

Starchy Foods

This section includes:

- Bread
- Cereals & Grains
- Crackers



Click to jump to
the section

What are carbs?

Carbohydrates, or carbs, are one of the three macronutrients: carbs, fat, and protein. **Carbs are often referred to as starches or sugars. They are a form of energy for your body.**

Starchy foods are an important part of the diet because, in addition to carbs, they can be a source of fiber, vitamins, and minerals. Starches usually include breads, grains, pasta, and tubers. Whole-grain and whole-wheat options offer more fiber.

Is it OK to eat carbs?

Yes! Carbs can be a part of a diabetes diet, but it is important to pay attention to how many carbs you are eating at each meal.

When you eat carbs, your digestive tract breaks the carbs into sugar. The sugar is then absorbed into your bloodstream. Eating too many carbs can cause your blood sugar to spike.





BREAD EXCHANGE

Bread

1 choice = 15 grams of carbohydrate and approximately 80 calories

Bagel, large	1/4 (1 oz)	Naan, 8x2"	1/4
Biscuit, 2.5" across	1	Pancake, 4" across, 1/4" thick	1
Bread		Pita, 6" across	1/2
reduced-calorie	2 slices	Roll, plain, small	1
white, whole grain,	1 slice	Stuffing, bread	1/3 cup
pumpernickel, rye, unfrosted raisin		Taco shell, 5" across	2
Chapatti, small, 6" across	1	Tortilla, corn, 6" across	1
Cornbread, 1.75" cube	1 (1.5 oz)	Tortilla, flour, 6" across	1
English muffin	1/2	Tortilla, flour, 10" across	1/3 tortilla
Hot dog/burger bun	1/2 (1 oz)	Waffle, 4" across	1

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Bagel

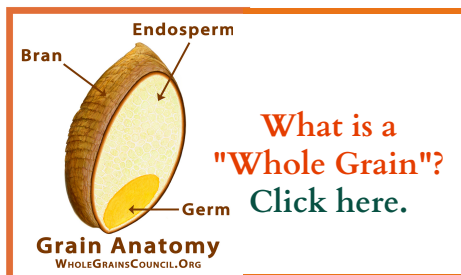
100% Whole wheat - Saturated fat-free

Thomas

- Whole Wheat Bagel (85/17) ----- 1/3 bagel
- **Bagel Thin Plain (55/12) ----- 1/2 bagel

Pepperidge Farms

- Mini Bagel (100/20) ----- 1 bagel



WHOLE GRAINS

Brown Rice, Wild Rice,
Colored Rice
Buckwheat
Oats
Whole Corn
Whole Rye
Whole Wheat
Quinoa

**This is not a whole wheat product

Bread Slices

100% whole wheat - Saturated fat-free - Minimum 16 g whole grains/serving

Dave's Killer Thin Sliced

- 21 Grain (70/12) ----- 1 slice
- Good Seed (70/13) ----- 1 slice



Ezekial 4:9

- Sprouted Whole Grain (80/15) ----- 1 slice



Oroweat

- 12 Grain (110/19) ----- 1 slice
- Whole Wheat (100/19) ----- 1 slice
- Double Fiber (80/19) ----- 1 slice
- Whole Wheat Sandwich Thin (70/14) ----- 1/2 sandwich



Bread Crumbs

Saturated fat-free - Maximum 50 mg sodium

Kikkoman

- Panko Bread Crumbs (55/12) ----- 1/4 cup



Buns

100% whole wheat - Saturated fat-free - At least 16 g whole grains/serving

Nature's Own

- Whole Wheat Hamburger Bun (65/12) ----- 1/2 bun
- Whole Wheat Hot Dog Bun (55/11) ----- 1/2 bun



