


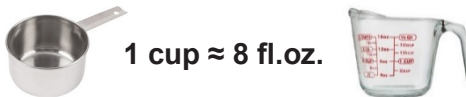











# CARBOHYDRATES

<b>STARCHES</b> 	<b>FRUITS</b>	<b>MILK/YOGURT</b> 														
<b>1/2 cup ≈</b> 	<b>1 medium sized Piece or 1 cup ≈</b>	 <b>1 cup ≈ 8 fl.oz.</b>														
<b>In one serving:</b> 15g carbohydrates 2g or more fiber 2g protein 0-1g fat	<b>In one serving:</b> 15g carbohydrates 2g or more fiber 0g protein 0g fat	<b>In one serving:</b> 12g carbohydrates 0g or more fiber 8g protein 1-3g fat														
 <b>These foods raise blood sugar</b>	 <b>These foods raise blood sugar</b>	 <b>These foods raise blood sugar</b>														
Choose whole grains, 100% whole wheat or foods with 3g or more of fiber per serving.	Eat fruit with meals or as a snack. Watch portion sizes of fruit. Avoid juice, unless blood sugar is ow	Choose fat-free or 1% milk and milk products. Look for 3g or less fat.														
<b>One Serving</b>  <b>Beans, Peas, &amp; Lentils:</b> Beans, baked, 1/3 cup Beans, cooked, 1/2 cup Lentils, cooked, 1/2 cup Refried beans, canned, 1/2 cup  <b>Starchy Vegetables:</b> Corn, 1/2 cup Peas, cooked, 1/2 cup Potato (large), baked, 1/4 Potato, mashed, 1/2 cup Squash (winter, acorn, butternut), 1 cup Yam, sweet potato, 1/2 cup  <b>Cereals &amp; Grains:</b> Rice, cooked, 1/3 cup Oatmeal, cooked, 1/2 cup * Pasta, cooked, 1/3 cup * Cereal, dry, 1/2 - 3/4 cup Couscous, 1/3 cup  <b>* Breads:</b> Bagel (large), 1/4 Bread, 1 slice English muffin, 1/2 Bun, hamburger, 1/2 Bun, hotdog, 1/2 Tortilla (6"), corn or flour, 1  <b>*Crackers &amp; Snacks:</b> Chips, regular, 9-13 Crackers, whole wheat, 2-5 Popcorn, low fat, 3 cups Pretzels, 3/4 oz.  *processed/not plant-based/avoid/limit	<b>One Serving</b>  Apple (small), 1 Apricots, 4 Banana (extra small), 1 Blueberries, 3/4 cup Blackberries, 3/4 cup Cantaloupe, cubed, 1 cup Cherries, 12 Dates, 3 Grapefruit (large), 1/2 Grapes (small), 1/2 cup Kiwi, 1 Mango (small), 1/2 cup Nectarine (small), 1 Orange (small), 1 Papaya, cubed, 1 cup Peach (medium), 1 Pear (large), 1/2 Pineapple, 3/4 cup Plums (small), 2 Prunes, 2 Raspberries, 1 cup Strawberries, whole, 1 1/4 cup Tangerines (small), 2 Watermelon, cubed, 1 cup Honey dew, 1 cup Juices, 1/3 to 1/2 cup Dried fruit, 2 Tbsp. Canned fruit, light, 1/2 cup	<b>One Serving</b>  Soymilk/rice, light, 1 cup *Yogurt, plain or light, 2/3 cup *Buttermilk, low fat, 1 cup *Milk, low fat/fat-free, 1 cup Chocolate milk, 1/2 cup No sugar added vanilla ice cream, 1/2 cup  *Not natural/avoid/limit  <b>1 carb choice = 15 grams</b>  <table border="1"> <thead> <tr> <th>Meal</th> <th>Carb Choice</th> </tr> </thead> <tbody> <tr> <td>Breakfast</td> <td>___choices</td> </tr> <tr> <td>Lunch</td> <td>___choices</td> </tr> <tr> <td>Snack(s)</td> <td>___choices</td> </tr> <tr> <td>Dinner</td> <td>___choices</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Total:</td> <td>___choices</td> </tr> </tbody> </table>	Meal	Carb Choice	Breakfast	___choices	Lunch	___choices	Snack(s)	___choices	Dinner	___choices	<hr/>		Total:	___choices
