

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.

Steel Cut Oats, Bob's Red Mill

Nutrition Facts	
About 15 servings per container	
Serving Size 1/4 cup (44g)	
Amount Per Serving	
Calories 170	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5mg	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 162mg	4%

*The % Daily Value 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.

PROCESSED FOODS

Limit processed foods which often lack fiber, include preservatives, added sugars, and salt, and are found in packaged foods and beverages with more than a few ingredients.

Items made with white flour	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

Other items

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

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**.

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My Food Plan

FIBER: CARBOHYDRATES

Fruit	Amount	Approximate 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
Non-pearl barley (hulled), cooked	½ cup	20
Oat groats, cooked	½ cup	15
Quinoa, cooked	½ cup	20
Rye or wheat berries, cooked	½ cup	30
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
Carrot slices	1 cup	12
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
Sweet potato, cooked	1 medium (5 oz)	30
Winter squash, cooked	1 cup	20
Yams, cooked	½ cup cubed	20

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

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
Burgerville® chocolate milkshake	12 oz	78
Burgerville® chocolate shake (nondairy)	12 oz	88
Coffee, unsweetened	1 cup (8 oz)	0
Dutch Bros® wildberry smoothie	small	85
Juice, soda, or lemonade	1 cup (8 oz)	30 to 40
McDonalds® Sweet Tea	16 oz	21
Meal replacement beverage	1 cup (8 oz)	5 to 50
Milk (non-fat, 1%, 2%, 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 to 25
Sparkling water	12 oz	0
Starbucks® Mocha, tall	12 oz	33
Starbucks® Iced Latte, tall	12 oz	10
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	2 oz	2 to 3
Wine	5 oz	2 to 5
Wine, sweet	5 oz	12+

FAT

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

Healthier unsaturated fats	Less healthy saturated fats (limit intake)
Avocado, 2 Tbsp	Bacon, 1 slice
Dressing made with healthy oils, 1 Tbsp	Butter, 1 tsp
Nut butter, 2 tsp	Cream, half and half, 2 Tbsp
Nuts, 1 Tbsp	Cream cheese, 1 Tbsp
Oil (avocado, canola, olive, peanut, sesame), 1 tsp	Gravy, 2 Tbsp
Olives, 10	Sour cream, 2 Tbsp
Seeds, 1 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.

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