Cornbread/Stuffing

Saturated fat-free - Maximum 250 mg sodium

Fleischmann's

- Simply Homemade Cornbread (85/17) ----- 2" cube



Pamela's

- Gluten-Free Cornbread Muffin Mix (70/13) -- 2" cube



English Muffins

100% whole wheat - Saturated fat-free

Oroweat

- Whole Wheat English Muffin (75/15) ----- 1/2 bun

Thomas

- Whole Wheat English Muffin (60/11) ----- 1/2 bun



Flat Out Fold It & Wraps

100% whole wheat - Saturated fat-free - Minimum 16 g whole grains/serving

Flatout Wraps

- 5 Grain Flax (90/16) ----- 1 pita

- Multigrain with Flax (70/19) ----- 1 pita

- Original Light (60/19) ----- 1 pita

Sam's Choice

- Whole wheat (70/13) ----- 1/2 pita

Toufayan

- Whole wheat (80/16) ----- 1/2 pita



Mix, Biscuit (boxed)

Lower in saturated fat & salt

Bisquick

- Heart Smart (70/14) ----- 3 T, dry mix



Mix, Pancake/Waffle

100% whole wheat - No more than 1 g saturated fat

Kodiak Power Cakes

- Buttermilk (95/14) ----- 1/4 cup, dry mix

Bob Red Mills

- 10 Grain (70/14) ----- 1/4 cup, dry mix



Pancake, Frozen

Whole Grain

Kodiak Power Flap Jacks

- Buttermilk (63/10) ----- 1 pancake





Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Roll, Crescent

Lower in saturated fat & salt

Pillsbury

- Reduced Fat Crescent (90/13) ----- 1 roll
- Crescents (100/12) ----- 1 roll
- Breadsticks (70/14) ----- 1 stick



Roll, Dough

Lower in saturated fat & salt

Rhodes

- Dinner Roll (100/19) ----- 1 roll



Roll, Prebaked

Saturated fat free & no more than 130 mg sodium

Rhodes

- Dinner Rolls (100/19) ----- 1 roll



Taco Shells

100% whole grain

Ortego

- Whole Grain Corn (120/16) ----- 2 shells



Old El Paso

- Whole Wheat Taco Bowls (70/12) ----- 1 shell



Did You Know?



Whole grains can reduce the risk of developing heart disease, Type II Diabetes, and some cancers. Look for labels that say Whole Grain or Whole Wheat, or choose products such as brown rice and oats to meet 3 servings (48 grams) of whole grains each day.

Source: [Oldways Whole Grains Council](#)

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Tortillas

100% whole wheat - Maximum 1 g saturated fat

Kroger

- Whole Wheat Tortilla (60/11) ----- 1/2 tortilla

Mission

- Carb Balance Soft Tortilla (70/19) ----- 1 tortilla
- 100% Whole Wheat Soft Tortilla (65/11) ----- 1/2 tortilla
- Organics Whole Wheat Tortilla (75/12) ----- 1/2 tortilla



Waffles, Frozen

100% whole wheat

Kashi

- 7 Grain (90/15) ----- 1 waffle
- Blueberry (85/16) ----- 1 waffle

Vans

- Multi grains (80/15) ----- 1 waffle

Kodiak Power Waffle

- Blueberry (120/12) ----- 1 waffle



Zero Net Carb Bread

Greater than 75% carb as fiber

Sola

- Golden Wheat (40/9) ----- 1 slice
- ThinSlim Foods ----- 1 bagel

- Everything bagel (90/14)

Mission Zero Net Carb

- Original (25/7) ----- 1 tortilla



Snack Search



When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. When eating something with carbs, try to include a protein or healthy fat to avoid blood sugar spikes.

Source: [Fork Friendly Snack Guide](#)

Click for snack ideas!

