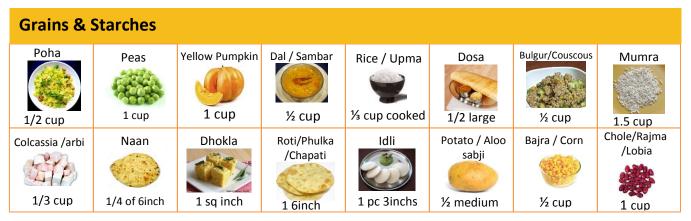


Carbohydrate and Non-Carbohydrate Foods

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



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



Milk and Alternatives				Treats				
Low Fat Milk	Chocolate Milk	Soy Milk	Greek Yogurt	Bhujiya	Ladoo	Sooji Halwa	Jaggery / Honey	
1 cup	½ cup	1 cup	½ cup	1 ounce	1/2	1/4 cup	1 tbsp	
Sugar Free Yogurt	Sweetened Yogurt	Sweetened Almond Milk		Pakora	Gulab jamun	Samosa	Mathri	
³¼ cup	½ cup	1 cup		2 pcs	1	1	2 thin	

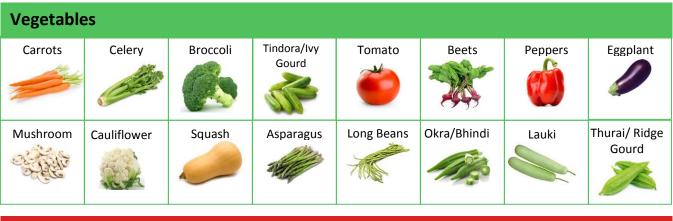
Rasgolla= 1 medium, Rasmalai= 1 small, Bhelpuri*= ½ cup, Pani puri plain= 6, Kheer= ½ cup

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.



Meat and Alternatives								
Egg 1 medium	Low Fat Cheese 1 oz.	Cottage Cheese 1cup	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	Tofu 3 oz.	Hummus 2 Tbsp.	Paneer 1 oz / 30g				

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

