

Fodlist®

GET RESULTS WITH YOUR DIET

The Cup used is the standard one. Standard Cup= 8 fl oz = 16 tbsp= 1/2 lb= 8 OZ=227 g

DIABETES FOOD LIST

Vegetables	Carbs (g)	Cal (kcal)	GI	GI Note	Serving Size	Vegetables	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
* Adzuki beans	57	294	19	L	1 Cup	* Iceberg Lettuce	2	10	10	L	1 Cup
* Alfalfa (lucerne)	1	23	15	L	1 Cup	* Jicama	11	46	15	L	1 Cup
* Artichoke 	14	76	15	L	1 Cup	* Kale	7	34	15	L	1 Cup
* Arugula	0	5	5	L	1 Cup	* Kidney beans	40	225	24	L	1 Cup
* Asparagus	4	20	15	L	1 Cup	* Leek 	13	54	10	L	1 Cup
* Bean sprouts	6	31	25	L	1 Cup	* Lentils	40	230	32	L	1 Cup
* Beet greens	2	29	15	L	1 Cup	* Lettuce	1	5	10	L	1 Cup
* Beetroot	18	74	64	M	1 Cup	* Lima beans	40	209	32	L	1 Cup
* Bell pepper	7	46	10	L	1 Cup	* Mung beans	6	31	25	L	1 Cup
* Black beans	41	227	30	L	1 Cup	* Mushroom	3	15	10	L	1 Cup
* Bok choy	1	13	1	L	1 Cup	* Mushroom (canned)	3	15	10	L	1 Cup
* Borlotti beans	42	304	35	L	1 Cup	* Mushroom (oyster)	5	21	10	L	1 Cup
* Broad beans	15	110	79	H	1 Cup	* Mustard greens	3	15	15	L	1 Cup
* Broccoli 	7	31	10	L	1 Cup	* Navy beans	47	255	38	L	1 Cup
* Broccolini	7	31	15	L	1 Cup	* Okra	7	31	20	L	1 Cup
* Brussels sprouts	9	56	15	L	1 Cup	* Onion	15	64	10	L	1 Cup
* Butter beans	20	198	31	L	1 Cup	* Onions (Pickled)	28	122	10	L	1 Cup
* Butternut squash	22	82	51	L	1 Cup	* Parsnip	24	100	52	L	1 Cup
* Cabbage	5	25	10	L	1 Cup	* Pattypan squash	4	20	20	L	1 Cup
* Carrot	12	52	41	L	1 Cup	* Pinto beans	45	245	45	L	1 Cup
* Cassava	38	330	46	L	1 Cup	* Potato 	26	116	78	H	1 Cup
* Cauliflower	5	25	15	L	1 Cup	* Pumpkin	8	30	75	H	1 Cup
* Celeriac 	9	42	6	L	1 Cup	* Radish	4	19	15	L	1 Cup
* Celery	3	16	15	L	1 Cup	* Rhubarb	6	26	15	L	1 Cup
* Chard	4	19	10	L	1 Cup	* Scallions (bulb)	7	32	10	L	1 Cup
* Chayote	4	19	25	L	1 Cup	* Shallots	21	72	10	L	1 Cup
* Chickpeas	45	269	28	L	1 Cup	* Snap beans	8	34	15	L	1 Cup
* Chicory leaves	1	23	15	L	1 Cup	* Snow peas	7	27	22	L	1 Cup
* Chili	9	40	0	L	1 Cup	* Soya beans	17	298	16	L	1 Cup
* Collard greens	0	12	10	L	1 Cup	* Spaghetti squash	10	42	23	L	1 Cup
* Corn	28	125	52	L	1 Cup	* Spinach 	1	7	15	L	1 Cup
* Cornichons	2	23	20	L	1 Cup	* Split peas	41	231	25	L	1 Cup
* Cucumber	2	16	15	L	1 Cup	* Squash	18	75	75	H	1 Cup
* Daikon	2	18	15	L	1 Cup	* Stalk raw	11	43	15	L	1 Cup
* Dandelion greens	3	25	15	L	1 Cup	* Sugar snap peas	7	41	15	L	1 Cup
* Edamame	10	121	18	L	1 Cup	* Sweet corn	27	125	55	L	1 Cup
* Eggplant	9	20	15	L	1 Cup	* Sweet potato	27	114	70	H	1 Cup
* Endive leaves	1	5	15	L	1 Cup	* Swiss chard	7	35	1	L	1 Cup
* Escarole 	1	5	15	L	1 Cup	* Taro	55	187	53	L	1 Cup
* Garlic	30	132	0	L	1 Cup	* Tomato	7	32	15	L	1 Cup
* Green beans	7	31	15	L	1 Cup	* Tomato (Sun-dried)	69	300	50	L	1 Cup

