancake, gluten-free (rice, tapioca) | 1 (4-inches across) |
| Pita Bread, gluten-free (rice) | $1 / 2$ pocket (6-inches across) |
| Waffle, gluten-free (rice, potato, tapioca) | 1 (4-inch) |
| Buckwheat flour | 3 Tbsp |
| Cornmeal | $21 / 2$ Tbsp |
| Flax seed, ground | $1 / 2$ cup |
| Masa (corn flour) | 3 Tbsp |
| Ragi flour | $1 / 4$ cup |
| Taco shell or tostada shell, corn | 2 crisp shells (5-inches across) |
| Tortilla, corn | 1 (6-inch) |

# Cereals, Grains and Pasta <br> Each Serving = 15 g carbohydrate <br> Protein, fat and calories vary in gluten-free products 

| Amaranth, grain, cooked | $1 / 3$ cup |
| :--- | :--- |
| Buckwheat grain, dry | 2 Tbsp |
| Cereals |  |
| Corn Flakes | $2 / 3$ cup |
| Cream of rice, cooked | $1 / 2$ cup |
| Grits, corn, cooked | $1 / 2$ cup |
| Puffed corn | $1 / 2$ cup |
| Puffed millet | 1 cup |
| $\quad$ Puffed rice | 1 cup |
| Kasha (buckwheat only) | $1 / 2$ cup |
| Hominy grits, dry, regular | 2 Tbsp |
| Millet, cooked | $1 / 3$ cup |
| Montina flour, dry | 2 Tbsp |
| Pasta (rice, corn, potato), cooked | $1 / 3$ cup |
| Polenta, cooked | $1 / 3$ cup |
| Quinoa, cooked | $1 / 3$ cup |
| Rice, white or brown, cooked | $1 / 3$ cup |
| Sago flour, dry | 1 Tbsp |
| Soba Noodles, (100\% buckwheat) | $2 / 3$ cup |
| Sorghum, dry | 2 Tbsp |
| Teff, dry | $1 / 3$ cup |
| Wild rice, cooked | $1 / 2$ cup |

## Starchy Vegetables

Each Serving = 15 g carbohydrate, $\mathbf{3} \mathrm{g}$ protein, $0-1 \mathrm{~g}$ fat, 80 calories

| Cassava | $1 / 3$ cup |
| :--- | :--- |
| Corn | $1 / 2$ cup |
| Corn on cob, large | $1 / 2$ cob $(5 \mathrm{oz})$ |
| Hominy, canned | $3 / 4$ cup |
| Parsnips | $1 / 2$ cup |
| Peas, green | $1 / 2$ cup |
| Plantain, ripe | $1 / 3$ cup |
| Potato |  |
| Baked with skin | $1 / 4$ large $(3 \mathrm{oz})$ |
| Boiled, all kinds | $1 / 2$ cup $(3 \mathrm{oz})$ |
| Mashed, with milk | $1 / 2$ cup |
| French fries (or oven baked fries) | 1 cup $(2 \mathrm{oz})$ |


| Starchy Vegetables (continued) <br> Each Serving $=\mathbf{1 5} \mathbf{g}$ carbohydrate, $\mathbf{3} \mathbf{g}$ protein, $\mathbf{0 - 1} \mathbf{g}$ fat, $\mathbf{8 0}$ calories |  |
| :--- | :--- |
| Pumpkin, canned, no sugar added | 1 cup |
| Squash, winter (acorn, butternut) | $2 / 3 \mathrm{cup}$ |
| Succotash | $1 / 2 \mathrm{cup}$ |
| Tapioca pearls, dry | 2 Tbsp |
| Taro root | $1 / 3 \mathrm{cup}$ |
| Yam, sweet potato | $1 / 2 \mathrm{cup}$ |
| Yucca | $1 / 4 \mathrm{cup}$ |