Back to Top





CEREAL & GRAIN EXCHANGE

Cereal & Grains

1 choice = 15 grams of carbohydrate and approximately 80 calories

Barley, cooked	1/3 cup	Granola	
Bran, dry		low-fat	1/4 cup
oat	1/4 cup	regular	1/4 cup
wheat	1/2 cup	Kasha	1/2 cup
Bulgur, cooked	1/2 cup	Millet, cooked	1/3 cup
Cereals		Muesli	1/4 cup
bran	1/2 cup	Pasta, cooked	1/3 cup
cooked (oats, oatmeal)	1/2 cup	Polenta, cooked	1/3 cup
puffed	1 1/2 cup	Quinoa, cooked	1/3 cup
shredded wheat, plain	1/2 cup	Rice, white or brown, cooked	1/3 cup
sugar-coated	1/2 cup	Tabbouleh, prepared	1/2 cup
unsweetened	3/4 cup	Wheat germ, dry	3 Tbsp
Couscous	1/3 cup	Wild rice, cooked	1/2 cup
Grits, cooked	1/2 cup		

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Barley

Quaker

- Medium Pearled Barley (85/19) ----- 1/8 cup



Bran

Bob's Red Mill

- Wheat Bran (90/18) ----- 1/2 cup



Bob's Red Mill

- Oat Bran (110/20) ----- 1/4 cup

Hodgson Mill

- Oat Bran (120/23) ----- 1/4 cup



Using bran to achieve bowl regularity... [click here.](#)

Cereal, Cold

100% Whole grain, Minimum 20 g WG/serving

Ezekiel

- 4:9 Almond (100/17) ----- 1/4 cup
- 4:9 Golden Flax (95/18) ----- 1/4 cup

General Mills

- Cheerios (70/15) ----- 3/4 cup
- Wheaties (65/15) ----- 1/2 cup
- Whole Grain Total (70/17) ----- 1/2 cup

Kellogg's

- Frosted MiniWheats Original (105/26) ----- 1/2 cup

Post

- Grape-Nut Flakes (75/17) ----- 1/2 cup

Quaker

- Oatmeal Squares Brown Sugar (105/22) ----- 1/2 cup



For fiber facts... [click here](#).

Cereal, Granola/Seeds

Less than 1 g saturated fat

Lower in sugar compared to competing brands

Bear Naked

- Fit Triple Berry Crunch (100/21) ----- 1/4 cup
- Fit Vanilla Almond Crunch (110/20) ----- 1/4 cup

Kind Granola

- Raspberry Granola with Chia Seeds (115/22) -- 1/4 cup
- Vanilla Blueberry Granola w/ Flax Seeds (120/21) ----- 1/4 cup

Quaker

- Simply Granola Oats, Honey & Almonds (100/18) ----- 1/4 cup



Lower your *cholesterol* with these foods... [click here](#).

Cereal, Hot

Saturated fat-free, Maximum 250 mg sodium

Cream of Wheat

- Hot Cereal (120/24) ----- 3 Tbsp.

Bob's Red Mill

- Rolled Oats (95/17) ----- 1/4 cup

Quaker

- Instant Original (100/18) ----- 1 pouch

- Instant High Fiber Maple & Brown Sugar (150/35) ----- 1 pouch

- Lower Sugar Maple & Brown Sugar (120/24) ----- 1 pouch

Kodiak Cakes

Cinnamon Oatmeal with Protein (190/31) ----- 1 packet

Nature's Path

- Original (190/31) ----- 1 packet



Oatmeal Servings



Plain Oats, dry (1/4 c)
 Net weight: 20 g
 Calories: 75
 Carb: 14 g



Packaged Oatmeal (1 bowl)
 Net weight: 50 g
 Calories: 190
 Carb: 31 g



Flavored Oats (1 pouch)
 Net weight: 43 g
 Calories: 160
 Carb: 33 g

Couscous

100% Whole grain

HEB

- Whole Wheat Garlic & Olive Oil (95/18) ----- 1/4 cup

Bob's Red Mill

- Whole Wheat Pearl Couscous (150/28) ----- 1/4 cup



Look for whole grain or whole wheat couscous on the ingredients list!

Ingredients: Couscous (whole grain durum wheat), autolyzed yeast extract, olive oil, salt, garlic*, natural flavor, onions*, soy protein isolate, parsley*, yeast extract, white pepper, soy sauce (soybean, wheat, salt).

