Health Facts for You

Carbohydrate Foods



Healthy Meal Planning for Diabetes

| Servings per day Compared and per snack Servings per day Compared and per snack Compa | Grams, Fotatoes, Starchy Vegetables | | 15 comes and about on a coming | |
|---|--|-------------------|------------------------------------|---------------------------------|
| Come serving: 1 slice bread, whole wheat 6-inch tortilla, whole wheat, or corn 1/2 cup conked pasta, whole grain 1/2 cup cooked pasta, whole grain 1/2 cup cooked oatmeal or hot cereal 1 cup peas or winter squash 1/2 cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares 1/2 better 1/2 cup cooked pasta, whole grain 1/2 cup peas or winter squash 1/2 cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares 1/2 better 1/2 b | 15 grams carbohydrates per serving | | 15 grams carbohydrates per serving | |
| One serving: 1 slice bread, whole wheat 6-inch tortilla, whole wheat, or corn ½ cup corn, beans, wild rice ⅓ cup cooked pasta, whole grain ½ cup peas or winter squash ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ small bagel, whole grain ½ shole wheat pita One serving: 1 cup (8 oz) milk, skim or 1% 1 cup yogurt, plain or light Fruits 15 g carbohydrates per serving servings per day (1 serving per meal OR snack) One serving: 1 cup bear or winter squash | | | | |
| 1 slice bread, whole wheat 6-inch tortilla, whole wheat, or corn ½ cup cooked rice, white or brown ⅓ cup cooked pasta, whole grain ½ cup poas or winter squash ½ cup poats or winter squash ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ bhotdog or small hamburger bun, whole grain 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita Other Foods Meat/Protein ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ cup cooked rice, white or brown ⅓ cup cooked pasta, whole grain ½ cup potatoes, sweet or white, or small potato One serving: ½ cup juice 1 cup berries or melon ½ cup canned fruit ½ cup canned fruit ½ cup canned fruit 10-15 grapes 2 tablespoons dried fruit 10-15 grapes 2 tablespoons dried fruit Vegetables servings per day (include at most meals and snacks) One serving: 1 tsp olive, canola, or peanut oil♥ 1 tsp tub margarine, butter, or mayonnaise 1 tup raw vegetables 1 Tbsp light tub margarine 5-10 olives ♥ 1 Tbsp light tub margarine 5-10 olives ♥ 1 cup yogurt, plain or light Fruits 15 g carbohydrates per serving servings per day (1 serving per meal OR snack) 1 cup berries or melon ½ cup panned fruit ½ cup penned fruit ½ cup pomened fruit ½ cup panned fruit Vegetables | er meal and per sna | ack) (1 serving | | g per meal OR snack) |
| 6-inch tortilla, whole wheat, or corn ½ cup cooked rice, white or brown ½ cup cooked pasta, whole grain ½ cup peas or winter squash ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ hotdog or small hamburger bun, whole grain 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita Other Foods Meat/Proteinounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 ounce meat ½ veggie burger 1 cup yogurt, plain or light Fruits 15 g carbohydrates per serving servings per day (1 serving per meal OR snack) One serving: ½ cup juice 1 cup berries or melon ½ cup canned fruit ½ banana 2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit Vegetables per day (include at most meals and Oils w = servings per day (include at most meals and snacks) One serving: 1 tsp olive, canola, or peanut oil ♥ 2 tup roweltable juice 1 tsp polive, canola, or peanut oil ♥ 2 tup tofu 2 top poateday (a cup cooked ½ cup vegetable juice 1 cup leafy greens 1 tsp tub margarine, butter, or mayonnaise 1 tsps plight tub margarine 5-10 olives ♥ | One serving: | | One serving: | |