## Snacks

Each Serving $=15 \mathrm{~g}$ carbohydrate, $\mathbf{3} \mathrm{g}$ protein, $0-1 \mathrm{~g}$ fat, $\mathbf{8 0}$ calories

| Popcorn, popped | 3 cups |
| :--- | :--- |
| Potato chips, plain, salted | $1 \mathrm{oz}(11 \mathrm{chips})$ |
| Rice cakes, plain, salted | $2(4$-inch $)$ |

## Beans, Peas and Lentils (cooked) <br> (also found under Meat and Meat Substitutes)

Each Serving = 15 g carbohydrate, 7 g protein, 0-3 g fat, 125 calories

| Baked beans | $1 / 3$ cup |
| :--- | :--- |
| Beans (black, garbanzo, kidney, | $1 / 2$ cup |
| $\quad$ lima, navy, pinto, white) | $1 / 2$ cup |
| Lentils (brown, green, yellow) | $1 / 2$ cup |
| Peas (black-eyed, split) | $1 / 3$ cup |
| Refried beans, canned | $1 / 2$ cup |
| Soybeans (edamame) |  |

## Fruit and Fruit Juices

## Fruit

Each Serving = 15 g carbohydrate, $\mathbf{0} \mathrm{g}$ protein, $\mathbf{0} \mathrm{g}$ fat, 60 calories
Note: the weights in parentheses include the peel, skin, rind, and seeds

Apple, unpeeled, small
Apples, dried
Applesauce, unsweetened
Apricots, fresh
Apricot, dried
Banana
Blackberries
Blueberries

1 (4oz)
4 rings
1/2 cup
4 whole ( $51 / 2 \mathrm{oz}$ )
8 halves
$1 / 2$ large or 1 baby banana (4 oz)
3/4 cup
3/4 cup

## Fruit (continued)

## Each Serving = 15 g carbohydrate, $\mathbf{0} \mathbf{g}$ protein, $\mathbf{0} \mathrm{g}$ fat, 60 calories

Cantaloupe
1 cup cubed (11 oz)
Cherries

| Sweet, canned Sweet, fresh | $\begin{aligned} & 1 / 2 \text { cup } \\ & 12(3 \mathrm{oz}) \end{aligned}$ |
| :---: | :---: |
| Dates | 3 |
| Dried fruits | 2 Tbsp |
| Figs | 2 medium (3 1/2 oz) |
| Fruit cocktail | 1/2 cup |
| Grapefruit <br> Large <br> Sections, canned | $\begin{aligned} & \text { 1/2 (11 oz) } \\ & 3 / 4 \text { cup } \end{aligned}$ |
| Grapes, small | 17 (3 oz) |
| Honeydew | 1 cup cubed (10 oz) |
| Kiwi, large | 1 (3 1/2 oz) |
| Mandarin oranges, canned | 3/4 cup |
| Mango | 1/2 cup or 1/2 small (5 1/2 oz) |
| Nectarine, small | 1 (5 oz) |
| Orange, small | 1 (6 1/2 oz) |
| Papaya | 1 cup cubed (8 oz) |
| Peach Canned Fresh, medium | $\begin{aligned} & 1 / 2 \text { cup } \\ & 1 \text { (6 oz) } \end{aligned}$ |
| Pear <br> Canned Fresh, large | $\begin{aligned} & 1 / 2 \text { cup } \\ & 1 / 2(4 \mathrm{oz}) \end{aligned}$ |
| Pineapple Canned Fresh | 1/2 cup <br> 3/4 cup |
| Plums Canned Fresh, small | $\begin{aligned} & \text { 1/2 cup } \\ & 2(5 \mathrm{oz}) \end{aligned}$ |
| Prunes | 3 |
| Raisins | 2 Tbsp |
| Raspberries | 1 cup |
| Strawberries | $11 / 4$ cup whole berries |
| Tangerines, small | 2 (8 oz) |
| Watermelon | $11 / 4$ cup cubes (13 1/2 oz) |

