

Starchy Foods

This section includes:

- Bread
- Cereals & Grains
- Crackers



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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,		Taco shell, 5" across	2
unfrosted raisin		Tortilla, corn, 6" across	1
Chapatti, small, 6" across	1	Tortilla, flour, 6" across	1
Cornbread, 1.75" cube	1 (1.5 oz)	Tortilla, flour, 10" across	1/3 tortilla
English muffin	1/2	Waffle, 4" across	1
Hot dog/burger bun	1/2 (1 oz)		



WHOLE GRAINS

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

Bagel

100% Whole wheat - Saturated fat-free

Canyon

- Gluten-Free Brown Rice Bagels (83/17) ----- 1/3 bagel

Dave's Killer Bread

- Epic Everything Bagels (87/15) ----- 1/3 bagel

Thomas

- Whole Wheat Bagel (85/17) ----- 1/3 bagel
- Keto Bagel Thin** (80/18) ----- 1 bagel

Pepperidge Farms

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



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

Nature's Own

- Sugar-Free 100% Whole Grain (100/18) ----- 2 slices

Oroweat

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

Pepperidge Farm

- Whole Wheat Very Thin Sliced (75/14) ----- 2 slices
- Thin Sliced 15 Grain (70/12) ----- 1 slice

Sarah Lee Delight

- Multigrain (90/18) ----- 2 slices



**This is not a whole wheat product

Bread Crumbs

100% Whole Grain

Kikkoman

- Gluten-Free Bread Crumbs (28/7) ----- 1/4 cup
- Whole Wheat Bread Crumbs (30/6) ----- 1/4 cup

Hill Country Fare

- Whole Wheat Bread Crumbs (28/6) ----- 1/4 cup



Buns

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

Brownberry

- 100% Whole Wheat Sandwich Buns (75/14) -- 1/2 bun
- Superior Keto Hamburger Buns** (80/16) ---- 1 bun

Dave's Killer Bread

- 21 Whole Grains and Seeds Bun (80/16) ----- 1/2 bun

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



**This is not a whole wheat product

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](https://www.oldways.org/)

English Muffins

100% whole wheat - Saturated fat-free

Dave's Killer Bread

- Killer Classic English Muffins (70/14) ----- 1/2 muffin

Oroweat

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

Thomas

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



Wraps & Pita

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

Atoria's Family Bakery

- Whole Grain & Flax Flatbread (50/10) ----- 1/2 wrap

Joseph's

- Heart Friendly Pita Bread (70/12) ----- 1 pita

- Flax Whole Wheat Pita Bread (60/9) ----- 1 pita

La Bandarita

- Carb Counter Whole Wheat Wraps (50/16) -- 1 wrap

Ole Xtreme Wellness!

- High Fiber Keto Wrap** (40/10) ----- 1 wrap

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

Bob's Red Mill

- Gluten Free Biscuit & Baking Mix (70/16) ----- 3 T, dry mix



**This is not a whole wheat product



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Mix, Pancake/Waffle

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

Bob Red Mills

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

Kodiak Power Cakes

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

Nature's Path

- Organic Flax Plus Multigrain Mix (70/14) ---- 1/4 cup, dry mix



Pancake, Frozen

Whole Grain

Earth's Best

- Mini Pancakes Homestyle Organic (70/14) -- 4 pancakes

- Mini Pancakes Blueberry (80/16) ----- 4 pancakes

Kodiak Power Flap Jacks

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

- "Cubs" Mini Frozen Flapjacks (45/8) ----- 1 pancake



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





Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Roll, Prebaked

Saturated fat free & no more than 130 mg sodium

Rhodes

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

Sister Schubert's

- Wheat Dinner Rolls (70/11) ----- 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