| ½ cup cooked rice, white or brown ½ cup cooked pasta, whole grain ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ hotdog or small hamburger bun, whole grain ½ banana 2 tablespoons raisins ½ vegrale bare and most snacks) 3 graham cracker squares ¼ cup cold cereal, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 5-inch pancake or material potato 2 tablespoons dried fruit ½ banana 2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ tablespoons dried fruit ½ tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ banana 2 tablespoons dried fruit ½ | 1 slice bread, whole wheat | | _ | |
| ½ cup cooked pasta, whole grain 15 g carbohydrates per serving ½ cup cooked oatmeal or hot cereal 1 cup peas or winter squash ½ cup potatoes, sweet or white, or small potato (1 serving per meal OR snack) 3 graham cracker squares ½ cup cold cereal, whole grain ½ hotdog or small hamburger bun, whole grain ½ cup juice ½ small bagel, whole grain ½ cup canned fruit ½ small bagel, whole grain ½ tablespoons raisins ½ English muffin, whole wheat 2 ½-inch piece of fruit 6-8 crackers, whole grain 2 ½-inch piece of fruit ½ whole wheat pita 10-15 grapes Other Foods Meat/Protein — ounces per day (Divide between all meals and most snacks) servings per day (3 ounces of meat = size of deck of cards) (include at most meals and snacks) 1 ounce meat ½ cup cooked ½ cup cooked ½ cup vegetables ½ cup cooked ½ cup vegetable ½ cup yegetables 1 tsp tub margarine, butter, or mayonnaise 1 cup raw 1 Tbsp cream cheese/light mayo 1 tsp plight tub margarine 1 Tbsp light tub margarine ½ cup oitice 1 tup raw 1 tup raw 1 Tbsp light tub margarine ½ cup oitice 1 Tbsp light tub margarine 1 tup raw 1 Tbsp light tub margarine ½ cup oitice 1 Tbsp light tub margarine 1 tup tub margarine 1 Tbsp light tub margarine 1 tup tub margarine 1 Tbsp light tub margarine | 6-inch tortilla, whole wheat, or corn | | | |
| 15 g carbohydrates per serving servings per day (1 serving per meal OR snack) | ½ cup corn, beans, wild rice | | | |
| 2 cup cooked oatmeal or hot cereal 1 cup peas or winter squash 2 cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares 3 graham cracker squares 3 graham cracker squares 4 cup cold cereal, whole grain 2 hotdog or small hamburger bun, whole grain 2 cup berries or melon 2 cup canned fruit 2 banana 2 tablespoons raisins 2 tablespoons raisins 2 tablespoons dried fruit 2 tablespoons dried fruit 3 tablespoons dried fruit 4 tablespoons dried fruit 5 tablespoons dried fruit 6 tablespoons dried fruit 7 tablespoons dried | 1/3 cup cooked rice, white or brown | | Fruits | |
| 1 cup peas or winter squash ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ botdog or small hamburger bun, whole grain 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita Other Foods Meat/Protein ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 cup cooked ½ cup cooked ½ cup cooked ½ cup cooked ½ cup vegetables 1 cup leafy greens 1 cup raw vegetables 1 cup raw vegetables 1 cup raw vegetables 1 Tbsp light tub margarine 5-10 olives ♥ 1 Tbsp light tub margarine 5-10 olives ♥ | 1/3 cup cooked pasta, whole grain | | 15 g carb | oohydrates per serving |
