

Good Carbohydrate Choices for Diabetics

Carbs to avoid	Better choices	Serving Size
white bread	whole wheat bread	1 slice
English muffin	whole wheat English muffin	1 muffin
regular pasta	whole wheat pasta	2 ounces
potatoes	yams	4 ounces
white rice	brown rice	1/4 cup (uncooked)
white rice	wild rice	1/4 cup (uncooked)
grits	oatmeal	1/3 cup (uncooked)
sugared cereal (like Fruit Loops)	Post Raisin Bran Cheerios 100% Bran Shredded Wheat & Bran Total Whole Grain Total Raisin Bran Kashi GoLean Kashi Cinnamon Harvest Kellogg's Special K Kellogg's All Bran	1 cup
Fruit juice	Fresh fruit	

Carbs to REALLY avoid	Great snack choices
candy bar	fresh fruit
cookies	fresh fruit
cake	fresh fruit
potato chips	popcorn
crackers	nuts
soda	iced tea
soda	coffee
soda	water