



# My Food Plan

## CARBOHYDRATES

Grains/Beans/Starchy Vegetables	Amount	Approximate Carb Grams
Bagel, large	1 bagel (4 oz)	60
■ Barley, cooked	½ cup	20
■ Beans, baked	½ cup	25
■ Beans (black, garbanzo, pinto, red), cooked	½ cup	15
Bread, wheat or white	1 slice (1 oz)	15
Bun, hamburger or hot dog	1 bun (2 oz)	20–30
Cereal, cooked, unsweetened	½ cup	15
Cereal, unsweetened (e.g., Cheerios)	1 cup	15–25
Corn	½ cup or 5–6" cob	15
Couscous, cooked	½ cup	15
Dinner roll	1 roll (1 oz)	15
English muffin	1 muffin (2 oz)	25
Flour	3 Tbsp	15
French fries, regular cut	Fast food "small" (2.5 oz)	30
■ Hummus	½ cup	15–20
■ Lentils	½ cup	20
Pancake, 4" across	2 pancakes	25
Pasta (macaroni, noodles, spaghetti), cooked	1 cup	35
■ Peas, green	½ cup	10
Potato, sweet or white, medium (4" long or 1 cup)	1 potato (6 oz)	30
■ Quinoa, cooked	½ cup	20
■ Rice, brown, cooked	½ cup	20
Rice, white, cooked	½ cup	25
■ Squash (acorn, butternut), cooked	1 cup	20
Tortilla, corn	6"	10–15
Tortilla, flour	10"	35
Waffle, 7" round	1 waffle	25

Fruits/Fruit Juices	Amount	Approximate Carb Grams
■ Apple, orange, peach, or pear	1 small	15
■ Banana, 7–8"	1 medium	30
■ Berries, fresh	1 cup	15
Fruit, canned, in light syrup or juice, drained	½ cup	15
■ Fruit, dried	¼ cup	15–25
■ Grapefruit	½ medium	10
■ Grapes or cherries	12–15	15
Juice (apple, cranberry, grape, orange, grapefruit)	½ cup (4 oz)	15–20
■ Kiwi	1 whole	10
■ Mango	½ medium	15
■ Melon (cantaloupe, honeydew, watermelon)	1 cup cubed	15
■ Papaya	1 cup cubed	10
■ Pineapple, fresh	1 cup cubed	20
■ Raisins or cran-raisins	¼ cup (1.5 oz)	30

Milk/Yogurt	Amount	Approximate Carb Grams
Almond milk, unsweetened	1 cup (8 oz)	5–10
Milk, skim, 1%, 2% or whole	1 cup (8 oz)	15
Rice beverage	1 cup (8 oz)	25
Soy milk, plain	1 cup (8 oz)	10
Soy milk, flavored	1 cup (8 oz)	10–25
Yogurt, Greek, plain	6 oz	7
Yogurt, "light" (artificially sweetened), plain	¾ – 1 cup (6–8 oz)	20
Yogurt, low-fat, sweetened, with fruit	¾ – 1 cup (6–8 oz)	40

### ■ High in fiber

## CARBOHYDRATES

Combination Foods	Amount	Approximate Carb Grams
Asian entrée (meat & vegetables, no rice or noodles)	1 cup	20
Burrito, with beans	1 burrito (7 oz)	45
Casserole or hot dish	1 cup	30–40
■ Chili (with beans)	1 cup	10–20
Frozen dinner, 8–11 oz	1 dinner	35–50
Hamburger, with bun, regular	1 hamburger	30
Lasagna, 3" x 4" piece	1 piece	35
Mixed vegetables, with corn, pasta or peas	1 cup	15–25
Pasta or potato salad	½ cup	15–20
Pizza	1 slice	30–40
Sauce, tomato or marinara, canned	½ cup	15
Soup (bean, noodle, rice or vegetable)	1 cup	15
Soup, cream	1 cup	10–15
Sub sandwich, 6" long	1 sandwich	40
Taco, corn shell, 5" across	2 tacos	20–30

Snacks/Sweets	Amount	Approximate Carb Grams
Barbeque sauce	1 Tbsp	15
Brownie or cake, frosted, 2" x 2"	1 piece	25
Candy, hard, round	3 pieces (½ oz)	15
Candy bar, chocolate, snack size, about 2"	1 bar (1 oz)	15
Chips, potato or tortilla	10–15 chips (1 oz)	15
Cookie, 3" across	1 cookie	15
Crackers, whole grain (e.g., Triscuits)	6 crackers	20
Doughnut, 3" cake or 4" raised	1 doughnut (2 oz)	25
Frozen yogurt, non-fat or low-fat	½ cup	25
Gelatin, regular	½ cup	15
Granola bar	1 bar (1 oz)	15
Ice cream	½ cup	15
Jam or jelly, regular	1 Tbsp	15
Muffin, small	1 muffin (2 oz)	25
Pie, fruit filled	1/8th of 9" pie	45
Popcorn, popped	3 cups	15
Pudding, sugar-free	½ cup	15
Pretzel twists, mini	15 pretzels (¾ oz)	15
Sherbet	½ cup	20
Soda	12 oz	40
Sugar or honey	1 Tbsp	15
Sweet pickle	1 pickle (3 oz)	10
Syrup, light	2 Tbsp	15
Syrup, regular	1 Tbsp	15
Trail mix	¼ cup	15

### WHEN TO EAT

- Eat something within one hour of waking up.
- Eat at least every five hours while you are awake.



