

## Hidden Carbohydrates - count these as one serving

### 1. Starches:

Breading.	
Bread crumbs or croutons	½ cup
Cornmeal (dry)	3 T
Flour (dry)	3 Tbs
Oats	½ cup
Wheat germ	3 Tbs

### 2. Milk:

Dry milk (non fat)	1/3 cup
Evaporated skim milk	½ cup

### 3. Fruit:

Dried fruit	2 Tbs
Fruit spreads, 100 % fruit	1 Tbs
Fruit juice	1/3 cup

### 4. Others:

Honey	1 Tbs
Jelly or Jam	1 Tbs
Sugar	1 Tbs
Syrup, light	2 Tbs
Syrup, regular	1 Tbs

### 5. Fat-free or Reduced-fat Foods.

Cream cheese, fat free	1 Tbs
Creamers, non dairy, liquid	1 Tbs
Creamers, non dairy, powdered	2 tsp
Mayonnaise, fat-free	1 Tbs
Mayonnaise, reduced-fat	1 tsp
Margarine, fat-free	4 Tbs
Margarine, reduced-fat	1 tsp
Miracle Whip nonfat	1 Tbs
Miracle Whip reduced-fat	1 tsp
Nonstick cooking spray Free	
Salad dressing, fat- free	1 Tbs
Salad dressing, Italian	2 Tbs
Salsa	¼ cup
Sour cream, fat-free, reduced-fat	1 Tbs
Whipped topping, regular or light	2 Tbs

### 6. Condiments

Catsup	1 Tbs
Spaghetti sauce	½ cup
Taco Sauce	1 Tbs

## **Free foods**

Foods that have less than 5 grams of carbohydrate per serving. Most are able to be eaten in unlimited amounts; some with a serving size should be limited to 3 times a day, and distributed though out the day.

### **Drinks**

- Bouillon or broth
- Bouillon, low-sodium
- Carbonated or mineral water
- Club soda
- Cocoa powder, unsweetened, 1 Tbs
- Coffee
- Diet soft drinks, sugar-free
- Drink mixes, sugar-free
- Tea
- Tonic water, sugar-free

### **Sugar-free or Low-sugar**

- Candy, hard, sugar-free, 1
- Gelatin, dessert, sugar-free
- Gelatin, unflavored
- Gum, sugar-free
- Jam/jelly, low-sugar or light, 2 tsp
- Sugar substitutes
- Syrup, sugar-free, 2 Tbs

Lettuce, cucumbers, sprouts, mushrooms and radishes are very low carbohydrate and generally can be used more freely than other vegetables.

## Fruits list

Apple, unpeeled, small	1
Applesauce, unsweetened	½ cup
Apples, dried	4 rings
Apricots, fresh	4 whole
Apricots, dried	8 halves
Apricots, canned	½ cup
Banana, small	1
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	1/3 melon
Cherries, fresh	12
Cherries, canned	½ cup
Dates	3
Figs, fresh	1 ½ large or 2 medium
Figs, dried	1 ½
Fruit cocktail	½ cup
Grapefruit, large	½
Grapes, small	17
Honeydew melon	1 slice or 1 cup cubed
Mandarin oranges	¾ cup
Mango, small	½ fruit
Papaya	½ fruit
Peach, medium	1
Peaches, canned	½ cup
Pear, large	½ cup
Pineapple, fresh	¾ cup
Pineapple, canned	½ cup
Plums, small	2
Prunes, dried	3
Raisins	2 Tbs
Raspberries	1 cup
Strawberries	1 ¼ cup whole berries
Tangerines, small	2
Watermelon	1 slice or 1 ¼ cup cubes.

Fruit juices are NOT encouraged as they fall under the concentrated sweets list.