

CARBOHYDRATES

STARCHES



FRUITS



MILK/YOGURT



1/2 cup ≈



1 medium sized piece or 1 cup ≈



1 cup ≈ 8 fl. oz.



In one serving:

15 g carbohydrate
2 g or more fiber
2 g protein
0-1 g fat

In one serving:

15 g carbohydrate
2 g or more fiber
0 g protein
0 g fat

In one serving:

12 g carbohydrate
0 g or more fiber
8 g protein
0-3 g fat



These foods raise blood sugar



These foods raise blood sugar



These foods raise blood sugar

Choose whole grains, 100% whole wheat or foods with 3 g or more of fiber per serving.

Eat fruit with meals or as snack. Watch portion sizes of fruit. Avoid juice unless blood sugar is low.

Choose fat free or 1% milk & milk products. Look for 3 g or less fat.

One Serving:

Breads:

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

Cereals & Grains:

Cereal, dry, 1/2 - 3/4 cup
Cereal, cooked, 1/2 cup
Granola, low fat, 1/4 cup
Pasta, cooked, 1/3 cup
Rice, cooked, 1/3 cup

Starchy Vegetables:

Corn, 1/2 cup
Peas, cooked, 1/2 cup
Potato, baked (large), 1/4
Potato, mashed, 1/2 cup
Squash (winter, acorn, butternut), 1 cup
Yam, sweet potato, 1/2 cup

Crackers & Snacks:

Crackers, whole wheat, 2-5
Popcorn, low fat, 3 cups
Pretzels, 3/4 oz.

Beans, Peas, & Lentils:

Beans, baked, 1/3 cup
Beans, cooked, 1/2 cup
Lentils, cooked, 1/2 cup
Lima beans, 1/2 cup

One Serving:

Apple (small), 1
Apricots, 4
Banana (extra small), 1
Blueberries, 3/4 cup
Cantaloupe, cubed, 1 cup
Cherries, 12
Grapefruit (large), 1/2
Grapes (small), 12-15 or 1/2 cup
Orange (small), 1
Papaya, cubed, 1 cup
Peach (medium), 1
Pear (large), 1/2
Pineapple, 3/4 cup
Plums (small), 2
Raspberries, 1 cup
Strawberries, whole, 1 1/4 cup
Watermelon, cubed, 1 cup
Juices, 1/3 to 1/2 cup
Dried fruit, 2 Tbsp.
Canned fruit, light, 1/2 cup

One Serving:

Buttermilk, low fat, 1 cup
Milk, low fat/fat free, 1 cup
Yogurt, plain or light, 2/3 cup
Soy milk, light, 1 cup

Meal

Carb Choice

Breakfast _____ choices







Lunch _____ choices

Snack(s) _____ choices

Dinner _____ choices

Daily Total: _____ choices

1 carb choice = 15 grams

VEGETABLES 	PROTEIN 	FAT 
FREE FOODS	6-9 oz. per day	1-2 servings per meal
1 cup ≈ 	3 oz. ≈ 	1 tsp ≈ 
In one serving: 5 g carbohydrate 2 g or more fiber 2 g protein 0 g fat	In one serving: 0 g carbohydrate 0 g or more fiber 7 g protein 3-5 g fat	In one serving: 12 g carbohydrate 0 g or more fiber 8 g protein 0-3 g fat
These foods do not raise blood sugar	These foods do not raise blood sugar	These foods do not raise blood sugar but can affect weight & cholesterol.
Choose vegetables of all colors.	Choose lean meat with fat removed. Choose fish twice a week.	Choose fats from plants. Avoid animal fats.
One Serving = ½ cup cooked or 1 cup raw Asparagus Beans (green, wax, or Italian) Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Eggplant Greens (collard, kale, mustard or turnip) Lettuce Mushrooms Onions Peppers, all varieties Radishes Spinach Squash Tomatoes	One Serving: Lean meat: 0-3 gram of fat Fish, fresh or frozen, plains: catfish, cod, flounder, salmon, 1 oz. Poultry without skin: chicken, turkey, duck, 1 oz. tuna, canned in water, 1 oz. Medium-fat meat: 4-7 gram of fat Egg, whole, 1 Fish, any fired 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. High-fat meat: 8+ gram of fat 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.	One Serving: Unsaturated: Margarine, 1 tsp. Margarine, low fat, 1 Tbsp. Mayonnaise, 1 tsp. Mayonnaise, low fat, 1 Tbsp. Almonds, 6 Cashews, 6 Peanuts, 10 Olives, green, stuffed, 10 Salad dressing, 1 Tbsp. Salad dressing, low fat, 2 Tbsp. Avocado, 2 Tbsp. Oil (canola, olive, peanut), 1 tsp. Saturated fats: Bacon, 1 slice Butter Reduced-fat: 1 Tbsp. Stick: 1 tsp. Coconut milk Light: 1/3 cup Regular: 1 ½ Tbsp. Cream Half and half: 2 Tbsp. Heavy: 1 Tbsp. Whipped: 2 Tbsp. Lard, 1 tsp. Oil (coconut, palm, palm kernel): 1 tsp.