Pasta, Wheat or Rice

100% Whole grain

Barilla Whole Grain

- Elbows (60/13) ----- 1/3 cup

- Penne (60/13) ----- 1/3 cup

- Spaghetti (60/13) ----- 1/3 cup

Jovial Gluten Free

- Brown Rice Spaghetti (70/14) ----- 1/3 cup



Pasta, Other

100% Legume/Vegetable

Ancient Harvest

- Quinoa Super Grain Pasta Shells (70/15) ----- 1/3 cup

Ancient Harvest Pow!

- Green Lentil Penne (70/12) ----- 1/3 cup

- Red Lentil Rotini (70/13) ----- 1/3 cup

Banza

- Chickpea Pasta Penne (65/11) ----- 1/3 cup

- Chickpea Pasta Shells (65/11) ----- 1/3 cup



Pasta, Other (cont.)

100% Legume/Vegetable

Explore

- Black Bean Spaghetti (90/10) ----- 1/2 cup

Green Giant (Frozen)

- Spiral Veggie Butternut Squash (50/12) ----- 3/4 cup

- Spiral Veggie Zucchini (15/2) ----- 3/4 cup



Quinoa

100% Whole grain

Ancient Harvest

- Traditional Quinoa (60/11) ----- 1/4 cup

Near East

- Quinoa Blend (70/13) ----- 1/4 cup

Tru Roots

- Sprouted Quinoa (60/10) ----- 1/4 cup



Cooking with Quinoa



Quinoa is an ancient South American grain that has recently become a popular addition to many Americans' diets. Quinoa contains all nine essential amino acids and is naturally gluten-free. Follow the link below to learn how to cook quinoa with 10 different quinoa recipes.

Source: [Perfect Quinoa & 10 Quinoa Recipes](#)

Rice

100% Whole grain

Lundberg

- Wild Blend (55/11) ----- 1/4 cup

Minute

- Ready to Serve Brown (80/15) ----- 1/3 cup

- Ready to Serve Brown & Wild (80/14) ----- 1/3 cup

Uncle Ben's

- Ready Rice Whole Grain Brown (65/13) ----- 1/2 cup

- Whole Grain Brown Rice (60/12) ----- 1/2 cup

- Boil in Bag Whole Grain (60/12) ----- 1/2 cup

- Instant Brown Rice (60/12) ----- 1/2 cup



Rice Blend

100% Whole grain

Minute

- Brown Rice & Quinoa (110/21) ----- 1/2 cup

Seeds of Change

- Seven Whole Grains Rice (110/21) ----- 1/2 cup



Portion Size



1/2 cup rice
1 serving, cooked



about the size
of a baseball

Wheat Germ

Kretschmer

- Original Toasted (120/16) ----- 2 Tbsp



Low-Carb Alternatives

To enjoy your favorite rice and spaghetti meals with lower carbs (and calories), try the following alternatives located in the freezer section.

Rice Alternatives



20 Cal
4g Carb
per 1/2 cup serving

- Green Giant Riced Veggies
- Birds Eye Riced Cauliflower

Spaghetti Alternatives



15 Cal
2g Carb
per 3/4 cup serving

50 Cal
12g Carb
per 3/4 cup serving

- Green Giant Butternut Squash Veggie Spirals
- Green Giant Zucchini Veggie Spirals





CRACKER & SNACK EXCHANGE

Crackers & Snacks

1 choice = 15 grams of carbohydrate and approximately 80 calories

Animal crackers	8	Oyster crackers	20
Crackers		Pita chips	15-20
round-butter	6	Popcorn	
saltine	6	with butter	3 cups
sandwich filled with	3	lower fat	3 cups
cheese or PB		no fat added	3 cups
whole-wheat	2-5	Pretzels	3/4 oz
crispbreads	2-5	Rice cakes	2
Graham cracker	3 squares	Snack chips (tortilla/potato)	
Matzoh	3/4 oz	regular	9-13
Melba toast	4 pieces	baked or fat free	15-20

