

# Carbohydrate Content of Foods Served to Adults in Hospital

To help you manage your diabetes, this resource gives you information about the amount of carbohydrate in foods served in AHS hospitals.

By carbohydrate counting, you can determine how much insulin you need for the carbohydrate you eat.

**Note that some foods listed in this handout may not be offered at all hospital sites.**

## Carbohydrates

Carbohydrates in foods include sugar, starch, and fibre. It's important to spread the carbohydrate you eat into meals and snacks over the day.

*Available carbohydrates* are the sugar and starch which raise your blood sugar. Grams of carbohydrate minus grams of fibre, equals grams of *available carbohydrate*. Use the charts below to calculate grams of *available carbohydrate*.

<b>Grams of available carbohydrate = Grams of carbohydrate – Grams of fibre</b>
---

If you use a meal plan with *carbohydrate choices*:

<b>1 carbohydrate choice has 15 grams available carbohydrate</b>
--

## Available Carbohydrate Food Lists

- The foods and portions listed on the next pages are those served on AHS adult diabetic menus in hospital.
- Each portion listed is one serving. You will receive 1 serving unless you request more or less.
- The amount of available carbohydrate listed is for 1 serving.
- Use these food lists to count how much available carbohydrate you are eating so you can determine your insulin dose while in hospital.



## Available Carbohydrate on Diabetic Menus

Some AHS hospitals list the amount of available carbohydrate on the menu you use to choose your food. The meal slip on your meal tray may also list amounts of available carbohydrate for the foods you receive.

Some foods will not have available carbohydrate listed. These foods are:

- foods with less than 5 grams available carbohydrate such as sugar-free hot drinks, condiments, and roast meats or baked fish
- nutritional supplements (for example, drinks or puddings)

## Carbohydrate in Snacks on a Diabetic Menu

Adults will receive an evening snack with about 30 grams (g) of available carbohydrate.

Pregnant women will receive 3 snacks a day with about 30 grams (g) available carbohydrate at each snack unless a dietitian has suggested a different amount.

## Menu Items

	6–7 g available carbohydrate	12–18 g available carbohydrate	25–30 g available carbohydrate
<b>Grains</b>	<ul style="list-style-type: none"> <li>All Bran Buds<sup>®</sup>, 13 g individual</li> <li>soda crackers, 1 package</li> </ul>	<ul style="list-style-type: none"> <li>bread, whole wheat or white, 1 slice</li> <li>bulk cold cereal: Multigrain Cheerios<sup>®</sup>, Rice Chex<sup>®</sup>, Rice Krispies<sup>®</sup>, ¾ cup (180 mL)</li> <li>cereal, hot, ¾ cup (180 mL)</li> <li>dinner roll, 1</li> <li>gluten-free bread, multigrain or white, 2 slices</li> <li>individual portion cold cereal: Special K<sup>®</sup></li> <li>pancake, 1</li> <li>pasta, ½ cup (120 mL)</li> <li>rice pilaf, ½ cup (120 mL)</li> <li>waffle, 2 sticks</li> </ul>	<ul style="list-style-type: none"> <li>cold cereal: Branflakes<sup>®</sup>, bulk, ¾ cup (180 mL) or individual portion</li> <li>Cornflakes<sup>®</sup>, individual portion</li> <li>Cranberry orange bake, 1</li> <li>French toast, 1 slice</li> <li>hamburger bun, 1</li> <li>muffin, 1 small</li> <li>Muslix<sup>®</sup>, individual portion</li> <li>pasta with marinara sauce, 1 serving</li> <li>rice, steamed white, ½ cup (120 mL)</li> <li>Shreddies<sup>®</sup>, bulk, ¾ cup (180 mL)</li> </ul>
<b>Starchy Vegetables</b>	<ul style="list-style-type: none"> <li>beets, ½ cup (120 mL)</li> <li>mixed peas and carrots, ½ cup (120 mL)</li> <li>mixed vegetables, ½ cup (120 mL)</li> <li>peas, ½ cup (120 mL)</li> <li>salads with dressing (bean salad, coleslaw), 1 serving</li> <li>tomato sauce, ¼ cup (60 mL)</li> </ul>	<ul style="list-style-type: none"> <li>beans, lentils, or peas, dried and cooked, or canned, ½ cup (120 mL)</li> <li>corn or Mexican corn, ½ cup (120 mL)</li> <li>potatoes, mashed, ½ cup (120 mL)</li> <li>potatoes, baked French fries, oven roasted, or scalloped, 1 serving</li> <li>squash: acorn or butternut, ½ cup (120 mL)</li> <li>sweet potato, mashed, ½ cup (120 mL)</li> <li>mixed turnip and carrot, mashed, ½ cup (120 mL)</li> </ul>	<ul style="list-style-type: none"> <li>potato, baked, 1</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>apple wedges, 1 individual package</li> <li>fresh cantaloupe, or honeydew, ½ cup (120 mL)</li> <li>strawberries, sliced, ½ cup (120 mL)</li> </ul>	<ul style="list-style-type: none"> <li>apple, 1 medium</li> <li>applesauce, fruit cocktail, fruit salad, peaches or pears, 1 portion or ½ cup (120 mL)</li> <li>banana, ½ medium</li> <li>grapes, 15</li> <li>juice, unsweetened, ½ cup (120 mL)</li> </ul>	<ul style="list-style-type: none"> <li>banana, 1 medium</li> <li>cranberries, dried sweetened, 1 container</li> </ul>