Vegetables	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
* Turnip	8	36	62	M	1 Cup
* Water chestnuts	24	120	54	L	1 Cup
* Watercress	0	4	15	L	1 Cup
Yam	37	158	54	L	1 Cup
* Yardlong bean	4	11	15	L	1 Cup
* Zucchini (courgette)	4	20	15	L	1 Cup

Fruits & Olives	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Apple 	14	52	36	L	1 Small
Apricot	4	17	34	L	1 Apricot
Avocado	17	250	1	L	1 Medium
Banana (Ripe)	23	89	51	L	1 Medium
Banana (Unripe)	23	89	30	L	1 Medium
Blackberry	10	43	25	L	1 Cup
Blueberry	21	84	53	L	1 Cup
Boysenberry	12	50	25	L	1 Cup
Cantaloupe melon	8	34	65	M	1 Cup
Carambola (Starfruit)	7	31	31	L	1 Carambola
Cherries	22	87	22	L	1 Cup
Clementine	9	35	35	L	1 Medium
Coconut 	12	283	45	L	1 Cup
Cranberries	12	46	52	L	1 Cup
Currants	15	63	30	L	1 Cup
Custard apple	25	101	54	L	1 Apple
Durian	66	911	49	L	1/2 Durian
Feijoa	6	24	40	L	1 Feijoa
Figs (fresh)	12	48	61	M	1 Fig
Goraka 	73	296	-		3 Gorakas
Grapefruit	27	106	25	L	1 Grapefruit
Grapes	27	104	59	M	1 Cup
Guava (ripe)	14	68	68	M	1 Medium
Guava (unripe)	14	68	20	L	1 Guava
Honeydew melon	9	36	65	M	1 Cup
Jackfruit	38	155	75	H	1 Cup
Kiwi fruit	10	46	52	L	1 Kiwi
Kumquats	3	13	37	L	1 Kumquat
Lemons 	9	29	5	L	1 Large
Limes	7	20	5	L	1 Lime
Longan	15	60	55	L	1 Cup
Lychee	2	6	58	M	1 Lychee
Mandarin orange	12	47	45	L	1 Medium
Mango	38	155	55	L	1 Cup
Mangosteen	21	88	53	L	1 Medium
Nectarine	11	44	40	L	1 Medium
Olives	6	115	1	L	8-9 Olives
Orange (navel)	9	43	45	L	1 Medium

Fruits & Olives	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Papaya	11	43	60	M	1 Cup
Peach (canned)	40	160	38	L	1 Cup
Peach (clingstone)	10	39	52	L	1 Medium
Peach (white)	10	39	50	L	1 Medium
Peach (yellow)	10	39	42	L	1 Medium
Pear (prickly)	14	53	66	M	1 Medium
Persimmon	18	70	70	H	1 Medium
Pineapple	13	50	59	M	1 Cup
Plum	8	30	39	L	1 Medium
Pomegranate	52	234	53	L	1 Medium
Rambutan	2	9	56	M	1 Rambutan
Raspberry	12	52	32	L	1 Cup
Strawberry	8	32	40	L	1 Cup
Tamarillo	7	31	52	L	1 Medium
Tamarind	75	287	35	L	1 Cup
Tangerines	11	45	42	L	1 Small
Watermelon	8	30	72	H	1 Cup

