

## **15 Grams of Carbohydrates or Less**

### ***Fruits:***

- 1 small apple
- 1 orange
- 1 pear
- 4 fresh apricots
- 7 dried apricot halves
- 1 small banana
- $\frac{3}{4}$  cup blueberries
- $\frac{1}{3}$  cup raspberries
- 1 cup melon balls
- 15 cherries
- 15 grapes
- 2 plums
- 1 large kiwi
- 1 cup fresh pineapple
- $\frac{1}{2}$  of a whole mango
- $1\frac{1}{4}$  cup strawberries
- $1\frac{1}{4}$  cup watermelon balls

### ***Pasta/Grains:***

- $\frac{1}{3}$  cup cooked pasta
- $\frac{1}{3}$  cup cooked rice
- $\frac{1}{2}$  cup cooked grains

### ***Vegetables/Beans:***

- $\frac{1}{2}$  cup cooked beans
- $\frac{1}{3}$  cup baked beans
- $\frac{1}{2}$  cup corn
- 1 small baked potato
- $\frac{1}{2}$  cup spaghetti sauce
- 1 cup cucumber

### ***Milk/Yogurt:***

- 10 oz skim, 1%, 2% or whole milk
- 1 cup plain yogurt

### ***Breads:***

- 1 slice of bread
- $\frac{1}{2}$  English muffin
- 1 small plain roll
- $\frac{1}{2}$  pita bread (6")
- $\frac{1}{2}$  hot dog or hamburger bun
- 1 tortilla (6")