

FOOD GROUP: GRAINS & STARCHES

Each serving in the Grains and Starch group contains 15 grams of carbohydrate and 3 grams of protein. The Starch group has been renamed Grains & Starches to better reflect the foods within this group. Whenever possible, it is advisable to choose whole grains. In general, foods in the "Choose less often" category are low in fibre and have a high Glycemic Index (a scale which ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food). For more information on the Glycemic Index, please go to http://www.diabetes.ca/Section_Professionals/ng_glycemic.asp.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BREADS					
Bannock, whole grain baked	1.5 x 2.5 in	17	3	3	N/a
Bread, cracked wheat	1 slice (30 g)	13	3	1	48-58
Bread, whole wheat	1 slice (28 g)	11	3	1	52-72
Bread, rye	1 slice (32 g)	14	3	1	69
Bread, pumpernickel	1 slice (32 g)	13	3	1	58
Chapati, roti, prata	1 piece (44 g)	19	3	5	63
English muffin, whole grain	½ (28 g)	11	3	1	N/a
Pita bread, whole wheat	½ (6 inch/15 cm)	16	3	Tr	N/a
Tortilla, wheat flour	½ (10 in/25 cm)	13	1	2	30
CEREALS					
All-Bran®	½ cup (125 mL)	15	4	1	30-50
All-Bran Buds®	½ cup (125 mL)	17	4	1	48-59
Cream of wheat, cooked	¾ cup (175 mL)	20	3	1	67
Cream of wheat, dry	2 Tbsp (30 mL)	16	2	Tr	N/a
Oatbran, cooked	¾ cup (175 mL)	15	5	1	51
Oatbran, dry	1/3 cup (75 mL)	16	5	2	N/a
Oatmeal, cooked	¾ cup (175 mL)	16	5	2	67
Oatmeal, dry	1/3 cup (75 mL)	15	4	2	N/a
Red River, dry	2 Tbsp (30 mL)	15	3	1	N/a

Red River, cooked	½ cup (125 mL)	14	3	1	50
Shredded wheat	1 biscuit	16	2	Tr	84
Wheat germ	1/3 cup (75 mL)	13	11	2	N/a
CRACKERS	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Matzoh, whole wheat	1 cracker (28 g)	19	4	Tr	N/a
Melba toast, multi-fiber	7 pieces	17	4	1	N/a
Ryvita®, dark rye	4 pieces	15	4	1	64
Wasa®, whole grain	2 pieces	15	2	Tr	N/a
GRAINS					
Barley, pearled, cooked	½ cup (125 mL)	20	2	Tr	33
Barley, pearled, dry	2 Tbsp (30 mL)	16	3	Tr	N/a
Buckwheat, cooked	½ cup (125 mL)	15	3	Tr	55
Buckwheat, dry	2 Tbsp (30 mL)	13	2	Tr	N/a
Bulghur, cooked	½ cup (125 mL)	13	3	Tr	48
Bulghur, dry	3 Tbsp (45 mL)	13	3	Tr	N/a
Creamed corn	1/3 cup (75 mL)	14	2	Tr	N/a
Corn, cob	½ ear (73 g)	16	3	Tr	48
Corn, kernel	½ cup (125 mL)	14	2	1	59
Cornmeal, dry	3 Tbsp (45 mL)	16	2	Tr	70
Couscous, cooked	½ cup (125 mL)	17	3	Tr	62-71
Couscous, dry	2 Tbsp (30 mL)	16	3	Tr	61-69
Kamut	2 Tbsp (30 ml)	15	4	5	N/a
Millet, cooked	1/3 cup (75 mL)	13	2	1	71
Millet, raw	2 Tbsp (30 mL)	16	3	1	N/a
Quinoa, dry	2 Tbsp (30 mL)	13	3	1	46
Rice, brown and white, long grain cooked	1/3 cup (75 mL)	13	2	Tr	48-55
Rice, brown and white, long grain dry	2 Tbsp (30 mL)	19	2	Tr	N/a
Sorghum	2 Tbsp (30 ml)	19	8	1.0	N/a
Tapioca, pearl dry	2 Tbsp (30 mL)	17	0	0	82
Triticale grain	3 Tbsp (45 ml)	13	3	Tr	N/a
PASTA					
Pasta, cooked	½ cup (125 mL)	16	3	Tr	32
Pasta, whole wheat,	½ cup (125 mL)	14	1	Tr	N/a

