

# Carbohydrate and Non-Carbohydrate Foods

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

**1 SERVING = 15g**

## Grains & Starches

<b>Poha</b>  1/2 cup	<b>Peas</b>  1 cup	<b>Yellow Pumpkin</b>  1 cup	<b>Dal / Sambar</b>  1/2 cup	<b>Rice / Upma</b>  1/3 cup cooked	<b>Dosa</b>  1/2 large	<b>Bulgur/Couscous</b>  1/2 cup	<b>Mumra</b>  1.5 cup
<b>Colcassia /arbi</b>  1/3 cup	<b>Naan</b>  1/4 of 6inch	<b>Dhokla</b>  1 sq inch	<b>Roti/Phulka /Chapati</b>  1 6inch	<b>Idli</b>  1 pc 3inchs	<b>Potato / Aloo sabji</b>  1/2 medium	<b>Bajra / Corn</b>  1/2 cup	<b>Chole/Rajma /Lobia</b>  1 cup

Sambar (soup) = 1 cup, Millet = 1/3 cup, Jowar roti = 1/2 roti

## Fruits

<b>Lychee</b>  10	<b>Banana</b>  1/2 medium	<b>Melon</b>  1 cup	<b>Blueberries</b>  1 cup	<b>Strawberries</b>  2 cups	<b>Cherries or Grapes</b>  15	<b>Papaya</b>  1 cup	<b>Watermelon</b>  1 cup
<b>Pineapple</b>  3/4 c.	<b>Kiwi</b>  2 medium	<b>Guava</b>  1 medium	<b>Dried Fig</b>  2	<b>Mango</b>  1/2 medium	<b>Dates</b>  3	<b>Dried Fruit</b>  1/4 c.	<b>Pomegranate</b>  1/2

## Milk and Alternatives

<b>Low Fat Milk</b>  1 cup	<b>Chocolate Milk</b>  1/2 cup	<b>Soy Milk</b>  1 cup	<b>Greek Yogurt</b>  1/2 cup
<b>Sugar Free Yogurt</b>  3/4 cup	<b>Sweetened Yogurt</b>  1/2 cup	<b>Sweetened Almond Milk</b>  1 cup	

## Treats

















<b>Bhujiya</b>  1 ounce	<b>Ladoo</b>  1/2	<b>Sooji Halwa</b>  1/4 cup	<b>Jaggery / Honey</b>  1 tbsp
<b>Pakora</b>  2 pcs	<b>Gulab jamun</b>  1	<b>Samosa</b>  1	<b>Mathri</b>  2 thin

Rasgolla= 1 medium, Rasmalai= 1 small, Bhelpuri\*= 1/2 cup, Pani puri plain= 6, Kheer= 1/2 cup

## Carbohydrate Goals

For women it is recommended that they consume 100-103g 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 have 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 	Tindora/Ivy Gourd 	Tomato 	Beets 	Peppers 	Eggplant 
Mushroom 	Cauliflower 	Squash 	Asparagus 	Long Beans 	Okra/Bhindi 	Lauki 	Thurai/ Ridge Gourd 

Meat and Alternatives							
Egg  1 medium	Low Fat Cheese  1 oz.	Cottage Cheese  1 cup	Legumes  1/2 cup	Peanut Butter  2 Tbsp.	Fish  3 oz.	Canned Fish, Drained  1/3 can	Poultry  3 oz.
Meat  3 oz.	Egg white  ¼ cup	Tofu  3 oz.	Hummus  2 Tbsp.	Paneer  1 oz / 30g			

Fats							
Margarine  1 tsp.	Butter/Ghee  1 tsp.	Olive Oil  1 tsp.	Coconut Oil  1 tsp.	Salad Dressing  1 Tbsp.	Nuts  ¼ cup	Avocado  1/6	Bacon  1 slice cooked

**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.

