

Simple Carbohydrate Counting

Carbohydrate (in orange) = anything sugary or starchy

My meal plan: _____ carbs at Breakfast _____ carbs at Lunch _____ carbs at Dinner _____ carbs at snacks

****Carbohydrates have the biggest effect on your blood sugar, they are not to be avoided as they provide a good source of energy, just balanced throughout the day!****

Grains 15 g carb each	Starchy Vegetables 15 g carb	Fruit 15 g carb each	Dairy/Milk 15 g carb each	Sweets & Starchy Snacks 15 g carb each	Combination Foods 15 g carb each	Protein Foods: 0-5 g carb each	"Free" Foods 0-5 g carb each
★ Choose 100% whole grain	★ Choose fresh, frozen, or canned without salt	★ Choose fresh, frozen, or canned in juice	★ Choose low fat or fat-free dairy	★ Choose low-sodium, 100% whole grain, and/or low-fat	★ Choose low-sodium and low-fat	★ Choose <i>Lean</i> meats and fatty fish; take off skin and cook without fat	★ Choose fresh, frozen, or canned without salt
<ul style="list-style-type: none"> • Bagel, ¼ large • Bread, 1 slice or 1 ounce • Cereal, unsweetened, ½ cup • English muffin, ½ of muffin • Granola Bar, 3.5 oz • Hamburger or Hot dog bun, ½ of bun • Muffin, ½ small • Oatmeal, ½ cup cooked or ¾ cup dry • Pancake, 4" dia • Pasta, 1/3 cup • Rice, 1/3 cup • Roll, 2-inch X 2-inch • Taco shell, 2 • Tortilla, 6-inch 	<ul style="list-style-type: none"> • Beans, ½ cup • Corn, ½ cup • French Fries, ½ small order • Mixed vegetables, 1 cup • Peas, ½ cup • Potatoes, ½ cup • Spaghetti • Sauce, 1 cup • Sweet Potatoes, ½ cup • Winter Squash (butternut or acorn), 1 cup 	<ul style="list-style-type: none"> • Apple, small • Banana, ½ large • Berries, 1 cup • Canned, ½ cup • Cherries, 1 cup • Clementine, 2 small • Grapefruit, 1 medium • Grapes, ½ cup • Juice, ½ cup • Kiwi, 2 small • Melon, 1 cup • (watermelon, cantaloupe) • Nectarine, small • Orange, small • Peach, small • Pear, small • Plum, 2 small • Raisins, 2 • Tablespoons 	<ul style="list-style-type: none"> • Milk, 1 cup • Rice Milk, 1 cup • Soy Milk, 1 cup • Yogurt, 1 cup 	<ul style="list-style-type: none"> • Brownie, 2" square • Candy bar, 1 fun-sized • Cheesecake, 1/6 of cake • Chips, 15 chips • Cookie, 3 ½-inch diameter • Hard candy, 3-5 pieces • Honey, sugar, jelly, or syrup, 1 • Tablespoon • Ice cream, ½ cup • Jell-O, ½ cup • Large crackers (saltines, Triscuits), 6 • Popcorn, 3 cups • Pretzels, 53 sticks • Wheat Thins, 16 crackers 	<ul style="list-style-type: none"> • Asian entrée (no rice), 1 cup • Burrito, ½ • Casserole with pasta or rice, ½ cup • Chili, 1 cup • Lasagna, 2" X 3" X 2" piece • Pasta or potato salad, ½ cup • Pizza, thick crust, 1/16 of 14" pizza • Pizza, thin crust, 1/8 of 14" pizza • Soup, 1 cup 	<p>Lean meats:</p> <ul style="list-style-type: none"> • 95% lean ground • Chicken or turkey (white meat) • Deli meat (ham, turkey, prosciutto) • Fish • Ham • Loin, sirloin, tenderloin • Round roast <p>Other meat</p> <ul style="list-style-type: none"> • Beef • Lamb • Lunchmeat • Pork • Venison <p>Meat alternatives:</p> <ul style="list-style-type: none"> • Cheese • Egg • Nuts/seeds • Peanut Butter • Tofu 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Beets • Broccoli • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans • Lettuce • Mushrooms • Okra • Onions • Peppers • Spinach • Tomatoes • Zucchini • Broth • Mustard/Ketchup • Seasonings • Sugar-free gelatin

Fats: 0-5 g carb each

Butter Oil Salad Dressing Mayo Bacon/Sausage
Olives Cream Avocado Margarine Gravy