

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



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

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

Fruits

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

Milk and Alternatives

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

Treats

















Bhujiya  1 ounce	Ladoo  1/2	Sooji Halwa  1/4 cup	Jaggery / Honey  1 tbsp
Pakora  2 pcs	Gulab jamun  1	Samosa  1	Mathri  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  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  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.

