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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  ½	Rice  ⅓ c. cooked	Pancakes  1 (4in.)	Bun  1	Pasta  ½ c. cooked
Potato  ½ medium	Pita  ½ (6in.)	Crackers  7	Corn Kernel  ½ c.	Soup, Thick  1 c.	Taco Shells  2		














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



Milk and Alternatives				Treats			
Low Fat Milk  1 c.	Chocolate Milk  ½ c.	Soy Milk  1 c.	Greek Yogurt  ½ c.	Muffin  ¼ regular	Granola Bars  1	Popcorn  3 c.	Cookies  3
Sugar Free Yogurt  ¾ c.	Sweetened Yogurt  ½ c.			Jam or Jelly  1 Tbsp.	Pudding  ½ c.		

Carbohydrate Goals

For women it is recommended that they consume 100-130g of carbohydrate 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 carbohydrate 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	Low Fat Cheese  1 oz.	Cottage Cheese  ½ c.	Legumes  ¼ c.	Peanut Butter  2 Tbsp.	Fish  3 oz.	Canned Fish, Drained  ½ can	Poultry  3 oz.
Meat  3 oz.							

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

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.