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Chips, bean or chickpea

Beanfield's

- Himalayan Sea Salt (130/16) ----- 11 chips

Beanitos

- Original Black Bean (130/15) ----- 11 chips

- Restaurant Style White Bean (130/14) ----- 11 chips

Harvest Snaps

Tomato Basil Lentil Bean Crisps (130/16) ----- 24 pcs



Chips, corn or potato

Cape Cod Kettle Cooked

- Reduced-Fat Original (108/15) ----- 16 chips

Sun Chips

- Original (110/15) ----- 12 chips

Tostitos

- Baked (90/17) ----- 12 chips



Chips, seaweed or vegetable

Central Market

- Original Exotic Vegetable Chips (150/17) ----- 14 chips
- Roasted Seaweed (20/0)* ----- 6 sheets
- Veggie & Seed Blend Tortilla Chips (140/17) -- 14 chips

GimMe

- Organic Seaweed Chips (25/1)* ----- 1/2 pkg

Harvest Snaps

- Green Pea Snack Crisps (130/16) ----- 22 pieces

Simple Truth

- Exotic Vegetable Chips (150/16) ----- 16 chips



Cookies

100% whole grain - Less than 1 g saturated fat

belVita

- Blueberry Breakfast Biscuits (115/18) ----- 2 cookies

Kashi

- Oatmeal Raisin Flax (120/20) ----- 1 cookie

Nature's Bakery

- Raspberry Fig Bar (100/19) ----- 1/2 pkg



*counts as 1 non-starchy vegetable exchange

Find
Whole Grains

Better-For-You
Shopping

HEB Shelf Tags

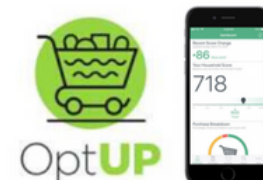
Look for these tags on HEB shelves while shopping in store or online.



Source: [HEB Shelf Tag List](#)

Kroger OptUP

The app to find better-for-you foods in Kroger stores.



Source: [Kroger OptUP App](#)

Crackers

100% Whole wheat - Less than 1 g saturated fat

Blue Diamond

- Flax Seed (90/15) ----- 9 crackers
- Multi-Seed (90/15) ----- 9 crackers
- Sesame Seed (90/15) ----- 9 crackers

Mary's Gone Crackers

- Herb (100/15) ----- 9 crackers
- Original (100/15) ----- 9 crackers

Sesmark

- Brown Rice Thins (80/16) ----- 11 crackers

Triscuit

- All flavors (100/16) ----- 5 crackers

CrunchMaster

- Multi-Seed Original (90/16) ----- 10 crackers

Wasa

- Sesame Flatbread Thins (90/15) ----- 3 crackers
- Whole Grain Crispbread (60/16) ----- 2 crackers
- Multigrain Crispbread (70/16) ----- 2 crackers
- Light Rye CrispBread (60/15) ----- 2 crackers

Wheat Thins

- Cracked Pepper/Olive Oil (105/16) ----- 12 crackers
- Reduced Fat (90/16) ----- 12 crackers



Popcorn

Skinny Pop

- Black Pepper (150/15) ----- 3.75 cups
- Original (150/15) ----- 3.75 cups
- Skinny Pack (100/9) ----- 1 bag



Rice Cakes

100% Whole wheat - Saturated fat-free - Under 100 mg sodium

Lundberg

- Brown Rice Cakes (60/14) ----- 1 cake
- Wild Rice Cakes (60/14) ----- 1 cake

Quaker

- Apple Cinnamon Mini Cakes (60/14) ----- 7 pieces
- Lightly Salted (70/14) ----- 2 cakes



Tasty Rice Cakes



One serving of brown rice cakes can provide a full serving of whole grains to your diet. Click the link below for ideas on how to spice up your rice cake recipes with a variety of toppings.

Source: [Rice Cake Topping Ideas: 20 Easy Recipes](#)