Meat & Poultry	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Beef	0	70	0	L	1 OZ
Beef Hot Dogs 	2	94	40	L	1 OZ
Beef Ribs	0	80	0	L	1 OZ
Beef Steak	0	71	20	L	1 OZ
Beef Stew Meat	0	71	0	L	1 OZ
Buffalo LP	0	45	0	L	1 OZ
Chicken (Skinless breast) LP	0	53	0	L	1 OZ
Chicken Kabobs/Skewers	0	56	Vari	Var	1 OZ
Chicken Legs	0	55	0	L	1 OZ
Chicken Nuggets/Strips	15	69	50	L	1 OZ
Chicken Sausage	5	50	Vari	Var	1 OZ
Chicken Tenders	15	57	50	L	1 OZ
Chicken Thighs	0	63	0	L	1 OZ
Duck	0	102	0	L	1 OZ
Goat	0	122	0	L	1 OZ
Goose	0	128	0	L	1 OZ
Ground Chicken LP	0	58	0	L	1 OZ
Ground Turkey LP	0	59	0	L	1 OZ
Lamb 	0	78	0	L	1 OZ
Quorn mince 	4	25	50	L	1 OZ
Rabbit LP	0	40	0	L	1 OZ
Soy protein TVP LP	14-15	11	15	L	1 OZ
Turkey (Skinless breast) LP	0	38	0	L	1 OZ
Turkey Bacon	3	42	15	L	1 OZ
Turkey Deli Slices LP	1	29	15	L	1 OZ
Turkey Sausage	1	70	30	L	1 OZ
Veal LP	0	75	0	L	1 OZ

Seafood & Seaweed	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Anchovies 	0	37	0		1 OZ
Bass 	0	36	0		1 OZ
Catfish 	0	39	0		1 OZ
Caviar	4	75	0		1 OZ
Clams	5	21	0		1 OZ
Cod 	0	23	0		1 OZ
Crab	0	26	0		1 OZ
Crawfish	1	20	0		1 OZ
Dulse flakes	5	18	-		1 OZ
Fish	Varies	40	0		1 OZ
Flounder 	0	31	0		1 OZ
Grouper 	0	28	0		1 OZ
Haddock 	0	20	0		1 OZ
Hake 	0	23	0		1 OZ
Halibut 	0	40	0		1 OZ
Kelp noodles	9	6	0		1 OZ
Lobster 	0	25	0		1 OZ
Mackerel	0	58	0		1 OZ
Mahi-mahi 	0	30	0		1 OZ
Nori	5	5	0		1 OZ
Oysters 	4	17	0		1 OZ
Perch 	0	26	0		1 OZ
Pollock 	0	25	0		1 OZ
Prawns (peeled)	0	30	0		1 OZ
Salmon 	0	56	0		1 OZ
Sardines 	0	50	0		1 OZ
Scallops 	2	27	0		1 OZ
Shrimp 	0	30	0		1 OZ
Smoked Salmon	0	33	0		1 OZ
Snapper 	0	35	0		1 OZ
Swordfish	0	45	0		1 OZ
Tilapia 	0	26	0		1 OZ
Trout 	0	38	0		1 OZ
Tuna 	0	42	0		1 OZ
Wakame flakes	9	10	0		1 OZ

Egg & Dairy	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Butter	0	102	0		1 Tbsp
Cheese (Brie)	0	334	0		1/2 Cup
Cheese (Camembert)	0	300	0		1/2 Cup
Cheese (Cheddar)	1	403	0		1/2 Cup
Cheese (Colby style)	2	394	0		1/2 Cup
Cheese (Cottage) 	3	98	0		1/2 Cup
Cheese (Feta)	4	264	0		1/2 Cup
Cheese (Goats')	2	364	0		1/2 Cup
Cheese (Gruyere)	0	413	0		1/2 Cup
Cheese (Halloumi)	2	319	0		1/2 Cup

Egg & Dairy	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Cheese (Havarti)	1	351	0		1/2 Cup
Cheese (Manchego)	1	368	0		1/2 Cup
Cheese (Monterey Jack)	1	373	0		1/2 Cup
Cheese (Mozzarella)	2	300	0		1/2 Cup
Cheese (Paneer)	1	265	0		1/2 Cup
Cheese (Pecorino)	1	387	0		1/2 Cup
Cheese (Quark) 	3	71	0		1/2 Cup
Cheese (Ricotta) 	3	174	0		1/2 Cup
Cheese (Soy) 	7	158	0		1/2 Cup
Cheese (Swiss)	5	380	0		1/2 Cup
Cream (whipped)	1	8	0		1 Tbsp
Eggs 	1	65	0		1 Medium
Milk (almond)	0	17	25		1/2 Cup
Milk (coconut with inulin)	1	19	35		1/2 Cup
Milk (coconut, canned)	3	330	41		1/2 Cup
Milk (coconut, UHT)	2	230	50		1/2 Cup
Milk (hemp)	1	46	0		1/2 Cup
Milk (lactose-free)	5	48	50		1/2 Cup
Milk (macadamia)	1	58	40		1/2 Cup
Milk (oat)	7	45	50		1/2 Cup
Milk (quinoa, unsweetened)	7	50	35		1/2 Cup
Milk (rice)	9	47	86		1/2 Cup
Milk (soybeans)	2	33	34		1/2 Cup
Milk (soy protein)	2	54	30		1/2 Cup
Yogurt (coconut)	6	57	41		1/2 Cup
Yogurt (goat's milk)	5	69	34		1/2 Cup
Yogurt (lactose-free)	5	59	Var		1/2 Cup

