

Bread

Item	Serving Size	Carbs
Bread, regular	1 slice	15
Bagel	1 bagel	60
English muffin	1 muffin	30
Hot dog bun	1 bun	30
Hamburger bun	1 bun	30
Pita	1 pita	30
Raisin bread	1 slice	15
Roll	1 small roll	15
Tortilla, corn or flour	1 tortilla	15
Waffle	1 frozen waffle	15
Pancake	1 pancake (4 inches across)	15

Cereals and Grains

Item	Serving Size	Carbs
Cereal (unsweetened)	1 cup	20-28
Cereal (sweetened)	1 cup	32-40
Granola	1 cup	60
Oatmeal	1 cup	30
Pasta	1 cup	40
Rice (white or brown)	1 cup	40
Quinoa	1 cup	40
Taco Shell	2 small shells	15
Stuffing	1 cup	40