| ½ cup potatoes, sweet or white, or small potato I dinner roll 3 graham cracker squares ½ cup juice ¾ cup cold cereal, whole grain 1 cup berries or melon ½ hotdog or small hamburger bun, whole grain ½ cup canned fruit ½ small bagel, whole grain ½ banana ½ English muffin, whole wheat 2 ½-inch piece of fruit 5-inch pancake or waffle, whole wheat 10-15 grapes 6-8 crackers, whole grain ½ tablespoons dried fruit ½ whole wheat pita 10-15 grapes 2 tablespoons dried fruit Other Foods Meat/Protein Vegetables ounces per day (Divide between all meals and most snacks) between all meals and most snacks) (3 ounces of meat = size of deck of cards) Cards) Equal to 1 ounce of protein: 1 ounce meat ½ cup cooked ½ veggie burger ½ cup vegetable 1 cup early 1 tsp olive, canola, or peanut ½ cup vegetable 1 tsp blight salad dressing ½ cup vegetable 1 tsp tub margarine, butter, or mayonnaise ¼ cup tofu 1 cup leafy greens 1 tup raw 1 Tbsp light tub margarine ¼ cup cottage cheese 1 Tbsp light tub margarine ¼ cup nuts or seeds | ½ cup cooked oatmeal or hot cereal | | s | servings per day |
| 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ hotdog or small hamburger bun, whole grain 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 5-inch pancake or waffle, whole wheat ½ whole wheat pita Other Foods Meat/Protein ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ¼ cup nuts or seeds One serving: 1 cup berries or melon ½ cup canned fruit ½ banana 2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit ✓ eheart healthy fats ——servings per day (include at most meals and snacks) One serving: 1 tsp olive, canola, or peanut oil ✓ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives ✓ | 1 cup peas or winter squash | | (1 servin | g per meal OR snack) |
| 3 graham cracker squares 3/4 cup cold cereal, whole grain 1/2 hotdog or small hamburger bun, whole grain 1 oz bag pretzels 2/2 small bagel, whole grain 2/2 tablespoons raisins 2/2 tablespoons raisins 2/2 tablespoons raisins 2/2 tablespoons dried fruit 10-15 grapes 2 table | ½ cup potatoes, sweet or white, or sm | nall potato | | |
| ¾ cup cold cereal, whole grain 1 cup berries or melon ½ hotdog or small hamburger bun, whole grain ½ cup canned fruit ½ small bagel, whole grain ½ banana ½ English muffin, whole wheat 2 ½-inch piece of fruit 5-inch pancake or waffle, whole wheat 10-15 grapes 6-8 crackers, whole grain 2 tablespoons dried fruit ½ whole wheat pita 2 tablespoons dried fruit Other Foods Meat/Protein Vegetables — ounces per day (Divide between all meals and most snacks) per day (3 ounces of meat = size of deck of cards) (include at most meals and snacks) Equal to 1 ounce of protein: One serving: 1 ounce meat ½ cup cooked ½ veggie burger ½ cup cooked 1 egg or 2 egg whites ½ cup vegetable ¼ cup tofu 1 cup leafy greens 1 cup raw 1 Tbsp cream cheese/light mayo 1 Tbsp light tub margarine 1 Tbsp light tub margarine ½ cup nuts or seeds 5-10 olives ♥ | 1 dinner roll | _ | One serving: | |
| ½ hotdog or small hamburger bun, whole grain ½ cup canned fruit ½ small bagel, whole grain ½ banana ½ English muffin, whole wheat 2 ½-inch piece of fruit 5-inch pancake or waffle, whole wheat 10-15 grapes 6-8 crackers, whole grain ½ tablespoons dried fruit ½ whole wheat pita 2 tablespoons dried fruit The proof of the pancake or waffle, whole wheat Servings per day Servings per d | 3 graham cracker squares | | ½ cup ju | ice |
