

My Food Plan



CARBOHYDRATES

Fiber Foods		Approximate
Fruit	Amount	Carb Grams
Apple, orange, peach, or pear	1 small	15
Banana, 7-8"	1 medium	30
Berries, fresh	1 cup	15
Dried fruit (raisins, cranberries)	¼ cup	30
Grapes or cherries	12 to 15	15
Grapefruit	½ medium	10
Mango	½ medium	15
Melon	1 cup cubed	15
Papaya	1 cup cubed	10
Pineapple, fresh	1 cup cubed	20
Grains, moderately processed		
Bread, whole grain	1 slice (1 oz)	15
Bulgur, cooked	½ cup	17
Cracked wheat or rye, cooked	½ cup	30
Crackers, whole grain	6	20
Old fashioned rolled oats, cooked	½ cup	15
Pancakes, whole grain, 4" across	2	25
Pasta, whole grain, cooked	1 cup	35
Steel cut or Scottish oats, cooked	½ cup	15
Tortilla, whole grain corn	6"	10 to 15
Tortilla, whole grain flour	10"	30 to 35
Grains, whole and intact		
Brown rice, cooked	½ cup	20
Farro, cooked	½ cup	20
Millet (cooked)	½ cup	20
Non-pearl barley (hulled), cooked	½ cup	20
Oat groats, cooked	½ cup	15
Quinoa, cooked	½ cup	20
Polenta, cooked	½ cup	20
Legumes/pulses		
Beans (red, refried, black, garbanzo, pinto), cooked	½ cup	15
Lentils, cooked	½ cup	20
Starchy vegetables		
Beets (fresh)	1 cup	13
Corn, cooked	½ cup (5" cob)	15
Peas, green	½ cup	10
Pickled beets	½ cup	18
Parsnip, 9" long, cooked	1	30
Potatoes (w/skin), cooked	1 cup or 4" long	30
Pumpkin (cooked)	1 cup	12
Rutabaga	1 cup	12
Sweet potato, cooked	1 medium (5 oz)	30
Winter squash, cooked	1 cup	20
Yams, cooked	½ cup cubed	20

NON-STARCHY VEGETABLES

These vegetables generally contain no more than 5 grams carbohydrate per 1 cup raw or ½ cup cooked. Aim for at least 3 servings a day.

Artichokes	Cauliflower	Green beans	Radish
Asparagus	Celery	Jicama	Spinach
Bell peppers	Chayote	Kale	Squash, spaghetti
Bok choy	Collard greens	Kohlrabi	Swiss chard
Broccoli	Cucumbers	Mushrooms	Tomatoes
Brussels sprouts	Eggplant	Nopales	Turnips
Cabbage	Fermented vegetables	Onion	Yellow squash
Carrots	Garlic	Pea pods	Zucchini

BEVERAGES

We suggest choosing beverages with lower amounts of carbs to limit impact on blood sugar.

Non-alcoholic	Amount	Approximate Carb Grams
Almond milk, unsweetened	1 cup (8 oz)	5 to 10
Coffee, unsweetened	1 cup (8 oz)	0
Juice, soda, or lemonade	1 cup (8 oz)	30 to 40
Milk (non-fat, 1%, 2%, whole)	1 cup (8 oz)	15
Rice milk	1 cup (8 oz)	25
Soymilk, plain	1 cup (8 oz)	10
Soymilk, flavored	1 cup (8 oz)	10 to 25
Oat milk, unsweetened	1 cup (8 oz)	15
Sparkling water	12 oz	0
Tea, unsweetened	1 cup (8 oz)	0
Alcoholic		
Beer	12 oz	15+
Hard liquor	1.5 oz	0
Kahlua	1 oz	15
Light Beer	12 oz	2 to 5
Margarita Mix	8 oz	47
Smirnoff® Ice	12 oz	38
Truly® or White Claw® hard seltzer	12 oz	2 to 3
Wine	5 oz	2 to 5
Wine, sweet	5 oz	12+

COMBINATION FOODS

Food Item	Amount	Approximate Carb Grams
Pizza (thick crust)	1 slice	35-45
Pizza (thin crust)	1 slice	15-30
Casseroles	1 cup	35-45
Chili (beans, ground meat, vegetables)	1 cup	15-20
Soup (vegetables, beans/potatoes, broth)	1 cup	5-10
Burrito	1; Made with 10" tortilla	50
Stir Fry (vegetables, chicken, rice)	1 cup	15-30
Lasagna (noodles, meat sauce, cheese)	1 cup	35-45
Enchilada (made with 6" corn tortillas, animal protein, cheese, red sauce)	3 enchiladas	40-45
Pasta salad (made with whole wheat pasta, protein, vegetables, cheese, and dressing)	1 cup	30-40
Sandwich (made with 2 slices of bread, meat, veggies, mustard and avocado)	1 sandwich	30+

