

Carbohydrate portions during pregnancy



Eating the right amount of healthy carbohydrates while you are pregnant will help to provide the energy to support you and your baby.

Starch, breads, grains, and starchy vegetables

Each serving has about **15 grams** of total carbohydrates. Corn tortillas are better than flour. Beans and lentils are the best in this group.

- ½ cup beans, lentils, or split peas
- 1 slice bread (100% whole wheat is best)
- 1 small, 6-inch tortilla or tostada
- 3 cups of popcorn
- ½ cup cooked oatmeal or ¼ cup uncooked oats
- ⅓ cup cooked rice (don't use instant rice)
- ⅓ cup pasta (don't use instant noodles)
- ⅓ cup polenta, quinoa
- ½ cup green peas or hominy
- 1 cup winter squash
- ½ medium corn on the cob
- ½ cup corn, potatoes or yams
- ½ English muffin
- ½ hamburger bun or ½ hot dog bun
- 6 Saltine crackers
- 5 Ritz™ crackers
- 5 Triscuit™ crackers
- 1 ½ graham crackers
- ¼ regular bagel



Milk and yogurts

- ½ cup chocolate milk, fat-free or whole
- ½ cup evaporated milk (all kinds)
- ½ cup ice cream, light, no sugar added, or regular
- 1 cup milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole
- 1 cup soy milk, light or regular, plain
- 1 cup yogurt, plain, whole

Fruits

Each serving has about **15 grams** of total carbohydrates.


- 1 small apple or orange (size of a tennis ball)
- 1 medium peach
- 1 nectarine
- 2 Mandarin oranges
- ½ banana
- ½ grapefruit
- ½ cup pear
- 1 cup melon
- 1 cup papaya
- ¾ cup blackberries or blueberries
- ½ cup mango
- 2 tablespoons of raisins
- 2 prunes
- 12 medium cherries
- 17 small grapes
- 1 cup raspberries
- 1 ¼ cups whole strawberries

Examples of carbohydrate counting

Below is an example of a meal with 30-45 grams of carbohydrates. One serving/portion equals 15 grams of carbohydrates. You may choose any two or three carbohydrate portions (3 portions x 15 grams = 45 grams).


Lunch option 1

Food - sandwich	Carbohydrates
2 slices whole wheat bread	2 portions = 30 grams
Meat, cheese, mustard, mayo	(count as zero)
Green salad: lettuce, tomatoes, avocado	(count as zero)
Water to drink	(count as zero)
2 carb portions x 15 grams	2 portions = 30 grams total



Lunch option 2

Food - 1 meat taco	Carbohydrates
1 taco shell	1 portions = 15 grams
Meat, cheese, salsa, cilantro	(count as zero)
½ cup of beans	1 portions = 15 grams
1 medium peach	1 portions = 15 grams
3 carb portions x 15 grams	3 portions = 45 grams total



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