| 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita Other Foods Meat/Protein ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ¼ cup tofu 2 tbsp peanut butter ¼ cup cottage cheese ¼ cup nuts or seeds //2 banana 2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit //2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit //2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit //2 tablespoons dried fruit | ³ / ₄ cup cold cereal, whole grain | | 1 cup be | rries or melon |
| ½ small bagel, whole grain 2 tablespoons raisins ½ English muffin, whole wheat 10-15 grapes 6-8 crackers, whole grain 2 tablespoons dried fruit ½ whole wheat pita 2 tablespoons dried fruit The proof of | ½ hotdog or small hamburger bun, w | hole grain | 1 * | |
| ½ English muffin, whole wheat 2 ½-inch piece of fruit 5-inch pancake or waffle, whole wheat 10-15 grapes 6-8 crackers, whole grain 2 tablespoons dried fruit ½ whole wheat pita 2 tablespoons dried fruit The proof of the Foods Ye whole wheat pita 2 tablespoons dried fruit | 1 oz bag pretzels | _ | _ * | |
| 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita Vegetables | ½ small bagel, whole grain | | 2 tablespoons raisins | |
| Cother Foods Meat/Protein Vegetables — ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Vegetables Fats and Oils Equal to 1 ounce of protein: (include at most meals and snacks) Servings per day 1 ounce meat ½ cup cooked 1 tsp olive, canola, or peanut oil ♥ ½ veggie burger ½ cup cooked 2 Tbsp light salad dressing ½ cup tofu 1 cup leafy greens 1 tsp tub margarine, butter, or mayonnaise ¼ cup tofu 1 cup raw 1 Tbsp cream cheese/light mayo ¼ cup cottage cheese vegetables 1 Tbsp light tub margarine ¼ cup nuts or seeds 5-10 olives ♥ | ½ English muffin, whole wheat | | 2 ½-inch piece of fruit | |
| Y2 whole wheat pita Other Foods Meat/Protein Vegetables Fats and Oils ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) servings per day (3 ounces of meat = size of deck of cards) (include at most meals and snacks) servings per day Done serving: 1 tsp olive, canola, or peanut oil ♥ 1 ounce meat ½ cup cooked ½ cup vegetable ½ veggie burger ½ cup vegetable 1 tsp tub margarine, butter, or mayonnaise ½ cup tofu 1 cup leafy greens 1 Tbsp cream cheese/light mayo ½ tsp peanut butter 1 cup raw 1 Tbsp light tub margarine ½ cup nuts or seeds 5-10 olives ♥ | 5-inch pancake or waffle, whole whe | at | 10-15 grapes | |
| Other FoodsMeat/ProteinVegetablesFats and Oils ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) servings per day (include at most meals and snacks) servings per day(3 ounces of meat = size of deck of cards)(include at most meals and snacks)One serving: 1 tsp olive, canola, or peanutEqual to 1 ounce of protein:One serving: 1 tsp olive, canola, or peanut1 ounce meat½ cup cooked ½ cup vegetable juice2 Tbsp light salad dressing½ veggie burger½ cup vegetable juice1 tsp tub margarine, butter, or mayonnaise¼ cup tofu1 cup leafy greens1 Tbsp cream cheese/light mayo2 tbsp peanut butter1 cup raw1 Tbsp salad dressing¼ cup cottage cheesevegetables1 Tbsp light tub margarine¼ cup nuts or seeds5-10 olives ♥ | <u> </u> | | 2 tablespoons dried fruit | |
| Meat/ProteinVegetablesFats and Oilsounces per day (Divideservings♥ = heart healthy fatsbetween all meals and most snacks)per dayservings per day(3 ounces of meat = size of deck of cards)(include at most meals and snacks)One serving:1 tsp olive, canola, or peanutoil ♥1 ounce meat½ cup cooked2 Tbsp light salad dressing½ veggie burger½ cup vegetable1 tsp tub margarine, butter, or mayonnaise½ cup tofu1 cup leafy greens1 Tbsp cream cheese/light mayo2 tbsp peanut butter1 cup raw1 Tbsp salad dressing½ cup cottage cheesevegetables1 Tbsp light tub margarine½ cup nuts or seeds5-10 olives ♥ | | | | |
| ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ¼ cup tofu 2 tbsp peanut butter ½ cup cottage cheese ¼ cup nuts or seeds ye = heart healthy fats servings per day One serving: 1 tsp olive, canola, or peanut oil ♥ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 trup raw 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives ♥ | Other Foods | | | |
| between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ¼ cup tofu 2 tbsp peanut butter ¼ cup cottage cheese ¼ cup nuts or seeds per day (include at most meals and snacks) One serving: 1 tsp olive, canola, or peanut oil ♥ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives ♥ | Meat/Protein | Vegetables | | Fats and Oils |
| (3 ounces of meat = size of deck of cards) (include at most meals and snacks) (include at most meal | | sei | rvings | ♥ = heart healthy fats |
| meals and snacks) Equal to 1 ounce of protein: 1 ounce meat ½ cup cooked ½ veggie burger 1 egg or 2 egg whites ¼ cup tofu 2 tbsp peanut butter ½ cup cottage cheese ¼ cup nuts or seeds meals and snacks) One serving: 1 tsp olive, canola, or peanut oil ♥ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives ♥ | | per day | | servings per day |
| Equal to 1 ounce of protein: 1 ounce meat ½ cup cooked ½ cup vegetable 1 itsp olive, canola, or peanut oil♥ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp salad dressing 1 Tbsp light tub margarine | l ' | * | | |
| Equal to 1 ounce of protein:One serving:oil♥1 ounce meat½ cup cooked2 Tbsp light salad dressing½ veggie burger½ cup vegetable1 tsp tub margarine, butter, or1 egg or 2 egg whitesjuicemayonnaise¼ cup tofu1 cup leafy greens1 Tbsp cream cheese/light mayo2 tbsp peanut butter1 cup raw1 Tbsp salad dressing¼ cup cottage cheesevegetables1 Tbsp light tub margarine¼ cup nuts or seeds5-10 olives♥ | cards) | meals and snacks) | | One serving: |
| 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ½ cup vegetable juice 1 cup leafy greens 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp salad dressing 1 Tbsp salad dressing 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives♥ | | | | 1 tsp olive, canola, or peanut |
| ½ veggie burger ½ cup vegetable 1 tsp tub margarine, butter, or mayonnaise ½ cup tofu 1 cup leafy greens 1 Tbsp cream cheese/light mayo ½ tbsp peanut butter 1 cup raw 1 Tbsp salad dressing ½ cup cottage cheese vegetables 1 Tbsp light tub margarine ½ cup nuts or seeds 5-10 olives ▼ | Equal to 1 ounce of protein: | _ | | oil♥ |
| 1 egg or 2 egg whites 1/4 cup tofu 2 tbsp peanut butter 1/4 cup cottage cheese 1/4 cup nuts or seeds 1 cup leafy greens 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives♥ | | 1 | | 2 Tbsp light salad dressing |
| 1/4 cup tofu1 cup leafy greens1 Tbsp cream cheese/light mayo2 tbsp peanut butter1 cup raw1 Tbsp salad dressing1/4 cup cottage cheesevegetables1 Tbsp light tub margarine1/4 cup nuts or seeds5-10 olives♥ | | | | 1 tsp tub margarine, butter, or |
| 2 tbsp peanut butter ¹/₄ cup cottage cheese ¹/₄ cup nuts or seeds | | | | mayonnaise |
| 1/4 cup cottage cheese vegetables 1 Tbsp light tub margarine 5-10 olives♥ | - | 1 | | 1 Tbsp cream cheese/light mayo |
| ¹/₄ cup nuts or seeds 5-10 olives♥ | = = | _ | | _ |
| 1 1 | | vegetables | | |
| l ounce cheese | <u> </u> | | | 5-10 olives ♥ |
| ½ avocado ▼ | 1 ounce cheese | | | ¼ avocado♥ |

