

Carbohydrates	
FAVORABLE	1 BLOCK
COOKED VEGETABLES	
ARTICHOKE	1 MEDIUM
ASPARAGUS	12 SPEARS
BEANS, GREEN OR WAX	1 CUP
BEANS, BLACK	¼ CUP
BOK CHOY	3 CUPS
BROCCOLI	1 ¼ CUPS
BRUSSEL SPROUTS	1 ½ CUPS
CABBAGE	1 1/3 CUPS
CAULIFLOWER	2 CUPS
CHICKPEAS	¼ CUP
COLLARD GREENS	2 CUPS
EGGPLANT	1 ½ CUPS
KALE	1 ¼ CUPS
KIDNEY BEANS	¼ CUP
LEEKS	1 CUP
LENTILS	¼ CUP
MUSHROOMS, BOILED	1 CUP
OKRA, SLICED	1 CUP
ONIONS	¾ CUP
SAUERKRAUT	1 CUP
SPINACH	1 ¼ CUPS
SWISS CHARD	1 ½ CUPS
TURNIP	1 CUP
TURNIP GREENS	1 ¾ CUPS
YELLOW SQUASH	1 ¼ CUPS
ZUCCHINI, SLICED	1 ½ CUPS
RAW VEGETABLES	
ALFALFA SPROUTS	11 CUPS
BAMBOO SHOOTS	1 ¼ CUPS
BROCCOLI	1 ½ CUPS
CABBAGE	3 CUPS
CAULIFLOWER	2 CUPS
CELERY, SLICED	2 ½ CUPS
CUCUMBER	1
CUCUMBER	4 CUPS
ENDIVE	7 ½ CUPS
ESCAROLE	7 ½ CUPS
GREEN/RED PEPPERS	3
GREEN PEPPER	2 ¼ CUPS
HUMUS	¼ CUP
LETTUCE, ICEBURG	1 HEAD
LETTUCE, ROMAINE	4 CUPS
MUSHROOMS	3 CUPS
ONIONS	1 CUP
RADISHES	2 ½ CUPS
SALSA	½ CUP
SNOW PEAS	1 CUP
SPINACH	6 CUPS
TOMATO	2
TOMATO	1 ¼ CUPS
WATER CHESTNUTS	1/3 CUP
SPINACH SALAD:	
RAW SPINACH	3 CUPS
RAW ONION	¼ CUP
RAW MUSHROOM	¼ CUP
RAW TOMATO	¼
TOSSED SALAD:	
SHREDDED LETTUCE	2 CUPS
GREEN BELL PEPPER	¼
RAW CUCUMBER	¼
RAW TOMATO	¼
FRUITS (FRESH, FROZEN OR CANNED)	
APPLE	½
APPLESAUCE	1/3 CUP
APRICOTS	3
BLACKBERRIES	¾ CUP
BLUEBERRIES	½ CUP

BOYSENBERRIES	¾ CUP
CANTALOUPE	¼ MELON
CANTALOUPE, CHOPPED	¾ CUP
CHERRIES	¾ CUP
FRUIT COCKTAIL	½ CUP
GRAPEFRUIT	½
GRAPES	½ CUP
HONEYDEW MELON	1
LEMON	1
LIME	1
NECTARINE, MEDIUM	½
ORANGE	½
ORANGE, MANDARIN	1/3 CUP
PEACH	1
PEACHES, CANNED	½ CUP
PEAR	½
PINEAPPLE, CUBED	½ CUP
PLUM	1
RASPBERRIES	1 CUP
STRAWBERRIES	1 CUP
TANGERINE	1
WATERMELON	¾ CUP
GRAINS	
BARLEY, DRY	½ TBSP
OATMEAL, SLOW COOK	1/3 CUP
OATMEAL, DRY	½ OZ
UNFAVORABLE CARBOHYDRATES (USE IN MODERATION)	
COOKED VEGETABLES	
ACORN SQUASH	½ CUP
BAKED BEANS	1/8 CUP
BEETS, SLICED	½ CUP
BUTTERNUT SQUASH	½ CUP
CARROT	1
CARROT, SHREDDED	1 CUP
CORN	¼ CUP
FRENCH FRIES	5
LIMA BEANS	¼ CUP
PARSNIPS	1/3
PEAS	1/3 CUP
PINTO BEANS	¼ CUP
POTATO, BAKED	1/3 CUP
POTATO, BOILED	1/3 CUP
POTATO, SMASHED	1/5 CUP
REFRIED BEANS	¼ CUP
SWEET POTATO, BAKED	1/3
SWEET POTATO, MASHED	1/5 CUP
FRUITS	
BANANA	1/3
CRANBERRIES, CHOPPED	¾ CUP
CRANBERRY SAUCE	3 TBSP
DATES	2 PIECES
FIG	1 PIECE
GUAVA	½ CUP
KUMQUAT	3
MANGO, SLICED	1/3 CUP
PAPAYA, CUBED	¾ CUP
PRUNES, DRIED	2
RAISINS	1 TBSP
FRUIT JUICES	
APPLE	1/3 CUP
APPLE CIDER	1/3 CUP
CRANBERRY	¼ CUP
FRUITPUNCH	¼ CUP
GRAPE	¼ CUP
GRAPEFRUIT	1/3 CUP
LEMON	1/3 CUP
LEMONADE	1/3 CUP
ORANGE	1/3 CUP
PINEAPPLE	¼ CUP
TOMATO	¾ CUP