FAT

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

Healthier unsaturated fats

- Avocado, 2 Tbsp
- Dressing made with healthy oils, 1 Tbsp
- Nut butter, 2 tsp
- Nuts, 1 Tbsp
- Oil (avocado, canola, olive, peanut, sesame), 1 tsp
- Olives, 10
- Seeds, 1 Tbsp

Less healthy saturated fats

- (limit intake)
- Bacon, 1 slice
- Butter, 1 tsp
- Cream, half and half, 2 Tbsp
- Cream cheese, 1 Tbsp
- Gravy, 2 Tbsp
- Sour cream, 2 Tbsp

Least healthy trans fats (limit intake)

Manufactured trans fat, known as partially hydrogenated oil, may be found in a variety of food products, including:
baked goods (such as cakes, cookies, and pies), shortening, microwave popcorn, frozen pizza, refrigerated dough (such as biscuits and rolls), fried foods (including french fries, doughnuts, and fried chicken), nondairy coffee creamer, and stick margarine.

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.

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| Beef | Chicken | Fish and seafood |
| Game (buffalo, elk, venison) | Pork | Turkey |

Meat Substitutions

- | | |
|-----------------------|--------------------------|
| Cheese, 1 oz | Nuts, ¼ cup |
| Cottage cheese, ¼ cup | Seeds, ¼ cup |
| Egg, 1 | Tofu, ½ cup |
| Nut butter, 2 Tbsp | Vegetarian burgers, 1 oz |

Protein with carbohydrates

	Amount	Approximate Carb Grams
Gardenburger®	1 patty	18
Impossible Burger®	1 patty	9
Kefir, plain	1 cup (8 oz)	11
Legumes, cooked	½ cup	15 to 20
Milk (non-fat, 1%, 2%, or whole)	1 cup (8 oz)	15
Morning Star Farms Chik’n Nuggets®	4	22
Yogurt, Greek, plain	1 cup (8 oz)	7

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:

Check for **Dietary Fiber** under Total Carbohydrate. Aim for foods that contain at least 3 to 5 grams fiber per serving. Fiber helps slow the breakdown of carbohydrate into sugar.

Yoplait Original Vanilla Yogurt

Nutrition Facts		
Serving size: 1 container (6 oz.)		
Calories: 140		
% Daily Value		
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	80mg	3%
Total Carbohydrate	26g	10%
Dietary Fiber	0g	0%
Total Sugars	19g	
Incl. Added Sugars	14g	28%
Protein	5g	10%
Vitamin D	3mcg	15%
Calcium	190mg	15%
Iron	0mg	0%
Potassium	240mg	6%
Vitamin A	180mcg	20%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Chobani Plain Greek Yogurt

Nutrition Facts		
Serving size: 1 container (5.3 oz.)		
Calories: 80		
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	55mg	2%
Total Carbohydrate	6g	2%
Dietary Fiber	0g	0%
Total Sugars	5g	
Incl. Added Sugars	0g	0%
Protein	14g	28%
Vitamin D		0%
Calcium		10%
Iron		0%
Potassium		4%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

CARBOHYDRATES *(continued)*

Food Item	Amount	Approximate Carb Grams
Bagel	1 (4 oz)	60
Bread	1 slice (1 oz)	15
Brownie or cake, frosted	2" x 2" piece	25
Bun, hamburger or hot dog	1 bun (2 oz)	20 to 30
Cereal, unsweetened, ready to eat	1 cup	15 to 25
Cookie, 3"	1	15
Crackers	6 squares	20
Muffin, small	1 muffin (2 oz)	25
Pancakes, 4"	2 pancakes	25
Pasta (macaroni, spaghetti, etc)	1 cup, cooked	35
Pie, fruit filled	1/8th of 9" pie	45
Tortilla	10"	35
Tortilla chips	10 to 15 chips (1 oz)	20
Chips (potato or corn tortilla)	10 to 15 chips (1 oz)	15
Chocolate, dark (60% cacao)	1 oz	15
Chocolate, milk	1 oz	20
Corn tortilla, 6"	1	10 to 15
Frozen yogurt	1/2 cup	25
Fruit, canned in light syrup or juice	1/2 cup	15
Gelatin, regular	1/2 cup	15
Granola type bars	1	15 to 50
Ice cream	1/2 cup	15
Instant potatoes, cooked	1 cup	40
Jam or jelly, regular	1 Tbsp	15
Juice, soda, lemonade	1 cup (8 oz)	30 to 40
Sherbet	1/2 cup	20
Sugar, honey, or syrup	1 Tbsp	15
Sweetened yogurt	1 cup (8 oz)	30 to 40
White rice, cooked	1/2 cup	25
Rice noodles	1 cup (cooked)	40

More information at www.calorieking.com

WHEN TO EAT

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

For more information contact **Diabetes & Nutrition Services** at **855-360-5456**.