Sample Menus

Items in blue are foods with carbohydrates.

Menu 1

Breakfast: (total carbohydrates: 45 grams)

1 small banana (15 g)

2 slice whole wheat toast (30 g)

2 tsp. whipped butter 3/4 cup 1% cottage cheese

Snack: (total carbohydrates: 15 grams)

6 oz. Light or Greek Yogurt (15 g) Pea pods with 1 tablespoon low fat dip

Lunch: (total carbohydrates: 45 grams)

2 slice whole wheat bread (30 g)

3 oz. sliced lean ham

1 tablespoon low-fat mayonnaise or 1

teaspoon whipped butter Carrots and celery sticks

1 apple (15 g)

Snack: (total carbohydrates: 15 grams)

½ cup nuts

1 small orange (15 g)

Dinner: (total carbohydrates: 45 grams)

Mixed green salad with 1/8 avocado, sliced

1 Tbsp. low fat salad dressing

²/₃ cup cooked whole wheat pasta (30 g)

2 tsp. olive oil

4 oz. baked chicken

Steamed asparagus

1 cup skim or 1% milk (15 g)

| Food Group | Servings in this day | Grams Carbs in this day |
|---------------|-------------------------|-------------------------|
| Starch/ Grain | 6 | 90 |
| Fruit | 3 | 45 |
| Milk/ Yogurt | 2 | 30 |
| Vegetables | 5+ | |
| Meat/ Protein | 9 oz | |
| Added fats | 6 | |
| Total carbs | | 165 |

Menu 2

Breakfast: (total carbohydrates: 45 grams)

2 slices whole wheat toast (30 g)

8 oz. Light or Greek yogurt (15–20 g)

1 Tbsp. peanut butter

Snack: (total carbohydrates: 15 grams)

1 piece low fat string cheese 1 cup strawberries (15 g)

Lunch: (total carbohydrates: 45 grams)

2 slices 100% whole wheat bread (30 g)

3 oz. sliced turkey

Sliced tomato and lettuce, mustard

Large serving raw vegetables

1 small apple (15 g)

Snack: (total carbohydrates: 15 grams)

1 apple (15 g)

Green/red pepper slices

Dinner: (total carbohydrates: 45 grams)

1 cup melon (15 g)

½ cup sweet potatoes (15 g)

2 tsp. whipped butter

4 oz. Salmon, broiled or grilled

Sliced mushrooms sautéed in1 tsp. olive oil

Cooked green beans with sesame seeds

1 cup skim or 1% milk (15 g)

| Food Group | Servings in this day | Grams Carbs in this day |
|---------------|-------------------------|-------------------------|
| Starch/ Grain | 5 | 75 |
| Fruit | 4 | 60 |
| Milk/ Yogurt | 2 | 30 |
| Vegetables | 5+ | |
| Meat/ Protein | 8 oz | |
| Added fats | 5 | |
| Total carbs | | 165 |

Menu 3

Breakfast: (total carbohydrates: 45 grams)
1 cup Cheerios[™] or toasted oat cereal (15 g)
8 oz. skim or 1% milk (15 g)
2 hard-boiled eggs
1 cup berries (15 g)

Snack: (total carbohydrates: 15 grams) ½ English muffin (15 g) 2 teaspoon peanut butter

Lunch: (total carbohydrates: 45 grams)
1 cup goulash (macaroni, tomato sauce,
ground beef, etc.) (30 g)
Steamed broccoli
2 teaspoon whipped butter on broccoli
1 cup cantaloupe (15 g)

Snack: (total carbohydrates: 15 grams) 1 small orange (15 g) 1 oz. string cheese

Dinner: (total carbohydrates: 45 grams)
4 oz Pork Loin
2/3 cup brown rice (30 g)
1 teaspoon whipped butter
Romaine or spinach salad with 5 sliced olives

1 tablespoon low-fat dressing 1 cup pineapple (15 g)

| Food Group | Servings in this day | Grams Carbs in this day |
|--------------------|-------------------------|-------------------------|
| Starch/ Grain | 6 | 90 |
| Fruit | 4 | 60 |
| Milk/ Yogurt | 2 | 30 |
| Vegetables | 5+ | |
| Meat/ Protein | 9oz | |
| Added fats | 5 | |
| Total carbs | | 180 |

Menu 4

Breakfast: (total carbohydrates: 45 grams)
1 cup cooked oatmeal (30 g)
1 cup blueberries (15 g)
1/4 cup nuts

Snack: (total carbohydrates: 15 grams) Yogurt, light or Greek (15-20 g) Cut-up vegetables

