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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  ¼ large	Rice  ½ c. cooked	Pancakes  1 (4 in.)	Bun  ½ reg size	Pasta  ½ c. cooked
Tortilla  1 (6 in.)	Pita  ½ (6 in.)	Crackers  6	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  ¼ c.	Kiwi  2 medium	Pear  1 medium	Orange  1 medium	Mango  ½ medium	Peach  1 Large	Dried Fruit  ¼ 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 small
Sugar Free Yogurt  ¾ c.	Sweetened Yogurt  ½ c.	Sweetened Almond Milk  1 c.		Jam or Jelly  1 Tbsp.	Pudding, low calorie  ½ c.	Cake, unfrosted  2" square	















For women it is recommended that they consume 100-130g of carbohydrates per day, which is 7-9 of the serving choices listed on this page. This usually equals 2-3 servings at each meal. For men it is recommended that they eat 130-160g of carbohydrates per day, which is 9-11 of the serving choices listed on this page. This usually equals 3-4 servings at meals.

Your Carbohydrate Goals












Breakfast: _____ Lunch: _____ Supper: _____ Snacks: _____ servings | grams

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 	Lettuce 		

Meat and Alternatives

Egg  2 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.	Nuts  ¼ c.			

Fats

Margarine  1 tsp.	Butter  1 tsp.	Olive Oil  1 tsp.	Mayonnaise  1 Tbsp.	Salad Dressing  1 Tbsp.	Avocado  ½	Bacon  1 slice cooked	
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Non-Carbohydrate Beverages: water, plain coffee, plain tea, unsweetened almond beverage, sugar-free beverages

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. A balanced plate can help you manage your blood sugar levels and feel full longer.

