

CARBOHYDRATE COUNTING

Food List

NOTE: 15 grams carbohydrate is equal to 1 CARB serving

1 CARB Breads:

= 15g Carbohydrate

- 1 slice bread (white, whole, wheat, rye, etc.)
- 6 small bread sticks (4")
- ½ bagel, English muffin, hot dog or hamburger bun
- 1 small croissant*
- 1 matzo ball
- 1 small muffin*

1 5" pancake/waffle*

½ 6" pita

- 1 small plain roll
- 1 slice fruit breads
- 1 6" tortilla
- 1/3 cup stuffing*

1 CARB Cereals:

= 15g Carbohydrate

- ½ cup bran cereal
- ¼ cup granola*
- ½ cup cooked cereal
- ¾ cup other dry cereals (unsweetened)
- ½ cup sugar frosted cereal
- 1 ½ cup puffed cereal

1 CARB Cracker/snack foods:

= 15g Carbohydrate

- 8 animal crackers
- 3 graham crackers
- 3 cups popcorn
- 4 to 6 round crackers*
- ¼ oz pretzels
- 1 oz snack chips*
- 6 saltine type crackers

1 CARB Pasta/grains:

= 15g Carbohydrate

- ½ cup chow mien noodles*
- ½ cup pasta/other grains (cooked)
- 1/3 cup rice (cooked)

1 CARB Starchy vegetables/beans

= 15g Carbohydrate

- 1/3 cup beans (kidney, pinto) cooked
- ¼ cup baked beans (canned)
- ½ cup corn, hominy, peas
- 1 small potato
- 10 French fries
- ½ cup hashbrowns
- 1 cup winter squash
- ½ cup spaghetti or pasta sauce

1 CARB Fruits:

= 15g Carbohydrate

- 1 small apple, orange, tangerine, pear, or peach
- ½ cup applesauce
- 1 apricot (medium, fresh)
- 7 apricot halves (dried)
- 1 4" banana
- ¾ cup blackberries, blueberries
- 1/3 cup cantaloupe
- 1 cup melon cubes
- ½ cup cherries
- 2 figs, plums
- ½ cup canned fruit (unsweetened)
- ½ cup grapefruit
- 15 grapes
- ½ cup juice (unsweetened)
- 1 large kiwi
- ¾ cup pineapple, fresh
- ½ mango, papaya
- 3 medium prunes
- 2 Tbsp raisins
- 1 ¼ cup strawberries

1 CARB Milk/yogurt:

= 15g Carbohydrate

- 1 cup skim, 2%*, whole*, or buttermilk
- ½ cup evaporated skim milk
- 1/3 cup nonfat dry milk powder
- 1 cup plain yogurt

1 CARB Soups:

= 15g Carbohydrate

- 1 cup broth base noodle soup
- ½ cup bean, split pea
- 1 cup cream soup*

FREE 1 serving of Vegetables FREE

= 5g Carbohydrate

(3 servings = 1 CARB)

- ½ cup cooked vegetables (asparagus, green beans, bean sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, spinach, tomato, turnips, water chestnuts, zucchini)
- 1 cup raw vegetable
- ½ cup tomato or vegetable juice
- 1 cup tomato puree

2CARBs Combination foods:

= 30g Carbohydrate

- 1 cup beef stew*
- 1 meat burrito*
- 2 stuffed cannelloni*
- 12 chicken nuggets*
- 1 cup chili with beans*
- 1 small beef enchilada*
- 1 3" X 4" piece lasagna*
- 1 cup macaroni & cheese*
- ¼ of a 10" meat pizza*
- 1 pot pie (7oz)*
- 1 cup ravioli*
- 2 soft tacos*
- 1 tostada with beans*
- 1 cup spaghetti with meatballs*