Beverages	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Apple juice	11	46	50		1/2 Cup
Berry juice fruit blend	13	54	50		1/2 Cup
Coconut water (fresh)	4	19	5		1/2 Cup
Coconut water (packaged)	5	19	50		1/2 Cup
Coffee (brewed, black)	0	0	0		1/2 Cup
Coffee (espresso, black)	2	9	0		1/2 Cup
Coffee (instant, black)	0	2	0		1/2 Cup
Cow's Milk	5	61	27		1/2 Cup
Cranberry juice	12	46	50		1/2 Cup
Goat's Milk 	5	69	27		1/2 Cup
Kombucha tea	4	15	15		1/2 Cup
Lemon juice	7	22	20		1/2 Cup
Lime juice	11	30	20		1/2 Cup
Orange cordial (50% juice)	11	42	55		1/2 Cup
Orange juice	10	45	50		1/2 Cup
Tea (black tea, strong)	0	1	0		1/2 Cup
Tea (black tea, weak)	0	1	0		1/2 Cup

Beverages	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Tea (chai, strong)	0	1	0	L	1/2 Cup
Tea (chai, weak)	0	1	0	L	1/2 Cup
Tea (chamomile)	0	1	0	L	1/2 Cup
Tea (chrysanthemum)	0	1	0	L	1/2 Cup
Tea (dandelion, strong)	0	1	0	L	1/2 Cup
Tea (dandelion, weak)	0	1	0	L	1/2 Cup
Tea (fennel)	0	1	0	L	1/2 Cup
Tea (green, strong)	0	1	0	L	1/2 Cup
Tea (herbal, strong)	0	1	0	L	1/2 Cup
Tea (herbal)	0	1	0	L	1/2 Cup
Tea (in general)	 0	1	0	L	1/2 Cup
Tea (oolong)	0	1	0	L	1/2 Cup
Tea (peppermint)	0	1	0	L	1/2 Cup
Tea (redbush)	0	1	0	L	1/2 Cup

Nuts & Seeds	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Almond butter	4	101	0	L	1Tbsp
Almonds	14	410	0	L	1/2 Cup
Brazil nuts 	9	459	15	L	1/2 Cup
Cashews	22	393	22	L	1/2 Cup
Chestnuts	22	175	54	L	1/2 Cup
Chia seeds	20	240	1	L	1/2 Cup
Coriander seeds	35	298	32	L	1/2 Cup
Fennel seeds	36	345	12	L	1/2 Cup
Fenugreek seeds	32	360	6	L	1/2 Cup
Flax seeds / linseeds	16	370	35	L	1/2 Cup
Hazelnuts	10	424	0	L	1/2 Cup
Hemp seeds	2	444	30	L	1/2 Cup
Macadamia nuts	9	481	0	L	1/2 Cup
Peanut butter	4	94	14	L	1 Tbsp
Peanuts	11	414	13	L	1/2 Cup
Pecans 	7	342	0	L	1/2 Cup
Pine nuts	17	454	15	L	1/2 Cup
Pistachios	17	344	15	L	1/2 Cup
Poppy seeds (black)	23	407	30	L	1/2 Cup
Pumpkin seeds	7	360	5	L	1/2 Cup
Sesame seeds	14	413	0	L	1/2 Cup
Sunflower seeds	11	409	10	L	1/2 Cup
Tiger nuts	38	350	50	L	1/2 Cup
Walnuts	8	392	15	L	1/2 Cup

Grains, Cereals & Breads	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Barley flakes	73	352	50	L	1 Cup
Bulgur	18	83	60	M	1 Cup
Bread (Gluten-free)	45	250	70	H	1 Slice
Buckwheat flakes	19	92	51	L	1 Cup
Buckwheat kernels	71	343	51	L	1 Cup