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<b>VEGETABLES</b> 	<b>PROTEIN</b> 	<b>FAT</b> 
FREE FOODS	6-9 oz. per day	1-2 servings per meal
<b>1 cup ≈</b> 	<b>3 oz. ≈</b> 	<b>1 tsp ≈</b> 
<b>In one serving:</b> 5g carbohydrates 2g or more fiber 2g protein 0g fat	<b>In one animal protein serving:</b> 0g carbohydrates 0g or more fiber 7g protein 0-8+g fat	<b>In one serving:</b> 0g carbohydrates 0g or more fiber 0g protein 5g fat
<b>These foods do not raise blood sugar.</b>	<b>These foods do not raise blood sugar.</b>	<b>These foods do not raise blood sugar but can affect weight &amp; cholesterol.</b>
Choose vegetables of all colors.	Choose plant-based proteins over animal proteins.	Choose plant-based, unsaturated fats. Avoid animal-based, saturated fats.
<b>One Serving</b> <b>½ cup cooked or 1 cup raw</b>  Artichoke hearts Asparagus Baby corn Bamboo shoots Beans (green, wax, or Italian) Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Eggplant Greens (collard, kale, mustard or turnip) Lettuce Mushrooms Okra Onions Pea pods Peppers, all varieties Radishes Sauerkraut Spinach Squash Tomatoes Turnips	<b>One Serving</b> <b>Plant-based:</b> Beans, all kinds, ½ cup (1 carb choice) Peas, 1 cup (1½ carb choices) Chickpeas, ½ cup (1½ carb choices) Soy products, tofu, 3 oz.  <b>High-fat, plant-based: 15+ g of fat</b> Natural peanut/almond butter, 2 Tbsp. Pistachios, ¼ cup <b>*Lean, animal-based: 0-3 g of fat</b> <b>Fish, fresh or frozen, no fat added:</b> Catfish, cod, flounder, salmon, shrimp, 1 oz. Tuna, canned in water, 1 oz.  <b>Poultry without skin:</b> Chicken, turkey, duck, 1 oz.  <b>Game:</b> Buffalo, venison, 1 oz.  <b>*Medium-fat, animal-based: 4-7g of fat</b> Egg, whole, 1 Fish, any fried type, 1 oz. Pork, cutlet, shoulder roast, 1 oz. Beef, corned beef, ground beef, meatloaf, short rib, 1 oz. Cheese, feta, mozzarella, string, cheese spread, 1 oz.  <b>*High-fat, animal-based: 8+ g of fat</b> Bacon, turkey, 3 slices Cheese, regular, American, bleu, brie, cheddar, Swiss, 1 oz. Hot dog, beef, pork, turkey, chicken, or combination, 1 Pork, ground, sausage, 1 oz.	<b>One Serving</b>  <b>Unsaturated fats:</b> Oil, canola, olive, peanut, 1 tsp. Avocado, 2 Tbsp. Almonds, 6 Cashews, 6 Peanuts, 10 Peanut/almond butter, 2 tsp. Olives, green, stuffed, 10 *Margarine, 1 tsp. *Margarine, low-fat, 1 Tbsp. *Mayonnaise, 1 tsp. *Mayonnaise, low-fat, 1 Tbsp. *Salad dressing, 1 Tbsp. *Salad dressing, low-fat, 2 Tbsp.  <b>Saturated fats:</b> Oil (coconut, palm, palm kernel): 1 tsp. Coconut milk, light, 1/3 cup Coconut milk, regular, 1 ½ Tbsp. *Bacon, 1 slice *Butter, reduced-fat, 1 Tbsp. *Butter, stick, 1 tsp. *Cream, half and half, 2 Tbsp. *Cream, heavy, 1 Tbsp. *Cream, whipped, 2 Tbsp. *Lard, 1 tsp.

\*1 carbohydrate option  
 \*\*processed/not plant-based/avoid/limit