* Foods high in fat

CAUTION: Limit sweets to 10% of Diet

1 CARB Sweets

= 15g Carbohydrate

- 2" square piece cake (no icing)*
- 2 small fat free cookies
- 2" square brownie (unfrosted)*
- ½ cup custard*
- 1 plain donut*
- 1/3 cup frozen fat free fruit yogurt
- 1 small granola bar*
- ½ cup ice cream* or ice milk
- 1/8 pumpkin or custard pie*
- ½ twin popsicle bar
- ½ cup sugar free pudding
- 5 vanilla wafers
- 2 Tbsp light maple syrup

2 CARBs Sweets:

= 30g Carbohydrate

- 2" square piece cake w/icing*
- 1 cupcake, frosted*
- ½ cup regular pudding*
- 1 granola bar, fat free
- 1 cup chocolate milk*
- 1 small soft serve cone

3 CARBs Sweets:

= 45g Carbohydrate

- 1/6 piece of a 2 crust pie*
- 1 small sweet roll or Danish*
- 1 c up low fat yogurt w/fruit
- 2 Tbsp regular maple syrup

* **Foods high in fat**

NUTRITION FACTS

Serving Size

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 10

% Daily Value*

Total Fat 1.5

2%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 520 0

22%

Total Carbohydrate 28g

9%

Dietary Fiber 1g

3%

Sugars 1g

Protein 3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0**

Iron **10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on

Your calorie needs:

How To Read a Food Label

1. Check the servings per container. The nutrition information listed is for one serving.
2. Check the serving size. Is it more or less than you normally eat?
3. The %Daily Value provides the percentage of the whole day's allowance that one serving of the food provides. This is based on a 2,000 calorie diet. (i.e. one serving size provides almost ¼ of the day's allowance for sodium.)

Note: the number of the grams of total **CARBOHYDRATE** is the most important component of the food label for blood sugar content.

Carbohydrate Counting Guide Sample Menu

1 carb choice = 15 grams carbohydrate

BREAKFAST (4-5 carbohydrate choices) = 60-75 gms carb

- $\frac{3}{4}$ cup cold cereal **or** $\frac{1}{2}$ cup hot cereal (1 carb)
- 1 slice toast $\frac{2}{1}$ -teaspoon margarine (1 carb, 1 fat)
- $\frac{1}{2}$ cup orange juice **or** small piece of fresh fruit (1 carb)
- 1 poached egg (3 times a week) **or** 1 Tbsp. peanut butter
or 1-ounce low-fat cheese (1 meat)
- 1 cup milk [skim **or** 15] (1 carb)

LUNCH (4-5 carbohydrate choices) = 60-75 gms carb

- Sandwich
 - 2 slices bread (2 carbs)
 - 3 oz Lean Meat (3 meat)
 - 1 Tablespoon light mayonnaise (1 fat)
 - Lettuce & tomato (free)
- 1 piece fresh fruit **or** $\frac{1}{2}$ cup canned fruit (1 carb)
- $\frac{1}{2}$ cup sugar free pudding **or** $\frac{3}{4}$ cup sugar free yogurt (1 carb)
- 1 cup raw vegetables **or** salad with fat-free dressing (1 vegetable)
- Sugar free drink **or** water (free)

SUPPER (4-5 carbohydrate choices) = 60-75 gms carb

- 3 oz Lean Meat (3 meat)
- $\frac{1}{2}$ cup starch {potatoes, pasta} (1 carb)
- 1 cup raw vegetables **or** $\frac{1}{2}$ cup cooked vegetables (1 vegetable)
- 1 slice bread **or** roll with 1 teaspoon margarine (1 carb, 1 fat)
- 1 piece fresh fruit **or** $\frac{1}{2}$ cup canned fruit (1 carb)
- 1 cup milk [skim **or** 1%] (1 carb)

SNACK IDEAS for between meals (each one counts for 1 carb)

- 1 piece fresh fruit
- 6 saltine crackers
- $\frac{3}{4}$ cup sugar free y yogurt
- 3 cups popcorn
- 3 2 $\frac{1}{2}$ inch shares graham crackers
- Sugar free gelatin w/fruit
- 1 light ice cream bar