Grains, Cereals & Breads	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Corn flakes	24	100	90	H	1 Cup
Freekeh	71	360	45	L	1 Cup
Gluten-free rice chia bread	Varies	Varies	80	H	1 Slice
Hulled millet	73	378	71	H	1 Cup
Kamut whole wheat flour	48	227	55	L	1 Cup
Muesli (plain)	66	289	65	M	1 Cup
Muesli (wheat-free)	64	280	60	M	1 Cup
Oat bran (unprocessed)	24	231	55	L	1 Cup
Oat groats	58	330	60	M	1 Cup
Oats (quick cooking)	27	154	65	M	1 Cup
Oats (rolled)	28	153	65	M	1 Cup
Pearl barley	44	193	6	L	1 Cup
Polenta (cornmeal)	41	146	70	H	1 Cup
Pumpernickel bread	24	125	55	L	1 Slice
Quinoa 	21	120	75	H	1 Cup
Raisin toast	25	132	70	H	1 Slice
Rice (White, cooked)	53	242	87	H	1 Cup
Rice flakes	26	103	70	H	1 Cup
Rice stick noodles	44	166	70	H	1 Cup
Rye bread	26	130	70	H	1 Slice
Rye grains	128	571	48	L	1 Cup
Semolina	122	601	68	M	1 Cup
Soba noodles	24	113	60	M	1 Cup
Sourdough oat bread	20-25	60-70	65	M	1 Slice
Sourdough rye bread	11-13	120-130	65	M	1 Slice
Sourdough spelt bread	23-27	120-130	65	M	1 Slice
Spelt flakes	26	150	65	M	1 Cup
Spelt pasta	42	190	55	L	1 Cup
Wheat bran	37	125	30	L	1 Cup
Wheat bran pellets	24	95	40	L	1 Cup

Herbs, Spices & Seasonings	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Asafoetida powder	0.5	0.5	0	L	1/2 tsp
Basil (fresh)	0.6	1	0	L	1 Cup
Bay leaves	0.5	0.5	0	L	1 Leaf
Caraway seeds	0.6	8	0	L	1 tsp
Cardamom	0.5	0.5	0	L	1 Pod
Chili powder 	1	6	0	L	1 tsp
Chives	0.5	0.5	0	L	1 Tbsp
Cilantro (fresh)	0.6	1	0	L	1 Cup
Cinnamon	2	6	0	L	1 tsp
Cinnamon sticks	2	6	0	L	1 Stick
Cloves	1	6	0	L	1 tsp
Coriander	0.6	0.5	0	L	1 Tbsp
Cumin	0.6	8	0	L	1 tsp
Curry leaves	0.5	0.5	0	L	2 Leaves
Curry powder	1	6	0	L	1 tsp
Dill 	0.5	0.5	0	L	1 Tbsp
Fennel	1	6	0	L	1 tsp

Herbs, Spices & Seasonings	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Galangal	1	0.6	0	L	1 Inch Slice
Ginger (root)	2	0.6	0	L	1 Inch piece
Gotu kola	1	0.6	0	L	1 Cup
Kaffir lime leaves	0.5	0.6	0	L	2 Leaves
Leek (leaves)	2	5	0	L	1 Cup
Lemongrass	5	5	0	L	1 Stalk
Mint (fresh)	0.5	0.6	0	L	1 Tbsp
Mustard seeds	0.5	5	0	L	1 tsp
Nutmeg	0.5	0.6	0	L	1/4 tsp
Pandan leaves	0.5	0.6	0	L	2 Leaves
Paprika	1	6	0	L	1 tsp
Parsley	0.5	0.6	0	L	1 Tbsp
Pepper (black)	0.5	0.6	0	L	1/4 tsp
Rampe leaves	0.5	0.6	0	L	2 Leaves
Rosemary	0.5	0.6	0	L	1 Tbsp
Saffron	0.5	0.6	0	L	1/4 tsp
Sage (fresh)	0.5	0.6	0	L	1 Tbsp
Spirulina powder	0.5	0.6	0	L	1 tsp
Star anise	0.5	0.6	0	L	1 Pod
Tarragon	0.5	0.6	0	L	1 Tbsp
Thai basil	2	1	0	L	1 Cup
Thyme (fresh)	0.5	0.6	0	L	1 Tbsp
Turmeric	1	8	0	L	1 tsp
Vanilla bean pods	1	0.6	0	L	1 Pod

