

Carbohydrate and Non-Carbohydrate Foods
















The foods listed on this side of the page are **CARBOHYDRATE CONTAINING** foods. These foods will turn to sugar in your body and can affect your blood sugar levels.

1 SERVING = 15g

Grains & Starches

Bread  1 slice	Oatmeal  ¾ c. cooked	Cereal  ½ c.	Bagel  ¼ large	Rice  ½ c. cooked	Pancakes  1 (4 in.)	Bun  ½ reg size	Pasta  ½ c. cooked
Taco Shells  2 (5 in.)	Pita  ½ (6 in.)	Crackers  6	Rice cakes  2 large	Soup, Thick  1 c.	Potato  ½ medium	Corn Kernel  ½ c.	Legumes  1 c.

Fruits

Apple  1 medium	Banana  ½ medium	Melon  1 c.	Blueberries  1 c.	Strawberries  2 c.	Cherries or Grapes  15	Juice  ½ c.	Watermelon  1 c.
Pineapple  ¾ c.	Kiwi  2 medium	Pear  1 medium	Orange  1 medium	Mango  ½ medium	Peach  1 Large	Dried Fruit  ¼ c.	

Milk and Alternatives

Low Fat Milk  1 c.	Chocolate Milk  ½ c.	Soy Milk  1 c.	Greek Yogurt  ½ c.
Sugar Free Yogurt  ¾ c.	Sweetened Yogurt  ½ c.	Sweetened Almond Milk  1 c.	

Treats














Muffin  ¼ regular	Granola Bars  1	Popcorn  3 c.	Cookies  3 small
Jam or Jelly  1 Tbsp.	Pudding, low calorie  ½ c.	Cake, unfrosted  2" square	

Carbohydrate Goals













For women it is recommended that they consume 100-130g of carbohydrates per day for optimal health, this is 7-9 of the serving choices listed on the front of the page. For men it is recommended that they eat 130-160g of carbohydrates per day for optimal health, this is 9-11 of the serving choices listed on this page.

The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates (sugar). If eaten as part of balanced meals these foods will not significantly affect your blood sugar levels.









Vegetables

Carrots 	Celery 	Broccoli 	Cucumber 	Tomato 	Beets 	Peppers 	Eggplant 
Mushroom 	Cauliflower 	Squash 	Asparagus 	Peas 			

Meat and Alternatives

Egg  1 medium	Low Fat Cheese  1 oz.	Cottage Cheese  1 c.	Legumes*  ¼ c.	Peanut Butter  2 Tbsp.	Fish  3 oz.	Canned Fish, Drained  ½ can	Poultry  3 oz.
Meat  3 oz.	Egg white  ¼ c.	Tofu  3 oz.	Hummus  2 Tbsp.				

Fats

Margarine  1 tsp.	Butter  1 tsp.	Olive Oil  1 tsp.	Mayonnaise  1 Tbsp.	Salad Dressing  1 Tbsp.	Nuts  ¼ c.	Avocado  ½	Bacon  1 slice cooked
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Non-Carbohydrate Beverages: water, plain coffee, plain tea and plain herbal tea, unsweetened almond milk

Balance Your Plate

A balanced plate should have one half filled with at least 2 different kinds of vegetables, one quarter filled with a lean protein such as chicken or fish, and the remaining quarter filled with high fibre grains or starches. Having your plate balanced like this will help with weight and diabetes management. You will feel full for longer and have better control over your blood sugars.