## Fruit Juice

(Liquid = fast absorption)
Each Serving $=15 \mathrm{~g}$ carbohydrate, $\mathbf{0} \mathrm{g}$ protein, $\mathbf{0} \mathrm{g}$ fat, 60 calories

| Apple juice or apple cider | $1 / 2$ cup |
| :--- | :--- |
| Fruit juice blends, $100 \%$ juice | $1 / 3$ cup |
| Grape juice | $1 / 3$ cup |
| Grapefruit juice | $1 / 2$ cup |
| Orange juice | $1 / 2$ cup |
| Pineapple juice | $1 / 2$ cup |
| Prune juice | $1 / 3$ cup |

## Milk and Yogurt

## Fat-free (skim) and Low-fat (1\%) Selections

(Best choice)
Each Serving = 15 g carbohydrate, $\mathbf{8} \mathrm{g}$ protein, $0-3 \mathrm{~g}$ fat, 100 calories
Fat-free or low-fat buttermilk
1 cup
Fat-free milk 1 cup
Low-fat, 1 \% milk 1 cup

| Evaporated fat-free milk | $1 / 2$ cup |
| :--- | :--- |

Fat-free dry milk powder 1/3 cup dry
Yogurt,
Fat-free, flavored with artificial sweetener
2/3 cup (6 oz)
Plain, fat-free
2/3 cup (6 oz)

Reduced-Fat Selections
Each Serving = 15 g carbohydrate, 8 g protein, 5 g fat, 120 calories

| Milk, 2\% | 1 cup |
| :--- | :--- |
| Kefir | 1 cup |
| Yogurt, plain low-fat | $2 / 3$ cup $(6 \mathrm{oz})$ |
| Sweet acidophilus milk | 1 cup |

Whole Milk Selections
(Limit use - high in saturated fat)
Each Serving = 15 g carbohydrate, 8 g protein, 8 g fat, 160 calories

| Milk, whole | 1 cup |
| :--- | :--- |
| Evaporated whole milk | $1 / 2$ cup |
| Yogurt, plain (made from whole milk) | 1 cup (8 oz) |
| Goat's milk | 1 cup |

# Non-dairy Milks <br> Food composition varies - See right-hand column 

| Almond milk | 1 cup | 10 g carb, 2 g protein, <br> $21 / 2 \mathrm{~g}$ fat, 70 calories |
| :--- | :--- | :--- |
| Rice milk | 1 cup | 23 g carb, 1 g protein, <br> $21 / 2 \mathrm{~g}$ fat, 120 calories |
| Soy milk <br> Light <br> Regular, plain | 1 cup | 15 g carb, 4 g protein, 3 g fat |
| Reup | 15 g carb, 8 g protein, 5 g fat |  |

## Sweets, Desserts, and Other Carbohydrates

## Beverages, Soda, Energy and Sports Drinks

Carbohydrate content varies - See right-hand column

| Cranberry juice cocktail | 1/2 cup | 15 g carb |
| :---: | :---: | :---: |
| Energy drink | $1 \mathrm{can} \mathrm{(8.3} \mathrm{oz)}$ | 30 g carb |
| Fruit drink or lemonade | $1 \mathrm{cup}(8 \mathrm{oz})$ | 30 g carb |
| Hot chocolate Regular <br> Sugar-free or light | 1 envelope <br> (added to 8 oz water) <br> 1 envelope <br> (added to 8 oz water) | 30 g carb, 5 g fat 15 g carb |
| Soft drink (soda), regular | 1 can (12 oz) | 38 g carb |
| Sports drink | $1 \mathrm{cup}(8 \mathrm{oz})$ | 15 g carb |

Pudding, Sweets, Sweeteners, Syrups, and Toppings Food composition varies - See right-hand column

| Candy, hard | 3 pieces | 15 g carb |
| :--- | :--- | :--- |
| Chocolate "kisses" | 5 pieces | 15 g carb, 5 g fat |
| Gelatin, regular | $1 / 2 \mathrm{cup}$ | 15 g carb |
| Honey | 1 Tbsp | 15 g carb |
| Pudding, (without wheat flour) |  |  |
| Regular | $1 / 2$ cup | 30 g carb, 3 g protein, 6 g fat |
| Sugar-free | $1 / 2 \mathrm{cup}$ | 15 g carb, 2 g protein, 1 g fat |
| Sugar | 1 Tbsp | 15 g carb |
| Syrup |  |  |
| $\quad$ Chocolate | 2 Tbsp | 30 g carb |
| $\quad$Light (pancake type) <br> Regular (pancake type) | 2 Tbsp | 15 g carb |

