

CARBOHYDRATE COUNTING

Sample Menu



TEXAS A&M UNIVERSITY

Healthy South Texas

Meal	Portion	Carbohydrates CHO = 15 grams
Breakfast	1 cup oatmeal 1 cup skim milk 3/4 cup blueberries	Oats = 27 grams total carbohydrate = 2 carb choices Milk = 12 grams total carbohydrate = 1 carb choice Berries = 15 grams total carbohydrate = 1 carb choice Total: 4 carbohydrate choices
Lunch	1 small apple 6 ounces light yogurt 2 slices whole wheat bread 2 ounces lean turkey and 1 slice low-fat cheese Salad with greens, cucumbers, tomatoes, radishes, and 2 teaspoons of oil and vinegar Sugar-free gelatin Sugar-free lemonade	Apple = 15 grams total carbohydrate = 1 carbohydrate choice Yogurt = 20 grams total carbohydrate = 1 carbohydrate choice Bread = 30 grams total carbohydrate = 2 carbohydrate choices Total: 4 carbohydrate choices
Dinner	2/3 cup brown rice or whole-wheat pasta 1/2 cup light canned peaches with 2 tablespoons light nondairy whipped topping. 1 small whole wheat dinner roll 4 ounces lean chicken or fish 1 cup steamed broccoli and cauliflower Unsweetened, decaf iced tea	Rice = 30 grams total carbohydrate = 2 carbohydrate choices Peaches = 15 grams total carbohydrate = 1 carbohydrate choice Roll = 15 grams total carbohydrate = 1 carbohydrate choice Total: 4 carbohydrate choices
Snack	3 cups low-fat/reduced-fat popcorn	15 grams total carbohydrates = 1 carbohydrate choice Total: 1 carbohydrate choice