

## FATS

O CARBOHYDRATE
A serving can be:
1 tsp Margarine or Oil
10 Peanuts 1 tsp Lard 1 Slice Bacon 1/2 Inch Fat Back

2 tbsp Chitterlings

## MILK

15 GRAMS CARBOHYDRATE

A serving can be: 1c Milk 1c Buttermilk 1/2 c Evaporated Milk 3/4 c Fortified Soy Milk



# FISH, POULTRY AND MEAT

O CARBOHYDRATE

A serving can be: 2-3 oz Catfish, Trout, Hog Maw, Pig Ear, Neck Bones, Chicken, Goat or Beef

#### VEGETABLES

15 GRAMS CARBOHYDRATE A serving can be: 1 ½ c cooked Kale, Poke Salad, Collard Greens or



### FRUIT

15 GRAMS CARBOHYDRATE

A serving can be: 1 Medium Peach, Apple or Orange ¼ c Watermelon

Grapefruit Juice

17 Muscadines or 15 Grapes 15 Crange or

## STARCH

15 GRAMS CARBOHYDR A serving can be:

½ c Grits or Cooked Cereal
1 Biscuit (2 ½" agross)
Cornbread (2" square)
½ c Lima Beans, Black
Eye Peas or Succotash
½ c Yam, Sweet
Potato or Rice A serving can be:



Carbohydrate affects your blood sugar more than any other nutrient. Carbohydrate is found in foods like bread, cereal, fruit, vegetables and milk. Eating a lot of these foods at a meal or snack can make your blood sugar go up too high. Many soul foods like combread and collard greens have carbohydrate. But, you do not have to give up these foods! Just size up your portions with the Diabetes Soul Food Pyramid and eat smaller meals and snacks every day.

THE CHOICE IS YOURS! A carbohydrate choice is a serving of food from the starch, fruit, vegetable or milk group. Each carbohydrate choice gives you 15 grams of carbohydrate. Choose 3-4 carbohydrate choices at each meal and 1-2 carbohydrate choices at planned snacks. Talk to your registered dietitian (RD) or diabetes educator (CDE) to find out your best choices.

# Healthful Eating Tips

- Eat foods from each food group daily.
- Use a sugar substitute in place of real sugar.
- Avoid too much fat; eat fish, poultry and lean meat more often than high fat meat. Eat fresh fruits and
- vegetables daily.
- Avoid too much salt; do not add salt to your food after it is cooked.