Lunch: (total carbohydrates: 45 grams) Grilled turkey and cheese sandwich (2 slices whole wheat bread (30 g)), 1 oz. Swiss cheese, 3 oz. sliced turkey, 1 teaspoon butter) 1 cup cooked broccoli 1 small pear (15 g)

Snack: (total carbohydrates: 15 grams) 1 nectarine (15 g) 1/4 cup nuts

Dinner: (total carbohydrates: 45 grams) Cheese pizza (¼ of 12 inch) (30 g) Large lettuce salad with low fat dressing 1 cup skim or 1% milk (15 g)

| Food Group | Servings in this day | Grams Carbs in this day |
|---------------|-------------------------|-------------------------------|
| Starch/ Grain | 5 | 75 |
| Fruit | 4 | 45 |
| Milk/ Yogurt | 2 | 30 |
| Vegetables | 5+ | |
| Meat/ Protein | 8 oz | |
| Added fats | 5 | |
| Total carbs | | 150 |

Carbohydrate Counting Food Lists

Starting Guide

- 45 grams carbohydrate per meal
- 0-15 grams carbohydrate per snack

Always check Nutrition Facts label for carbohydrate information when available.

Bread: 15 g Carb

Bagel, $\frac{1}{2}$ small (1 oz.)

Biscuit or plain Roll (2.5 inches), 1
Bread (whole wheat, rye, white, etc), 1 slice (1 oz.)
Bread, "lite", 2 slices
Breadstick (6-7 inches), 1
Chapatti (6 inches), 1
Cornbread (2-inch square), 1 piece
Croissant, ½ medium
English muffin, ½
Hamburger or hot dog bun, ½
Pancake or waffle (4 inches), 1
Pita (6 inches), ½
Tortilla, flour (6 inches), 1
Tortilla, corn (5 inches), 2
Stuffing or dressing, ⅓ cup

Cereals: 15 g Carb

Bran flake cereal, without fruit, ½ cup
Dry cereals (unsweetened), ¾ cup
Granola, ¼ cup
Oatmeal, ½ cup cooked (¼ cup dry)
Puffed cereal, 1½ cup
Raisin bran or cereals with dried fruit, ⅓ cup
Sugar frosted cereal, ½ cup

Grains/pasta: 15 g Carb

Chow Mein noodles, ½ cup
Pasta or noodles (cooked), ⅓ cup
Quinoa, polenta or millet (cooked), ⅓ cup
Rice or couscous (cooked), ⅓ cup
Wild rice (cooked), ½ cup

Crackers/chips: 15 g Carb

Crackers (Saltines, Triscuits), 6-8 Graham cracker squares (2 ½ inch), 3 Popcorn, 3 cups (popped) Potato or tortilla chips, 10-13 chips (3/4 oz.) Pretzels, snack chips, 15-20 (1 oz.) Rice cakes, 2

Starchy Vegetables: 15 g Carb

Baked beans (canned), ½ cup
Beans (kidney, pinto) cooked, ½ cup
Beets, ¾ cup
Corn ½ cup
Corn on cob, 4 to 4 ½ inch piece (5 oz.)
French fries, 1 cup (2 oz.)
Hash browns, ½ cup
Hummus, ½ cup
Lentils (cooked), ½ cup
Mixed vegetables with corn or peas, 1 cup
Peas, cooked, 1 cup
Potato (sweet or white), ½ cup or 1 small (3 oz.)
Squash, Acorn or Butternut, cooked, cubed, 1 cup

Non-Starchy Vegetables (very low carb): 5 g Carb (count carbs if more than 3 servings at a meal)

Vegetables, cooked or vegetable juice, ½ cup Vegetables, raw or salad/greens, 1 cup Always check Nutrition Facts label for carbohydrate information when available.

