
CARBOHYDRATE CONTENT OF SELECTED GLUTEN-FREE FOODS

FOOD	SERVING SIZE	CARBOHYDRATE (GRAMS)
Arrowroot flour	½ cup	57
Cornstarch	2 tablespoons	15
Cream of Rice cereal	½ cup, cooked	14
Grits	1 package, instant (137 grams)	20
Ground flaxseed	2 tablespoons	4
Millet flour	2 tablespoons	13
Potato flour	2 tablespoons	13
Potato starch	2 tablespoons	16
Puffed Rice cereal	1 cup	13
Brown rice	½ cup cooked	23
Rice flour, white	½ cup	63
White rice, long grain	½ cup cooked	22
White rice, medium grain	½ cup cooked	27
Corn taco shell	2 shells	14
Corn tortilla, medium	1	11
Rice bran bread	1 slice	12
White rice bread	1 slice	15
Corn pasta	½ cup cooked	16

Diabetes Self-Management, "What You Should Know About Celiac Disease" by Judy Giusti, MS, RD, LD, CDE

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