



NAVIGATING THE FOOD PANTRY WITH DIABETES

Portion Size Tips for Carbohydrate Control

OATMEAL



Portion:
½ cup cooked
or
4 ounces



Carbohydrate:
30 grams

UNSWEETENED JUICE



Portion:
1 cup
or
8 ounces



Carbohydrate:
30 grams

PASTA/WHITE RICE



Portion:
½ cup
cooked



Carbohydrate:
15 grams

DRY BEANS



Portion:
½ cup
cooked



Carbohydrate:
15 grams

BREAD



Portion:
1 slice
or
1 ounce



Carbohydrate:
15 grams

CANNED CORN



Portion:
½ cup



Carbohydrate:
15 grams

CANNED TUNA



Portion:
3 ounces



Carbohydrate:
0 grams

UNSWEETENED CANNED FRUIT



Portion:
½ cup



Carbohydrate:
15 grams

Portion sizes and carbohydrate amounts shown are estimates only. Portion size differs from Serving Sizes listed on Nutrition Facts Labels. Always read the Nutrition Facts Label for a more accurate carbohydrate count. To receive the most accurate information about your diabetes self-care, talk with your healthcare provider and/or certified diabetes educator.

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