- Carb Advantage Taco Shells**(100/17) ----- 2 shells



Tortillas

100% whole wheat - Maximum 1 g saturated fat

Kroger

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

La Tortilla Factory

- Organic Whole Wheat, Low Carb Tortillas (70/10) ----- 1 tortilla

Mission

- Carb Balance Soft Tortilla (60/20) ----- 1 tortilla

- 100% Whole Wheat Medium Flour Tortilla (55/11) ----- 1/2 tortilla

- Organics Whole Wheat Tortilla (75/12) ----- 1 tortilla

- Zero Net Carbs Original Tortilla** (25/7) ---- 1 tortilla



**This is not a whole wheat product

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Tortillas, Corn

La Bandarita

- Whole Grain White Corn Tortillas (80/17) --- 1 tortilla

Mission

- 25 Calorie Yellow Corn Tortilla** (90/19) ---- 4 tortillas

- Extra Thin Corn Tortilla** (60/16) ----- 2 tortilla



Waffles, Frozen

100% whole wheat

Kodiak Power Waffle

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

Simple Truth

- Blueberry Protein Waffles (120/13) ----- 1 waffle

Vans

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



Zero Net Carb Bread

Greater than 75% carb as fiber

Sola

- Golden Wheat (40/9) ----- 1 slice

ThinSlim Foods

- Everything bagel (90/14) ----- 1 bagel

Mission Zero Net Carb

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

Nature's Own Life

- Keto Soft White Burger Buns (60/15) ----- 1 bun

**This is not a whole wheat product



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!](#)

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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,	1/3 cup
sugar-coated	1/2 cup	cooked	
unsweetened	3/4 cup	Tabbouleh, prepared	1/2 cup
Couscous	1/3 cup	Wheat germ, dry	3 Tbsp
Grits, cooked	1/2 cup	Wild rice, cooked	1/2 cup

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Barley (cooked)

Goya

- Barley (65/14) ----- 1/3 cup

Quaker

- Medium Pearled Barley (55/14) ----- 1/3 cup



Whole Grain Cook Time

Don't know how long to cook your whole grains? [click here](#).



Bran (dry)

Bob's Red Mill

- Wheat Bran (90/18) ----- 1/4 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

Kashi Go

- Dark Cocoa Cereal- Keto Friendly (100/15) --- 3/4 cup

Kellogg's

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

- Special K Zero Cinnamon (150/8) ----- 1 cup

Majic Spoon ++

- Grain Free Cereal- Cinnamon Roll (140/16) -- 1 cup

- Grain Free Cereal- Cocoa (140/16) ----- 1cup

Post

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

- Shredded Wheat (85/21) ----- 1/2 cup

Quaker

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



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

++ Not whole grain



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

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 ----- 1/4 cup

Seeds (120/21)

- Zero Added Sugar Caramel Mocha Nut Granola (140/9)----- 1/3 cup

Nature's Path Organic

- Organic Coconut Granola (68/9) ----- 1/4 cup

Nutrail Protein

- Granola Oats & Chocolate (60/9) ----- 1/4 cup

Quaker

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



Lower your cholesterol with soluble... [click here.](#)

Cereal, Hot (cooked)

Saturated fat-free, Maximum 250 mg sodium

Better Oats

- Instant Multigrain Hot Cereal with ----- 1 packet
- Flax Bare (160/28)
- 100 Calorie Maple & Brown Sugar (100/18) -- 1 packet

Cream of Wheat

- Hot Cereal (80/16) ----- 1/2 cup

Bob's Red Mill

- Rolled Oats (95/17) ----- 1/2 cup



Cereal, Hot - cont.

Saturated fat-free, Maximum 250 mg sodium

Quaker Oatmeal

- 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
- Blueberry & Cream Protein Oatmeal (190/32) -- 1/2 packet
- Oatmeal Power Cup (115/19) ----- 1/2 cup



Couscous (cooked)

100% Whole grain

HEB

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

Bob's Red Mill

- Whole Wheat Pearl Couscous (75/14) ----- 1/2 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).

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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Pasta, Wheat, or Rice (cooked)

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

Tinkyada Pasta Joy

- Organic Brown Rice Pasta (70/15) ----- 1/3 cup



Pasta, Other (cooked)

100% Legume/Vegetable

Ancient Harvest

- Quinoa Super Grain Pasta Shells (67/12) ----- 1/3 cup

Ancient Harvest Pow!