SNACK IDEAS for bedtime (each one counts for 1 carb + 1 meat)

- $\frac{1}{2}$ sandwich (1 piece bread, 1 oz lean meat)
- $\frac{1}{4}$ cup low fat cottage cheese with $\frac{1}{2}$ cup canned fruit
- 3 2 $\frac{1}{2}$ inch squares graham crackers with 1 cup milk
- 6 saltine crackers with 1 ounce low fat cheese

DIABETES MEAL PLANNER

FOR BETTER BLOOD SUGAR CONTROL

This meal planner will help you to add variety to your menus. It is important to eat a balanced diet, eat meals at the same time every day, avoid skipping meals, and eat the number of food servings on your meal plan.

CHOOSING FOODS TO FIT YOUR MEAL PLAN:

- Find your total daily calorie level on the chart.
- Using the chart, plan your meals for the day with serving amounts from each food group.
- Look at the sample meal plan below to see how you can do this.
- Give your meals variety by choosing other items from the same food groups.

1200 Calories	1200 Sample Menu	1500 Calories	1800 Calories	2000 Calories	2200 Calories	2500 Calories
Breakfast 1 Starch 1 Fruit 1 Milk	½ c. Hot Cereal ½ c. Fruit 8 oz. Milk	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 2 Fat	3 Starch 2 Fruit 1 Milk 2 Fat
Lunch 1 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	1 slice Bread 2 oz Meat ½ c. Carrots 1 small Apple 1 tsp Mayo	2 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	2 Starch 3 Meat 1 Vegetable 1 Fruit 1 Milk 2 Fat	2 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat	3 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat	3 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat
Afternoon Snack Nothing				1 Starch	1 Starch	1 Starch 1 Meat 1 Fruit
Dinner 2 Starch 2 Meat 1 Vegetable 1 Fruit 2 Fat	½ c. Potatoes 1 slice Bread 2 oz Chicken ½ c. Vegetable ½ c. Fruit 2 tsp Margarine	2 Starch 2 Meat 1 Vegetable 1 Fruit 2 Fat	3 Starch 3 Meat 2 Vegetable 1 Fruit 2 Fat	3 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat	4 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat	4 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat
Evening Snack 1 Starch 1 Milk	3 sq Graham Crackers 8 oz Milk	1 Starch 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk

<p style="text-align: center;">STARCH</p> <p style="text-align: center;">1 SERVING = 80 CALORIES</p> <p style="text-align: center;">Each serving contains Approximately 15 gms Carbohydrate</p> <p><u>CEREAL/BEANS/GRAINS/PASTA</u></p> <p>Cereal (cooked) ½ cup Unsweetened cold cereal ¾ cup Sugar frosted cereal ½ cup Baked beans 1/3 cup Beans, peas ½ cup Pasta (cooked) ½ cup</p> <p><u>STARCHY VEGETABLES</u></p> <p>Corn (cooked) ½ cup Corn on the cob (6") 1 Peas, green (cooked) ½ cup Plantain (green, cooked) 1/3 cup Potato (small, 3oz) 1 Potato, mashed ½ cup Squash (winter, cooked) 1 cup Yam or Sweet Potato, plain ½ cup</p> <p><u>BREADS</u></p> <p>Bagel or English muffin ½ or 1 oz Bread (slice or roll) 1 oz Crackers, snack 4-5* Graham Crackers 3 squares Hamburger or Hot Dog bun ½ Pancake (4" across) 2 Popcorn (plain) 3 cups Saltines 6* Tortilla (6" across) 1 Waffle (4 ½ " square) 1</p>	<p style="text-align: center;">VEGETABLES</p> <p style="text-align: center;">1 SERVING = 25 CALORIES</p> <p style="text-align: center;">(A serving is ½ cup cooked vegetable or 1 cup raw vegetable)</p> <p>Asparagus Beets Broccoli Cabbage Carrots Cauliflower Cucumbers Eggplant Greens Mushrooms Okra Onions Pea pods Peppers Salad Greens Spinach Tomatoes Water Chestnuts Zucchini/Summer Squash</p>	<p>Mayonnaise 1 tsp Mayonnaise (reduced fat) 1 Tbsp Non-dairy Creamer (liquid) 2 Tbsp Non-dairy Creamer (dry) 4 tsp Oil 1 tsp Nuts or Seeds 1 Tbsp Pesto Sauce 2 tsp Salad dressing (low calorie) 2 Tbsp</p>
<p style="text-align: center;">FRUIT</p> <p style="text-align: center;">1 SERVING = 60 CALORIES</p> <p>Apple (raw, 2" across) 1 Banana (medium) ½ Cherries (fresh) 12 Dried Fruit ¼ cup Canned fruit in juice or water ½ cup Grapes 17 Raisins 2 Tbsp Strawberries 1 cup Apple, Orange, Grapefruit Juice ½ cup Cranberry, Grape, Prune Juice 1/3 cup</p>	<p style="text-align: center;">MEAT and MEAT SUBSTITUTES</p> <p><u>LEAN MEATS</u></p> <p>1 SERVING = 35-55 CALORIES</p> <p>Low fat cheese (1-3 gm fat) 1 oz Chicken breast (no skin) 1 oz Low fat cottage cheese ¼ cup Fish (cod, flounder, tuna) 1 oz Lean Beef (flank, round, sirloin) 1 oz Clam/crab/lobster/shrimp 1 oz Turkey (white, no skin) 1 oz.</p> <p><u>MEDIUM/HIGH-FAT MEATS</u> (Eat limited amounts of these meats)</p> <p>1 SERVING = 75-100 CALORIES</p> <p>Beef 1 oz Chicken (dark meat, no skin) 1 oz Cheese (regular) 1 oz Egg 1 Pork (spareribs/chips/cutlets) 1 oz Sausage 1 oz * Hot Dog (10 per pound) 1 * Peanut butter 2 Tbsp</p>	<p style="text-align: center;">FREE FOODS</p> <p>Free foods are foods or beverages with less than 20 calories/serving</p>
<p style="text-align: center;">MILK</p>		<p style="text-align: center;">UNLIMITED SERVINGS</p> <p><u>BEVERAGES</u></p> <p>Bouillon * Broth * Club Soda Coffee Diet Pop Drink Mixes (sugar-free) Mineral Water Tea</p> <p><u>SEASONINGS</u></p> <p>Flavoring extracts Garlic or Garlic powder Herbs (fresh or dried) Mustard (prepared) Soy Sauce * Spices Tabasco or Hot Pepper Sauce Vinegar Wine, used in cooking</p> <p><u>SWEET SUBSTITUTES</u></p> <p>Gelatin desserts (sugar-free) Gum (sugar-free) Popsicles (sugar-free) Sugar Substitutes</p>
		<p style="text-align: center;">LIMIT TO 2-3 SERVINGS/DAY</p> <p><u>SWEET SUBSTITUTES</u></p> <p>Jam or jelly (sugar-free) 2 tsp Whipped topping 2 Tbsp Spreadable fruit (no sugar) 1 tsp</p>

<p>1 SERVING = 90-100 CALORIES 1% or Skim Milk 8 oz Low Fat Chocolate Milk ½ cup Yogurt (non-fat, plain) ¾ cup Yogurt (non-fat, artificially sweetened) 6 oz</p>	<p>FATS 1 SERVING=5 gm fat, 45 CALORIES Avocado (4" across) 1/8 Cream (half & half, sour) 2 Tbsp Cream Cheese 1 Tbsp Margarine 1 tsp</p>	<p><u>CONDIMENTS</u> Ketchup 1 Tbsp Pickles, dill 1 ½ large * Salad Dressing (low cal) 2 Tbsp Syrup, sugar-free 2 Tbsp Taco Sauce 2 Tbsp</p>
<p>* Indicates food high in sodium content</p>		