Condiments, Dips, & Sauces	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Apple cider vinegar	0.5	0.5	0	L	1 Tbsp
Avocado oil	0	120	0	L	1 Tbsp
Balsamic vinegar	2	14	0	L	1 Tbsp
Barbecue sauce	7	29	68	M	1 Tbsp
Blueberry jam	13	50	55	L	1 Tbsp
Cacao powder	3	12	0	L	1 Tbsp
Canola oil	0	124	0	L	1 Tbsp
Capers (in vinegar)	0	2	0	L	1 Tbsp
Capers (salted)	0.5	0.5	0	L	1 Tbsp
Carob powder	6	25	45	L	1 Tbsp
Chutney	8	38	Var	Var	1 Tbsp
Coconut oil	0	121	0	L	1 Tbsp
Fish sauce	1	10	0	L	1 Tbsp
Horseradish sauce	1	7	0	L	1 Tbsp
Hummus dip	3	27	12	L	1 Tbsp
Kimchi	2	10	15	L	1/4 Cup
Malt vinegar	0.5	0.5	0	L	1 Tbsp
Margarine 70% fat	0.5	70	0	L	1 Tbsp
Marmalade	13	49	70	H	1 Tbsp
Mayonnaise	0.5	94	0	L	1 Tbsp
Mint jelly 	12	50	70	H	1 Tbsp
Mint sauce	1	5	70	H	1 Tbsp

Condiments, Dips, & Sauces	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Mirin	6	40	63	M	1 Tbsp
Miso paste	5	34	36	L	1 Tbsp
Nutritional yeast flakes	2	20	0	L	1 Tbsp
Olive oil	0	119	0	L	1 Tbsp
Oyster sauce	3	9	18	L	1 Tbsp
Peanut oil	0	119	0	L	1 Tbsp
Pesto sauce	1	59	40	L	1 Tbsp
Quince paste	21	52	55	L	1 Tbsp
Rapeseed oil	0	124	0	L	1 Tbsp
Rice bran oil	0	120	0	L	1 Tbsp
Sesame oil	0	120	0	L	1 Tbsp
Shrimp paste	2	10	13	L	1 Tbsp
Soy sauce	1	8	0	L	1 Tbsp
Strawberry jam	13	50	51	L	1 Tbsp
Sunflower oil	0	124	0	L	1 Tbsp
Tahini paste	3	86	33	L	1 Tbsp
Tamarind paste	14	287	35	L	1 Tbsp
Tomato paste	3	13	50	L	1 Tbsp
Tomato sauce	3	6	50	L	1 Tbsp
Truffle oil	0	119	0	L	1 Tbsp
Tzatziki dip	2	27	20	L	1 Tbsp
Vegetable oil	0	124	0	L	1 Tbsp
Vegetable pickles	1	5	40	L	1 Pickle
Wasabi paste	0.5	5	0	L	1 tsp

Baking Ingredients, Flours & Starches	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Amaranth flour	67	371	65	M	1 Cup
Arrowroot flour	88	357	85	H	1 Cup
Barley flour	73	352	65	M	1 Cup
Buckwheat flour	71	335	49	L	1 Cup
Cassava flour	85	330	46	L	1 Cup
Cocoa powder	58	228	10	L	1 Cup
Coconut flour	57	354	45	L	1 Cup
Corn flour	80	361	68	M	1 Cup
Corn starch	91	381	85	H	1 Cup
Cornbread	28	198	70	H	1 Piece
Einkorn flour	72	332	Var	Var	1 Cup
Emmer flour (farro)	72	335	45	L	1 Cup
Filo / phyllo pastry	46	299	Var	Var	1 Sheet
Green banana flour	85	337	40	L	1 Cup
Lupin flour	40	371	15	L	1 Cup
Maize flour 	76	365	70	H	1 Cup
Maize starch	91	381	85	H	1 Cup
Millet flour	74	378	71	H	1 Cup
Potato starch	87	358	90	H	1 Cup
Quinoa flour	64	368	53	L	1 Cup
Rice flour	80	366	70	H	1 Cup
Rye flour	74	339	70	H	1 Cup

Baking Ingredients, Flours & Starches	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Sorbitol / 420 / glucitol	12	40	4	L	1 Tbsp
Sorghum flour	72	339	70	H	1 Cup
Soy flour	35	441	20	L	1 Cup
Spelt flour	70	338	55	L	1 Cup
Tapioca starch	88	358	70	H	1 Cup
Teff flour	73	367	40	L	1 Cup
Wheat flour	72	340	80	H	1 Cup