## VEGETABLES (UNLIMITED)

The vegetables listed below contain such a small amount of carbohydrate (5 grams per ½ cup cooked or 1 cup raw) that you don't have to count them. Aim for 3 or more servings a day.

- |                               |                  |             |                     |
|-------------------------------|------------------|-------------|---------------------|
| ■ Artichokes                  | ■ Carrots        | ■ Leeks     | ■ Sauerkraut        |
| ■ Asparagus                   | ■ Cauliflower    | ■ Lettuce   | ■ Spinach           |
| ■ Beans (green, Italian, wax) | ■ Celery         | ■ Mushrooms | ■ Squash, spaghetti |
| ■ Bean sprouts                | ■ Collard greens | ■ Okra      | ■ Swiss chard       |
| ■ Beets                       | ■ Cucumber       | ■ Onions    | ■ Tomatoes          |
| ■ Broccoli                    | ■ Eggplant       | ■ Parsley   | ■ Turnips           |
| ■ Bok choy                    | ■ Garlic         | ■ Pea pods  | ■ Vegetable juice   |
| ■ Brussels sprouts            | ■ Greens         | ■ Peppers   | ■ Watercress        |
| ■ Cabbage                     | ■ Kale           | ■ Radishes  | ■ Zucchini          |

## PROTEIN

One protein serving (for meat this is 1 oz) has about 7 grams of protein, 3–8 grams of fat and little or no carbohydrate. When eating meat, aim for a 3-ounce serving, which is about the size of a deck of cards.

Beef  
Chicken  
Fish/shellfish  
Game (buffalo, elk, venison)  
Lamb  
Lunchmeat  
Pork (ham, sausage)  
Turkey  
Veal

### MEAT SUBSTITUTES

Cheese, 1 oz  
Cottage cheese, ¼ cup  
Egg, 1  
■ Nut butter, 2 Tbsp  
■ Nuts, ¼ cup  
■ Seeds, ¼ cup  
Tofu, ½ cup  
Vegetarian burgers, 1 oz  
(check label for carbohydrate)

## FATS

Each serving has about 5 grams of fat and little or no carbohydrate or protein.

### Unsaturated Fats

- Avocado, 2 Tbsp  
Mayonnaise, 1 tsp
- Nuts, 1 Tbsp  
Oil (canola, olive, peanut), 1 tsp  
Olives, green or black, 10
- Nut butter, 2 tsp  
Salad dressing, 1 Tbsp
- Seeds, 1 Tbsp

### Saturated Fats

Bacon, 1 slice  
Butter, 1 tsp  
Cream or half and half, 2 Tbsp  
Cream cheese, regular, 1 Tbsp  
Gravy, 2 Tbsp  
Sour cream, 2 Tbsp

# MY MEAL PLAN

**Breakfast Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Vegetable: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_

**Snack Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Protein: \_\_\_\_\_

**Lunch Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Vegetable: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_

**Snack Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Protein: \_\_\_\_\_

**Dinner Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Vegetable: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_

**Bedtime Snack Time:** \_\_\_\_\_

grams of carbohydrate

\_\_\_\_\_

\_\_\_\_\_

Protein: \_\_\_\_\_

## LABEL READING FOR CARBOHYDRATES

With most foods, you can use the food label on the package to count carbohydrates.

### Step 1:

Find the **Serving Size** at the very top of the label. This tells you the size of one serving. All the information on the food label is based on this serving size.

Compare the amount you actually eat to the serving size listed. For example, if you eat twice as much, be sure to double all the other numbers listed on the label.

### Step 2:

Look for the **Total Carbohydrate** grams. This line shows you all the carbohydrates (in grams) in one serving, including sugars.

*Reminder: Do not use the number listed for Sugars.*

### Step 3 (optional):

Check for **Dietary Fiber** under Total Carbohydrate. Subtract the grams of dietary fiber from the total carbohydrate grams.

### WHOLE GRAIN BREAD

## Nutrition Facts

Serving Size 1 slice (42 g)

Servings Per Container 18

Amount Per Serving

**Calories 100**

% Daily Value

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrate** 20g **7%**

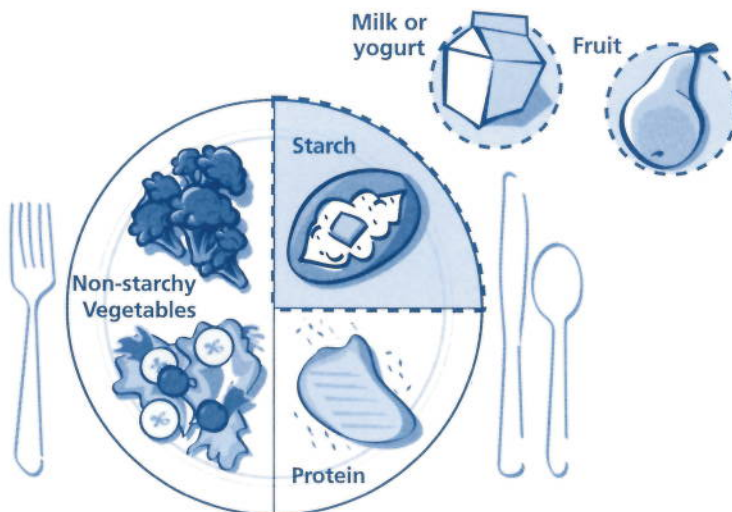
Dietary Fiber 3g **12%**

Sugars 3g

**Protein** 4g

**Calcium** 20g

## PLATE METHOD FOR SERVING SIZES



Plan your meals by filling half your plate with non-starchy vegetables. Balance the second half of your plate with protein, fat and carbohydrate foods.