## Carbohydrate and Non-Carbohydrate Foods

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 <br> 1 slice | Oatmeal <br> $3 / 4$ c. cooked | Cereal | Bagel <br> $1 / 4$ large | Rice <br> $1 / 3$ c. cooked | Pancakes $1 \text { (4 in.) }$ | Bun <br> $1 / 2$ reg size | Pasta $1 / 2 \text { c. cooked }$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Tortilla $1 \text { (6 in.) }$ | Pita $1 / 2(6 \mathrm{in} .)$ | Crackers <br> 6 | Soup, Thick <br> 1 c. | Potato | Corn Kernel <br> $1 / 2 \mathrm{c}$. |  |  |


| Fruits |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Apple <br> 1 medium | Banana <br> $1 / 2$ medium | Melon <br> 1 c. | Blueberries <br> 1 c . | Strawberries $2 \text { c. }$ | Cherries or Grapes 15 | Juice <br> $1 / 2 \mathrm{c}$. | Watermelon $1 \text { c. }$ |
| Pineapple <br> $3 / 4 \mathrm{c}$. | Kiwi <br> 2 medium |  | Orange <br> 1 medium | Mango <br> $1 / 2$ medium | Peach <br> 1 Large | Dried Fruit <br> $1 / 4 \mathrm{c}$. |  |


| Milk and Alternatives |  |  |  | Treats |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Low Fat Milk $\square$ <br> 1 c. |  | Soy Milk <br> 1 c. | Greek Yogurt | Muffin <br> $1 / 4$ regular |  | Popcorn <br> 3 c. | Cookies $1$ <br> 3 small |
| Sugar Free Yogurt | Sweetened Yogurt $\square$ | Sweetened Almond Milk 1 c. |  | Jam or Jelly | Pudding, low calorie $1 / 2 \mathrm{c} .$ | 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 $130-160 \mathrm{~g}$ 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: $\qquad$ Lunch: $\qquad$ Supper: $\qquad$ Snacks: $\qquad$

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 |  | Eggplant |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mushroom | Cauliflower | Squash | Asparagus | Peas | Lettuce |  |  |


| Meat and Alternatives |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Egg <br> 2 medium | Low Fat Cheese <br> 1 oz . | Cottage Cheese <br> 1 c. | Legumes* | Peanut Butter |  | Canned Fish, Drained $1 / 3$ can | Poultry <br> 3 oz. |
|  | Egg White <br> $1 / 4 \mathrm{c}$. |  | Hummus <br> 2 Tbsp. | Nuts <br> $1 / 4 \mathrm{C}$. |  |  |  |

Fats

|  | Margarine | Butter | Olive Oil | Mayonnaise | Salad Dressing | Avocado | Bacon |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Beece |  |  |  |  |  |  |  |
| 1 tsp. | 1 tsp. | 1 tsp. | 1 Tbsp. | 1 Tbsp. | $1 / 6$ | 1 slice cooked |  |

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.


