

Carb Groups & Serving Sizes
for the
Diabetic Mediterranean Diet™

(each serving has about 7.5 g of digestible carbohydrate)
(g = grams)

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FRUITS

apple, 1/3 of medium (54 g)
banana, 1/3 (39 g)
peach, 1/2 of medium (75 g)
strawb halves, 2/3 cup (75 g)
blueberries, 1/2 cup (75 g)
raspberries, 1 cup (123 g)
blackberries, 1 cup (144 g)
cantaloupe, 1/2 cup cubes (80 g)
honeydew, 1 cup cubes (85 g)
date, medjool, 1/2 date (12 g)
orange, navel, 1/2 (70 g)
pear, 1/3 of medium (60 g)
pomegranate, 1/4 of 4" diam (70g)
tangerine, 1/2 (44 g)
grapefruit, 1/2 (61 g)
cherries, sweet, raw, 1/3 cup (45 g)
grapes, 1/3 cup (50 g)
raisins, seedless, 20 (9 g)
nectarine, medium, 1/2 (70 g)
mango, 1/3 cup slices (55 g)
pineapple, raw, 1/3 cup chunks (55g)
lime/lemon juice, raw, 2 limes or lemons (88 g)
watermelon, 2/3 cup diced (100 g)

VEGETABLES

potato, white, raw, flesh and skin,
1/4 of medium potato (53 g)
corn, canned, drained, 1/4 cup (41g)
carrots, raw, strips or slices, 3/4 cup (92 g)
sweet potato, raw, 1/3 of 5 inch-long tater (45 g)
beets, canned, drained solids,
3/4 cup slices (130 g)
peas, green, canned or frozen, 1/2 cup (67 g)
spaghetti squash, cooked, 1 cup (155 g)
KMD mixed veggies, 200 g

LEGUMES

peas, split, mature seeds,
cooked/boiled, 1/4 cup (49 g)
peas, black-eyed (cowpeas),
canned 1/4 cup (60 g)
soybeans, mature seeds, roasted, 1.5 oz (42 g)
soybeans, mature seeds,
cooked/boiled, 1 cup (170 g)
beans, mature seeds,
cooked/boiled, 1/4 cup (43 g)
(beans = black, kidney, navy,
pinto, white, fava,
chickpeas (garbanzo))

YOGURT AND MILK PRODUCTS

yogurt, plain whole milk, 1/2 cup
milk, whole, 1/2 cup
milk, 1% milkfat, 1/2 cup,
Fage Greek yogurt, "total 0%", fat-free, 1/2 cup
Fage Greek, "total 2%", 1/2 cup
Voskos plain orig. Greek yogurt, 1/2 cup

GRAINS

bread, whole wheat, 1/2 slice (15 g)
bread, Exekial 4:19, 1/2 slice
pasta, 100% whole grain, dry, 12 g
Ry-Krisp crackers, 4.5 x 2.5" (11 g)
Triscuit crackers x 3 (14 g)
cracker, whole wheat, 14 g
tortilla (Mission), 8" whole grain,
1/3 of tortilla (16 g)
oats, dry whole grain, 1/3 cup uncooked (13 g)
oats, steel-cut, uncooked, 1.3 tbsp (13 g)
rice, brown, cooked, 3 tbsp
quinoa, cooked, 3 tbsp (35 g)
barley, pearled, cooked, 3 tbsp (30g)
shredded wheat, plain, sugar-free (11 g)
cereal, FiberOne, original, plain,
1/3 cup or 5 tbsp
Kellogg's All-Bran original or
All-Bran Bran Buds, 1/4 cup (15 g)