## Non-Starchy Vegetables

## Serving size $=1 / 2$ cup cooked <br> 1 cup raw <br> 1/2 cup vegetable juice

| Each Serving =5 g carbohydrate, $\mathbf{2}$ g protein, $\mathbf{0}$ g fat, $\mathbf{2 5}$ calories |  |  |  |
| :--- | :--- | :---: | :---: |
| Amaranth or Chinese spinach | Mushrooms |  |  |
| Artichoke and Artichoke hearts | Okra |  |  |
| Asparagus | Onions |  |  |
| Baby corn | Oriental radish or daikon |  |  |
| Bamboo shoots | Pea pods (snow peas) |  |  |
| Beans (green, wax, Italian) | Peppers (all varieties) |  |  |
| Bean sprouts | Radishes |  |  |
| Beets | Rutabaga |  |  |
| Bok choy | Sauerkraut |  |  |
| Borscht | Soybean sprouts |  |  |
| Broccoli | Spinach |  |  |
| Brussels sprouts | Summer squash |  |  |
| Cabbage - all types | Sugar snap peas |  |  |
| Carrots | Swiss chard |  |  |
| Cauliflower | Tomato (fresh or canned) |  |  |
| Celery | Tomato sauce |  |  |
| Chayote | Tomato juice/vegetable juice |  |  |
| Coleslaw, no dressing | Turnips |  |  |
| Cucumber | Water chestnuts |  |  |
| Eggplant | Yard-long beans |  |  |
| Gourds (bitter, bottle, luffa) | Zucchini |  |  |
| Greens (collard, kale, mustard, turnip) |  |  |  |
| Green onions or scallions | Salad greens are Free Foods <br> Hearts of palm <br> Jicama |  | including: chicory, endive, <br> escarole, lettuce, romaine, <br> spinach, arugula, radicchio, <br> and watercress. <br> Kohlrabi |
| Leeks |  |  |  |
| Mixed vegetables (without corn or peas) |  |  |  |
| Mung bean sprouts |  |  |  |

## Meats and Meat Substitutes

## Lean Selections

(Good choice)

## Each Serving = $0 \mathbf{~ g}$ carbohydrate, 7 g protein, $0-3 \mathrm{~g}$ fat, 45 calories

| Beef (Select or Choice grades): ground round, roast (chuck, rib, rump), steak (sirloin, flank, porterhouse, T-bone), tenderloin | 1 oz |
| :---: | :---: |
| Cheeses (0-3 g fat per oz) | 1 oz |
| Cottage cheese | 1/4 cup |
| Egg substitute, plain | 1/4 cup |
| Egg whites | 2 |
| Fish: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna (not breaded) | 1 oz |
| Fish, smoked: herring or salmon (lox) | 1 oz |
| Game: buffalo, ostrich, rabbit, venison | 1 oz |
| Lamb: chop, leg, roast | 1 oz |
| Organ meats: heart, kidney, liver (high cholesterol) | 1 oz |
| Oysters, fresh or frozen | 6 medium |
| Pork, lean: tenderloin, rib or loin chop | 1 oz |
| Poultry, skinless: Cornish hen, chicken, turkey, domestic duck or goose (well-drained of fat) | $10 z$ |
| Shellfish: clams, crab, lobster, scallops | 1 oz |
| Shrimp and squid (high cholesterol) | 1 oz |
| Tuna, canned in water or oil, drained | 1 oz |
| Veal, lean chop, roast | 1 oz |
| Salmon, canned | 1 oz |
| Sardines, canned | 2 medium |
| Processed meats may contain gluten. Read labels for gluten containing ingredients and contact manufacturer if in doubt. <br> Canadian bacon <br> Ham <br> Sausage (low fat $=0-3 \mathrm{~g}$ fat per oz) | $\begin{aligned} & 1 \mathrm{oz} \\ & 1 \mathrm{oz} \\ & 1 \mathrm{oz} \end{aligned}$ |