- Green Lentil Penne (67/12) ----- 1/3 cup
- Red Lentil Rotini (67/13) ----- 1/3 cup

Banza

- Chickpea Pasta Penne (63/12) ----- 1/3 cup
- Chickpea Pasta Shells (63/12) ----- 1/3 cup

Barilla

- Red Lentil Penne (63/11) ----- 1/3 cup
- Red Lentil Spaghetti Pasta (60/11) ----- 1/3 cup

Explore

- Black Bean Spaghetti (60/6) ----- 1/3 cup

Green Giant (Frozen)

- Spiral Veggie Butternut Squash (63/15) ----- 1 cup
- Spiral Veggie Zucchini (20/3) ----- 1 cup

Miracle Noodle

- Kanten Pasta (12/18) ----- 2 cup

Nasoya

- Pasta Zero Shirataki, Fettuccine(60/15) ----- 1 1/3 cup
- Pasta Zero, Spaghetti (60/15) ----- 1 1/3 cup



Quinoa (cooked)

100% Whole grain

Goya

- Quinoa (75/13) ----- 1/3 cup

Success

- Boil in Bag Quinoa (75/12) ----- 1/3 cup

Tru Roots

- Sprouted Quinoa (60/10) ----- 1/3 cup



Rice (cooked)

100% Whole grain

Lundberg

- Wild Blend (75/15) ----- 1/3 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) ----- 1/3 cup

- Whole Grain Brown Rice (60/12) ----- 1/3 cup

- Boil in Bag Whole Grain (60/12) ----- 1/3 cup

- Instant Brown Rice (60/12) ----- 1/3 cup



Rice Blend (cooked)

100% Whole grain

Minute

- Brown Rice & Quinoa (75/14) ----- 1/3 cup

Seeds of Change

- Seven Whole Grains Rice (75/14) ----- 1/3 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, Other

Mann's

- Cauliflower Rice (20/4) ----- 3/4 cup

Miracle Rice

- Shirataki Rice (22/7) ----- 3/4 cup



Portion Size



1/2 cup rice
1 serving, cooked



about the size
of a baseball

Wheat Germ (dry)

Kretschmer

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



Low-Carb Alternatives, Frozen

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

Rice Alternatives



- Green Giant Riced Veggies
- Birds Eye Riced Cauliflower

Spaghetti Alternatives



- 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

Under 1g saturated fat and 150 mg sodium

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

Under 1g saturated fat and 150 mg sodium

Cape Cod Kettle Cooked ----- 16 chips

- Reduced-Fat Original (130/18)

Sun Chips ----- 12 chips

- Original (140/19)

Tostitos ----- 12 chips

- Baked (120/22)



Chips, seaweed or vegetable

Under 1g saturated fat and 150 mg sodium

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 (30/1)* ----- 1/2 pkg

Harvest Snaps

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

Simple Truth

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

*counts as 1 non-starchy vegetable exchange



Chips, protein

No more than 3g saturated fat and 300 mg sodium

Atkins

- Chipotle BBQ (140/8) ----- 1 bag

Quest

- Ranch (140/5) ----- 1 bag
- Loaded Taco (140/5) ----- 1 bag
- Spicy Sweet Chili (140/5) ----- 1 bag
- Hot n Spicy (140/5) ----- 1 bag

Wilde

- Thin and Crispy Sea Salt & Vinegar (170/8) -- 20 chips
- Pink Himalayan Salt Chicken Protein (170/8) - 20 chips

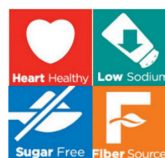


Find Whole Grains

HEB Shelf Tags

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

Source: [HEB Shelf Tag List](#)

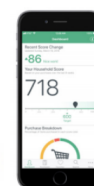


Better-For-You Shopping

Kroger OptUP

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

Source: [Kroger OptUP App](#)





Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

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



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 (150/16) ----- 3.75 cups
- Original (150/15) ----- 3.75 cups
- Skinny Pack (100/10) ----- 1 bag



Rice Cakes

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

Lundberg

- Brown Rice Cakes (70/16) ----- 1 cake
- Wild Rice Cakes (70/16) ----- 1 cake

Quaker

- Apple Cinnamon Mini Cakes (55/13) ----- 8 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](#)