## Menu Items (Continued)

	6–7 g available carbohydrate	12–18 g available carbohydrate	25–30 g available carbohydrate
<b>Fruits (continued)</b>		<ul style="list-style-type: none"> <li>• mandarin orange (tangerine), 1 medium</li> <li>• orange, 1 medium</li> <li>• pineapple, fresh, ½ cup (120 mL)</li> <li>• prepared melon, ½ cup (120 mL)</li> <li>• watermelon, fresh ½ cup (120 mL)</li> </ul>	
<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>• milk, ½ cup (120 mL)</li> <li>• fortified soy beverage, vanilla (So Nice®), ½ cup (120 mL)</li> </ul>	<ul style="list-style-type: none"> <li>• chocolate milk, 1%, ½ cup (120 mL)</li> <li>• flavoured yogurt, creamy stirred, with added sugar, 1-100 g portion</li> <li>• fortified soy beverage, chocolate or vanilla (So Good®), ½ cup (120 mL)</li> <li>• Greek yogurt, flavoured, with added sugar 100 g portion</li> <li>• pudding, no sugar added, 1-113 mL portion</li> </ul>	<ul style="list-style-type: none"> <li>• milk puddings with added sugar, 1-113 mL portion</li> <li>• regular stirred yogurt with added sugar, 1-175 g portion</li> </ul>
	<b>9 g available carbohydrate</b>		
	<ul style="list-style-type: none"> <li>• yogurt, diet, 1-100 g portion</li> </ul>		

## Foods with About 5 g Available Carbohydrate

Vegetables below are based on ½ cup (120 mL) serving size	
<ul style="list-style-type: none"> <li>• beans (yellow or green)</li> <li>• broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage</li> <li>• carrots</li> <li>• cauliflower</li> <li>• celery</li> <li>• cucumber</li> <li>• lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• mixed vegetables (California, harvest, broccoli and cauliflower)</li> <li>• mushrooms</li> <li>• romaine salad</li> <li>• spinach</li> <li>• tomatoes, fresh</li> <li>• turnips</li> <li>• zucchini</li> </ul>

## Other Menu Groups

	Contains about 5 g available carbohydrate	Contains approximately 10 g available carbohydrate	Contains approximately 15 g available carbohydrate
<b>Soups</b>	<ul style="list-style-type: none"> <li>broth based soups, <math>\frac{2}{3}</math> cup (150 mL)</li> <li>homemade creamy vegetable, <math>\frac{2}{3}</math> cup (150 mL)</li> <li>low sodium minestrone, <math>\frac{2}{3}</math> cup (150 mL)</li> </ul>	<ul style="list-style-type: none"> <li>chicken rice, minestrone, and vegetable beef barley soup, <math>\frac{2}{3}</math> cup (150 mL)</li> <li>cream soups and chowders, <math>\frac{2}{3}</math> cup (150 mL), (except corn chowder, cream of potato, or homemade creamy vegetable)</li> <li>low sodium chicken, country vegetable or tomato lentil soup, <math>\frac{2}{3}</math> cup (150 mL)</li> </ul>	<ul style="list-style-type: none"> <li>tomato macaroni soup, cream of potato soup, or corn chowder, <math>\frac{2}{3}</math> cup (150 mL)</li> </ul>