| Medium Fat Selections <br> Each Serving $=\mathbf{0} \mathbf{g}$ carbohydrate, $\mathbf{7} \mathrm{g}$ protein, $\mathbf{4 - 7} \mathrm{g}$ fat, 75 calories |  |
| :---: | :---: |
| Cheese, reduced-fat cheeses (4-7 g fat per oz) | 1 oz |
| Ricotta cheese | 1/4 cup, 2 oz |
| Mozzarella | 1 oz |
| Feta cheese | 1 oz |
| Beef: corned beef, ground beef, Prime grades trimmed of fat (prime rib), short ribs, tongue | 1 oz |
| Egg | 1 whole |
| Fish, fried (no breading) | 1 oz |
| Lamb: ground, rib roast | 1 oz |
| Pork: cutlet, shoulder roast | 1 oz |
| Poultry: chicken with skin, dove, pheasant, wild duck, wild goose, ground turkey, fried chicken (no breading) | 1 oz |
| Veal, cutlet (no breading) | 1 oz |
| Processed meats may contain gluten. Read labels for gluten containing ingredients and contact manufacturer if in doubt. <br> Reduced-fat lunch meats (4-7 grams of fat per oz) Sausage (medium fat $=4-7 \mathrm{~g}$ fat per oz) | $\begin{aligned} & 1 \mathrm{oz} \\ & 1 \mathrm{oz} \end{aligned}$ |

## High Fat Selections

(Limit use)
Each Serving $=\mathbf{0} \mathbf{g}$ carbohydrate, $\mathbf{7} \mathrm{g}$ protein, $\mathbf{8}$ or more g fat, 100 calories
Cheese, regular: American, bleu, brie, cheddar,
1 oz
colby, hard goat, Monterey jack, queso, Swiss

| Processed meats may contain gluten. Read labels for gluten containing ingredients and contact manufacturer if in doubt. <br> Bacon <br> regular pork bacon <br> turkey bacon | 2 slices <br> 3 slices |
| :---: | :---: |
| Hot dog: beef, pork, turkey, or chicken | 1 hot dog |
| Pork: ground, spareribs, sausage | 1 oz |
| Processed meats: bologna, pastrami, hard salami | 1 oz |
| Sausages: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer | 1 oz |

# Plant-Based Proteins <br> Carbohydrate content varies - See right-hand column 

| Baked beans | 1/3 cup | 15 g carb, 7 g protein, 0-3 g fat |
| :---: | :---: | :---: |
| Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white | 1/2 cup | 15 g carb, 7 g protein, 0-3 g fat |
| Edamame | 1/2 cup | 8 g carb, 8 g protein, $0-3 \mathrm{~g}$ fat |
| Hummus | 1/3 cup | 15 g carb, 7 g protein, 8 g fat |
| Nut butters: almond, cashew, peanut, soy (no-sugar) | 1 Tbsp | 0 g carb, 7 g protein, 8 or more g fat |
| Peas, cooked: <br> black-eyed and split peas | 1/2 cup | 15 g carb, 7 g protein, 0-3 g fat |
| Refried beans, canned | 1/3 cup | ```15g carb, 7 g protein, 0-3 g fat``` |
| Soy nuts, unsalted | 3/4 oz | 8 g carb, 7 g protein, 4-7 g fat |
| Tempeh (soy only) | 1/4 cup | 0 g carb, 7 g protein, 4-7 g fat |
| Tofu | 4 oz (1/2 cup) | 7 g protein, 4-7 g fat |
| Tofu, light | 4 oz (1/2 cup) | 7 g protein, 0-3 g fat |