Snacks & Desserts	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Cereal bar (wheat)	74	382	65	M	1 Bar
Chocolate (dark)	3	44	30	L	1 Square
Chocolate (white)	3	50	60	M	1 Square
Fruit bar	Var	Var	50	L	1 Bar
Instant jello 	96	381	85	H	1 Package
Licorice	7	30	80	H	1 Piece
Muesli bar	60	350	65	M	1 Bar
Plain sweet cookie	13	70	65	M	1 Cookie
Popcorn (plain)	25	130	85	H	1 Cup
Potato chips (plain)	13	190	55	L	1 Cup
Pretzels	25	160	90	H	1 Cup
Rice cakes (plain)	10	35	75	H	1 Cake
Rice cakes	9	34	75	H	1 Cake
Rice crackers (plain)	27	190	80	H	1 Cup
Savory cookie (plain)	12	100	65	M	1 Cookie
Savory cookie	14	95	65	M	1 Cookie
Shortbread cookie	17	100	65	M	1 Cookie
Tortilla corn chips	22	190	80	H	1 Cup

Dried Fruits	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Apple (dried)	64	243	29	L	1 Cup
Apricot (dried)	64	241	34	L	1 Cup
Banana (dried)	88	346	51	L	1 Cup
Cranberries (dried)	82	333	52	L	1 Cup
Dates	75	282	62	M	1 Cup
Dragon fruit 	9	60	60	M	1 Cup
Fenugreek 	58	323	var	Var	1 Cup
Figs (dried)	64	249	61	M	1 Cup
Goji berries (dried)	77	349	35	L	1 Cup
Mango (dried)	84	319	60	M	1 Cup
Oregano (dried)	68	265	-	-	1 Cup
Papaya (dried)	79	296	58	M	1 Cup
Pear	15	57	38	L	1 Cup
Pineapple (dried)	87	341	66	M	1 Cup
Prunes 	64	240	29	L	1 Cup
Raisins	79	299	64	M	1 Cup
Sultanas	69	272	56	M	1 Cup

Pasta/ Noodles	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Chickpea pasta	27	164	45	L	1 Cup
Gluten-free pasta	Varies	Varies	50	L	1 Cup
Quinoa pasta	64	368	55	L	1 Cup
Vermicelli noodles	76	364	45	L	1 Cup
Wheat gnocchi	26	132	75	H	1 Cup
Wheat noodles	27	138	55	L	1 Cup
Wheat pasta	25	131	55	L	1 Cup

Legume-based	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Tempeh (plain)	8	192	50	L	1 Cup
Tofu (firm, drained) 	2	144	0	L	1 Cup
Tofu (plain) 	2	144	0	L	1 Cup
Tofu (silken)	2	55	0	L	1 Cup

Sweeteners	Carbs (g)	Calories (kcal)	GI	GI Note	Serving Size
Agave syrup	16	60	30	L	1 Tbsp
Brown sugar	12	48	65	M	1 Tbsp
Coconut sugar	12	48	54	L	1 Tbsp
Golden syrup 	13	52	63	M	1 Tbsp
Honey	17	64	60	M	1 Tbsp
Icing sugar	12	45	65	M	1 Tbsp
Mannitol (421)	12	40	0	L	1 Tbsp
Molasses syrup	15	58	55	L	1 Tbsp
Palm sugar	15	60	35	L	1 Tbsp
Stevia powder	0.6	0.5	0	L	1 tsp

Foods are listed alphabetically for easy reference. Each entry includes **carbohydrate and calorie content to assist in managing your weight and blood sugar levels effectively. we added the Glycemic Index (GI)** values, and GI classification for each food:

- **L** : (Low GI) – GI < 55
- **M** : (Medium GI) – GI 56-69
- **H** : (High GI) – GI ≥ 70

For effective diabetes management, prioritize low-GI foods, limit medium-GI foods, and avoid high-GI foods.

The  mark identifies **lean protein foods**. Nutritional values are based on standard serving sizes.

Additional notations:

- "Var" or "Varies" – Values may change based on cooking method, manufacturer, or ingredients.
- "-" (Dash) – Data is unavailable for that specific nutritional value.
- "*" (Asterisk) – **Non-starchy food**; recommended for individuals with diabetes.

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