V-8	¾ CUP
GRAINS, CEREALS, AND BREADS	
BAGEL, SMALL	¼
BISCUIT	½
BREADCRUMBS	½ OZ
BREAD, WHOLEGRAIN	½ SLICE
BREAD, WHITE	½ SLICE
BREADSTICK, SOFT	½
BREADSTICK, HARD	1
BUCKWHEAT, DRY	½ OZ
CEREAL, DRY	½ OZ
CORNBREAD	½ OZ
CORNSTARCH	1 TBSP
COUSCOUS, DRY	1 OZ
CRACKER, SALTINE	4
CRACKER, PLAIN	3
CROISSANT, PLAIN	½
CROUTON	½ OZ
DOUGHNUT, PLAIN	¾
ENGLISH MUFFIN	¼
GRANOLA	½ OZ
GRITS, COOKED	1/3 CUP
MELBA TOAST	½ OZ
MILLET	½ OZ
MUFFIN, BLUEBERRY	½
NOODLES, EGG, COOKED	¼ CUP
PANCAKE, 4-INCH	½
PASTA, COOKED	¼ CUP
PITA BREAD	¼ POCKET
PITA BREAD, MINI	½ POCKET
POPCORN, POPPED	2 CUPS
RICE, BROWN, COOKED	1/5 CUP
RICE, WHITE, COOKED	1/5 CUP
RICE CAKE	1
ROLL, BULKIE	¼
ROLL, DINNER	½ SM.
ROLL, HAMBURGER	½
TACO SHELL	1 SM.
TORTILLA, CORN, 6-INCH	1
TORTILLA, FLOUR, 8-INCH	½
WAFFLE	½
ALCOHOL	
BEER	6 OZ
DISTILLED SPIRITS	1 OZ
WINE	4 OZ
POOR CHOICES	
BARBECUE SAUCE	2 TBSP
CANDY BAR	¼
CAKE	1/3 SLICE
COCKTAIL SAUCE	2 TBSP
COOKIE, SMALL	1
CRACKERS, SALTINE	4
CRACKERS, GRAHAM	1 ½
HONEY	½ TBSP
ICE CREAM, REGULAR	¼ CUP
ICE CREAM, PREMIUM	1/5 CUP
JAM OR JELLY	2 TBSP
KETCHUP	2 TBSP
MOLASSES, LIGHT	1 ½ TBSP
PLUM SAUCE	1 ½ TBSP
POTATO CHIPS	½ OZ
PRETZELS	½ OZ
RELISH, PICKLE	4 TSP
SUGAR, BROWN	2 TSP
SUGAR, GRANULATED	2 TSP
SUGAR, CONFECTIONERY	1 TSP
SYRUP, MAPLE	2 TSP
SYRUP, PANCAKE	2 TSP
TERIYAKI SAUCE	1 TBSP
TORTILLA CHIPS	½ OZ