	Contains about 10 g available carbohydrate	Contains about 20 g available carbohydrate	Contains about 30 g available carbohydrate	Contains about 40 g available carbohydrate
<b>Mixed Entrees</b>	<ul style="list-style-type: none"> <li>beef stew, <math>\frac{3}{4}</math> cup (180 mL)</li> <li>beef cabbage rolls, 1 roll</li> <li>chicken a la king, <math>\frac{3}{4}</math> cup (180 mL)</li> <li>chicken finger, 1</li> <li>chicken stew, <math>\frac{3}{4}</math> cup (180 mL)</li> <li>fish sticks, 2</li> <li>hot meat sandwich, 60 g meat/1 slice bread</li> <li>hummus, 1 portion, 57 g</li> <li>lazy cabbage rolls, <math>\frac{2}{3}</math> cup (150 mL)</li> <li>spinach and cheese ravioli, <math>\frac{1}{2}</math> cup (120 mL)</li> </ul>	<ul style="list-style-type: none"> <li>beef and macaroni casserole, 1 cup (240 mL)</li> <li>chicken fingers, 2</li> <li>chicken pasta primavera, 1 cup (240 mL)</li> <li>chili con carne, <math>\frac{3}{4}</math> cup (180 mL)</li> <li>fish sticks, 4</li> <li>shepherd's pie with gravy, 1 serving</li> <li>turkey loaf, 1 slice</li> <li>vegetarian dahl or chana masala, 1 serving</li> <li>vegetable lasagna, 1 serving</li> <li>vegetarian pasta primavera, <math>\frac{3}{4}</math> cup (180 mL)</li> </ul>	<ul style="list-style-type: none"> <li>chicken fingers, 3</li> <li>hamburger or cheeseburger, 1 each</li> <li>meat lasagna, 1 serving</li> <li>sandwiches, 1 each</li> <li>spinach and cheese ravioli, 1 cup (240 mL)</li> </ul>	<ul style="list-style-type: none"> <li>macaroni and white cheddar cheese, 1 serving</li> <li>tuna salad or cheese sandwich plate, 1 serving</li> </ul>
				<p><b>Contains about 47 g available carbohydrate</b></p> <ul style="list-style-type: none"> <li>cheese pizza, 1 serving</li> </ul>

## Desserts and Other Choices

Limit these choices. These foods are high in added sugar, and may be high in fat, salt, and calories.

Contains about 10 g available carbohydrate	Contains about 15 g available carbohydrate
<ul style="list-style-type: none"> <li>arrowroot biscuits, 2 each</li> <li>vanilla ice cream Dixie®</li> </ul>	<ul style="list-style-type: none"> <li>digestive cookies, 2 each</li> <li>honey, 1 Tbsp (15 mL)</li> <li>regular jam, jelly, or marmalade, 1 Tbsp (15 mL)</li> <li>sugar, regular syrup, 1 Tbsp (15 mL)</li> </ul>

## Foods with Low or No Carbohydrate

	Very low available carbohydrate	
<b>Meat and Protein Alternatives</b>	<ul style="list-style-type: none"> <li>cheese</li> <li>cottage cheese, fat free or 1% M.F.</li> <li>eggs</li> <li>fish, fresh or canned</li> <li>meatloaf, 1 slice</li> </ul>	<ul style="list-style-type: none"> <li>meat or poultry, lean</li> <li>peanut butter, and other nut butters</li> <li>sandwich meat</li> <li>wieners</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>bacon</li> <li>butter</li> <li>margarine, non-hydrogenated</li> <li>gravy</li> </ul>	<ul style="list-style-type: none"> <li>mayonnaise</li> <li>salad dressing</li> <li>sour cream</li> </ul>

	The foods below are very low in available carbohydrate, so they don't need to be measured.	The foods below are low in available carbohydrate and don't need to be measured if you eat the small servings listed.
<b>Extras</b>	<ul style="list-style-type: none"> <li>broth, bouillon, consommé</li> <li>coffee, tea</li> <li>lemon juice</li> <li>mustard</li> <li>pickle, dill</li> <li>saucers: hot sauce, soy sauce</li> <li>sugar-free jell-O®</li> <li>sugar substitutes</li> <li>vinegar</li> </ul>	<ul style="list-style-type: none"> <li>fruit spread, no sugar added, 1-10 mL portion</li> <li>Italian salad dressing, fat free, 1-16 mL portion</li> <li>ketchup, 1-2 portions</li> <li>relish, sweet, 1-2 portions</li> <li>syrup, sugar-free, 1-16 mL portion</li> <li>whipped topping, regular, 1 Tbsp (15 mL)</li> </ul>

## Nutritional Supplements (Ordered by your dietitian or physician):

Examples: Liquid Ensure®, Carnation Breakfast Essentials®, or puddings

- Use the total carbohydrate on the label and subtract fibre to get the available carbohydrate in the can or tetrapak served.