





MEAL	TIME	CARBOHYDRATE CHOICE / GRAMS
Breakfast	7:00 a.m.	2 / 30
Snack	9:30 a.m.	1 / 15
Lunch	12:00 p.m.	3 / 15
Snack	2:30 p.m.	1 / 15
Dinner	5:30-6:00 p.m.	3-15 / 45-60
Snack	9:00 p.m.	1 / 15



**GUIDELINES:**

- Check blood sugars prior to meal and 1 hour after first bite.
- Meals should be eaten in approximately 15-20 minutes.
- Blood sugar should be checked before bedtime snack.
- One carbohydrate choice = 1 serving = 15 grams

CARBOHYDRATE CHOICES	HEALTHY OPTIONS 	AVOID 
1 slice bread or 6 inch tortilla	Whole grains (bread, rice, pasta)	Fried foods
½ hamburger bun or English muffin	Beans	Sodas
4-6 crackers	Fresh vegetables (dark leafy green, yellow, orange and red)	Juice
½ cooked cereal	Fresh fruits (in portion control)	Cookies
1/3 cup rice	Lean meats	Candy
1/3 cup pasta	Low fat dairy	Chips
½ cup potato, corn, peas, yams	Nuts	
½ cup beans		
½ banana		
1 small fruit (4 oz.)		
½ cup canned or frozen fruit		
4 oz. juice		
8 oz. milk		
2/3 cup plain fat free yogurt		
2 inch brownie or cake with NO frosting		
½ cup ice cream or sherbet		