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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.