cooked					
SOUPS					
French Canadian Pea soup	¾ cup (175 mL)	16	7	3	61-67
Chunky soups	1 cup (250 mL)	15	7	3	N/a
Lentil Soup	1 cup (250 mL)	15	8	2	45
Minestrone	1½ cup (375 mL)	15	6	4	39-48
Mushroom barley	1½ cup (375 mL)	17	3	3	N/a
Turkey vegetable	1½ cup (375 mL)	13	5	5	N/a
Vegetable	1½ cup (375 mL)	18	3	1	N/a
STARCHY VEGETABLES	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	
Breadfruit, raw	1/3 cup (75 mL)	16	1	Tr	68
Cassava	¼ cup (60 mL)	18	1	Tr	46-56
Plantain, cooked, mashed	1/3 cup (75 mL)	19	1	Tr	40
Potatoes, boiled, baked	½ med (84 g)	15	2	Tr	61-64
Potatoes, mashed	½ cup (125 mL)	17	2	1	74
Sweet potato	1/3 cup (75 mL)	16	1	Tr	60
Taro	1/3 cup (75 mL)	14	Tr	Tr	55
Yam	½ cup (125 mL)	16	1	Tr	51
THICKENERS					
Cornstarch	2 Tbsp (30 mL)	15	0	0	N/a
Flour	3 Tbsp (45 mL)	15	2	Tr	69-71

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BREADS					
Bagel	½ (3 inch diam.), ¼ (4½ inch diam.) 29 g	14	3	Tr	74
Bannock, fried	1.5x 2.5 in.	17	3	8	N/a
Baguette	1 slice (25 g) 2 inches long	12	2	1	95
Bun, Hamburger or hotdog	½	11	3	1	62

Bread crumbs	3 Tbsp (45 mL)	16	3	1	N/a
Bread, white	1 slice (30 g)	13	3	1	72
Bread, Naan	¼ (6 inch)	14	3	3	N/a
Bun, Kaiser	½ (29 g)	14	3	1	74
Croissant	1 small (42 g)	18	3	9	69
Croutons	¾ cup (175 mL)	15	3	2	N/a
Crumpet	1 (47 g)	11	2	1	70
English muffin, white	½	12	2	1	61
Pancake	1 medium (4 inch/10 cm)	14	2	1	67
Pita bread, white	½ (6 inch/15 cm)	16	3	Tr	59
Pizza crust	1/12 th (12 inch) (90 g)	16	1	1	N/a
Plain roll	1 small	13	2	2	N/a
Raisin bread	1 slice	13	2	1	N/a
Scone	1/12 th (75 g)	20	3	6	92
Taco Shell	2 (5 inch diameter) (17 g)	15	2	6	69
Tea biscuit	1/12 th recipe (60 g)	18	3	9	55
Tortilla, white flour	1 (6 in/15 cm)	13	2	2	N/a
Waffle	1 medium (39 g)	14	2	3	78
Wonton Wrapper	3 (3½ in squares)	14	2	Tr	N/a
Eggroll Wrapper	1 (7 in square)	18	3	1	N/a
CEREALS	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Bran Flakes	½ cup (125 mL)	13	2	Tr	74
Cheerios	2/3 cup (150 mL)	13	2	1.0	76
Corn Flakes	½ cup (125 mL)	12	1	Tr	72-92
Granola	¼ cup (60 mL)	15	3	5	N/a

Grape-Nuts®	3 Tbsp (45 mL)	14	2	Tr	69
Mueslix	1/3 cup (75 mL)	18	3	2	61
Rice Krispies	2/3 cup (150 mL)	17	1	Tr	82
Puffed Rice	1 cup (250 mL)	12	1	Tr	81-85
Puffed Wheat	1½ cups (375 mL)	14	3	Tr	69
CRACKERS					
Crackers, soda	7	14	2	3	74
Matzoh, egg	½ (15 g)	11	1	tr	N/a
Melba toast, plain	4 rectangles	14	2	1	70
Triscuit®	5 pieces	16	3	4	N/a
Rusks	2	12	2	1	N/a
SOUPS					
Chicken noodle	2 cups (500 mL)	17	8	5	N/a
Chicken and rice	2 cups (500 mL)	13	7	4	N/a
Tomato (water added)	1 cup (250 mL)	16	2	2	38-52
PASTA					
Chow Mein noodles	2/3 cup (150 mL)	16	2	9	N/a
Egg noodles	½ cup (125 mL)	19	4	1	32
Rice noodles	1/3 cup (75 mL)	14	1	Tr	59
STARCHY VEGETABLES					
French fries	10 strips	14	2	4	76