## Fats

## Monounsaturated Fats <br> Each Serving $=\mathbf{0} \mathbf{g}$ carbohydrate, $\mathbf{0} \mathbf{g}$ protein, 5 g fat, 45 calories

| Avocado | 2 Tbsp (1 oz) |
| :--- | :--- |
| Nut butters (trans fat-free): | $11 / 2$ tsp |
| almond butter, cashew butter, peanut butter |  |
| Nuts: |  |
| Caution: Seasoned nuts may contain gluten. Read labels or |  |
| contact manufacturer. | 6 nuts |
| Almonds | 2 nuts |
| Brazil | 6 nuts |
| Cashews | 5 nuts |
| Filberts (hazelnuts) | 3 nuts |
| Macadamia | 6 nuts |
| Mixed (50\% peanuts) | 10 nuts |
| Peanuts | 4 halves |
| Pecans | 16 nuts |
| Pistachios | 1 tsp |
| Oils: olive oil, canola oil, peanut oil |  |
| Olives | 8 large |
| Black (ripe) | 10 large |
| Green, stuffed |  |

## Polyunsaturated Fats

## Each Serving $=\mathbf{0} \mathbf{g}$ carbohydrate, $\mathbf{0} \mathrm{g}$ protein, 5 g fat, 45 calories

| Margarine, reduced-fat (30-50\% vegetable oil, trans fat-free) | 1 Tbsp |
| :---: | :---: |
| Margarine: stick, tub, or squeeze (trans fat-free) | 1 tsp |
| Mayonnaise: Reduced-fat Regular | 1 Tbsp 1 tsp |
| Mayonnaise-style salad dressing <br> Reduced-fat <br> Regular | 1 Tbsp 2 tsp |
| Nuts: <br> Caution: Seasoned nuts may contain gluten. Read labels or contact manufacturer. <br> Pignolia (pine nuts) <br> Walnuts | 1 Tbsp 4 halves |
| Oils: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower | 1 tsp |
| Margarines with plant stanol esters Light Regular | 1 Tbsp 2 tsp |
| Salad dressing: <br> Caution: may contain gluten. Always read nutrition labels and look for gluten-containing ingredients, or contact the manufacturer. <br> Reduced-fat (check label for carbohydrate count) Regular | 2 Tbsp <br> 1 Tbsp |
| Seeds: <br> Caution: Seasoned nuts may contain gluten. Read labels or contact manufacturer. <br> flaxseed, pumpkin, sunflower, sesame | 1 Tbsp |
| Tahini, sesame paste | 2 tsp |


| Saturated Fats <br> (Limit use) |  |
| :---: | :---: |
| Each Serving = 0 g carbohydrate, 0 g protein, 5 g fat, 45 calories |  |
| Butter <br> Reduced-fat <br> Stick <br> Whipped | 1 Tbsp <br> 1 tsp <br> 2 tsp |
| Butter blends made with oil Reduced-fat or light Regular | $\begin{aligned} & 1 \text { Tbsp } \\ & 11 / 2 \mathrm{tsp} \end{aligned}$ |
| Chitterlings, boiled | 2 Tbsp (1/2 oz) |
| Coconut, shredded | 2 Tbsp |
| Coconut milk <br> Light <br> Regular | $\begin{aligned} & 1 / 3 \text { cup } \\ & 11 / 2 \text { Tbsp } \end{aligned}$ |
| Cream <br> Half and half <br> Heavy <br> Light <br> Whipped <br> Whipped, pressurized | 2 Tbsp <br> 1 Tbsp <br> 1 1/2 Tbsp <br> 2 Tbsp <br> 1/4 cup |
| Cream cheese Reduced-fat Regular | ```1 1/2 Tbsp (3/4 oz) 1 Tbsp (1/2 oz)``` |
| Lard | 1 tsp |
| Oil: coconut, palm, palm kernel | 1 tsp |
| Salt pork | 1/4 oz |
| Shortening, solid | 1 tsp |
| Sour cream Reduced-fat or light Regular | 3 Tbsp <br> 2 Tbsp |

## Compiled from: Choose Your Foods: Exchange Lists for Diabetes American Dietetic Association and American Diabetes Association, 2008