Fruits: 15 g Carb

Apple, 1 small (2 ½-inch diameter or 4 oz.) Applesauce (unsweetened), ½ cup Apricots (fresh or dried), 4 small Banana, 1 small (4-inch) or ½ large (8-inch) Berries (blackberries, raspberries), 1 cup Blueberries, ³/₄ cup (4 oz.) Canned fruit-unsweetened, ½ cup Cherries, 12 fresh Clementine, 2 small Grapefruit, ½ large (5 ½ oz.) Grapes, 15-17 (3 oz.) Kiwi, ½ cup sliced or 1 large Mango, ½ cup (3.4 oz) Melon (cantaloupe, watermelon), 1 cup cubed Orange, 1 medium (6.5 oz. or 2.5 inch diameter) Peach or nectarine, 1 medium (6 oz.) Pear, ½ large (4 oz.) Pineapple, fresh, 3/4 cup Prunes, 3 medium Raisins and other dried fruit, 2 Tbsp. Strawberries, 1 cup, sliced

Fruit Juice: 15 g Carb

Apple juice/cider, ½ cup Fruit juice blends, 100% juice, ⅓ cup Grape juice, ⅓ cup Grapefruit or orange juice, ½ cup Prune juice, ⅓ cup

Milk/Yogurt: 15 g Carb

Milk: skim, 1%, 2%, whole, 1 cup (8 oz.) Soy milk (original or vanilla), 1 cup (8 oz.) Yogurt (light, plain or Greek style), 1 cup

Soups: 15 g Carb

Broth based soups (beef or chicken noodle), 1 cup
Bean, lentil or split pea, ½ cup
Cream or tomato soup, made with milk, 1 cup
Ramen noodle, ½ package

Combination Foods: 30 g Carb

Burrito, 1 small meat
Casserole/ hot dish, 1 cup
Chicken nuggets, 12
Chili with beans, 1 ½ cups
Enchilada, 1 small beef
Frozen entrée (300 calorie), 1
Lasagna, 1 piece 3" x 4"
Pizza, thick crust, 1/8 of a 10-inch pizza
Pizza, thin crust, 1/4 of a 12-inch pizza
Pot pie, ⅓ of a pie (7 oz.)
Ravioli, 1 cup
Stew (meat/vegetables), 1 cup
Tacos, 2 soft

Condiments and Sauces: 15 g

Barbecue sauce, 3 Tbsp. Cranberry sauce, ½ cup Hoisin sauce, 1 Tbsp. Ketchup, 3 Tbsp. Spaghetti sauce, ½ cup Sweet and sour sauce, 3 Tbsp. Salad dressing, 3 Tbsp.



Always check Nutrition Facts label for carbohydrate information when available.

Sweets: 15 g Carb Candy, hard, 3 pieces Chocolate Kisses, 5 Cookies, 100 calorie pack Cookies, 2 Oreos Donut, plain cake type, 1 small Fruit snacks, 1 small package or 1 roll Gelatin (Jell-O), regular, ½ cup Granola bar, 1 small Honey, 1 Tbsp. Hot chocolate, regular, 1 packet Jelly or jam (regular), 1 Tbsp. Ice cream, regular, ½ cup Muffin, homemade, 1 small (1 oz.) Pudding, sugar free, ½ cup Sports drink, 1 cup (8 oz.) Sugar, 1 Tbsp. Syrup (agave, maple or pancake), 1 Tbsp. Vanilla wafers, 5 Yogurt, frozen, fat-free, ½ cup

Sweets: 30 g Carb

Banana bread, 1-inch slice
Cake, unfrosted, 1 piece 2" x 3"
Candy bar, 1 regular size
Chocolate milk, 1 cup
Cupcake, frosted, 1 small
Energy Drink, 1 can (8.3 oz.)
Ice Cream, small soft serve cone, 1
Pie, pumpkin or custard-type, 1/8 of a pie
Pudding, made with sugar, ½ cup
Sherbet or Sorbet, ½ cup

Sweets: 45 g carb

Cookie, chocolate chip, 1 large (2.5 oz.) Pie, two crust, 1/6 of a pie Sweet roll or Danish, 1 roll Yogurt with fruit, low fat, 1 cup Soda, regular, 1 can (12 oz.)

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2024. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8273