

CARBOHYDRATE CHOICES

Foods with carbohydrate affect your blood glucose levels the most. Pay special attention to the carbohydrate in your food plan. A food plan usually includes three to four carbohydrate choices at each meal, and one to two choices at each snack.

Starch/Bread Group

1 choice = 15 grams carbohydrate, variable protein, 60-90 calories (each item listed is 1 choice)

Bagel or English muffin	1 half or 1 oz.	Pasta, cooked (macaroni, noodles, spaghetti)	1/2 cup
Bread, slice or roll	1 or 1 oz.	Peas, cooked	1/2 cup
Cereal, cooked	1/2 cup	Popcorn, plain, unbuttered	3 cups
Cereal, dry, unsweetened	3/4 cup	Potato, small	1 (3 oz.)
Corn, cooked	1/2 cup	Potato, mashed	1/2 cup
Crackers, snack ♦	4-5	Rice, cooked	1/3 cup
Dried beans, cooked	1/2 cup	Squash, winter, cooked	1 cup
Graham crackers	3 squares	Taco shells, 6" across ♦	2
Hamburger or hot dog bun	1 half or 1 oz.	Tortilla, 6" across	1
Lima beans, cooked	2/3 cup	Waffles, 4 1/2" across ♦	1
Muffin, small ♦	1 (1 1/2 oz.)		
Pancakes, 4" across ♦	2		

Fruit Group

1 choice = 15 grams carbohydrate, 60-90 calories (each item listed is 1 choice)

Banana	1/2 medium	Fresh fruit	1 medium
Berries or melon	1 cup	Fruit juice	1/3 to 1/2 cup
Canned fruit in juice or water	1/2 cup	Grapes or cherries	12 to 15
Dried fruit	1/4 cup	Raisins	2 Tbsp.

Milk Group

1 choice = 12-15 grams carbohydrate, 8 grams protein, 60-90 calories (each item listed is 1 choice)

Milk, skim or lowfat	1 cup (8 oz.)
Yogurt, lowfat, artificially sweetened	3/4 to 1 cup (6-8 oz.)
Yogurt, plain, lowfat	3/4 to 1 cup (6-8 oz.)

More Carbohydrate Choices

1 choice = 15 grams carbohydrate, variable protein, fat, and calories (each item listed is 1 choice)

Cake, no icing, 2" square ♦	1 piece	Nonfat frozen yogurt	1/3 cup
Casserole or hot dish*	1/2 cup	Pizza, thin-crust*	1 slice
Chili*	1/2 cup	Soup, broth based ♦	1 cup
Cookie, 3" across ♦	1	Soup, milk based ♦ ♦	1 cup
Granola bar ♦	1 bar	Soup, bean based ♦	1 cup
Ice cream or light ice cream ♦	1/2 cup	Spaghetti or pasta sauce, canned ♦ ♦	1/2 cup
Maple syrup, honey, or table sugar	1 Tbsp.		

MEAT AND MEAT SUBSTITUTES

1 ounce = 7 grams protein, 3-8 grams fat, 50-100 calories (average serving is 3 ounces)

Meats

Beef	Lamb	Seafood
Fish	Pork	Veal
Ham ♦	Poultry (no skin)	

Meats should be baked, broiled, roasted or grilled. One serving is:

- about the size of a deck of cards
- 1 small pork chop
- 1 leg and 1 thigh, or 1/2 whole breast of chicken
- 1/4 pound (weight before cooking) ground meat
- 1 medium unbreaded fish fillet

Meat Substitutes

Each item equals 1 ounce meat

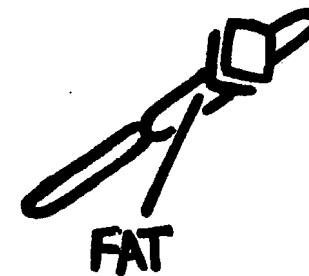
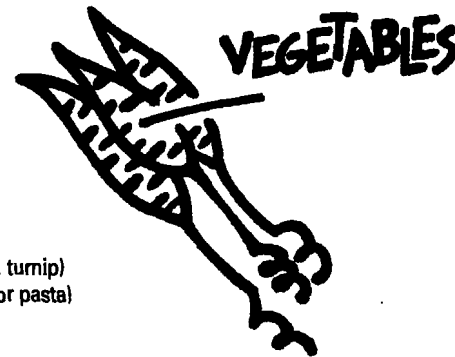
Cottage cheese	1/4 cup	Peanut butter ♦	2 Tbsp.
Cheese	1 oz.	Tuna, salmon (water packed)	1/4 cup
Egg	1		



VEGETABLES

1 serving = 5 grams carbohydrate, 2 grams protein, 25 calories (a serving is 1/2 cup cooked or 1 cup raw) One to two servings of vegetables at meals or snacks do not have to be counted.

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green beans
- Greens (collard, kale, mustard, spinach, turnip)
- Mixed vegetables (without corn, peas, or pasta)
- Mushrooms
- Onions
- Pea pods
- Peppers
- Radishes
- Salad greens (lettuce, spinach)
- Tomatoes
- Turnips
- Zucchini



♦ also has 1 fat *also has 1 fat and 1 meat • high sodium content

FATS

1 serving = 5 grams fat, 45 calories (each item listed is 1 serving)

Butter+	1 tsp.	Peanut butter	2 tsp.
Cream cheese+	1 Tbsp.	Salad dressing	1 Tbsp.
Cream, table or light+	2 Tbsp.	Salad dressing, reduced-fat	2 Tbsp.
Gravy+	2 Tbsp.	Sour cream+	2 Tbsp.
Margarine	1 tsp.	Sunflower seeds	1 Tbsp.
Margarine, lower-fat	1 Tbsp.		
Mayonnaise	1 tsp.		
Mayonnaise, reduced-fat	1 Tbsp.		
Nuts	1 Tbsp.		
Oil	1 tsp.	+ saturated fat	

FREE FOODS

Free foods are foods or beverages with less than 20 calories or less than 5 grams carbohydrate per serving. They have little or no effect on blood glucose levels.

Unlimited

Beverages

Bouillon*
Broth*
Club soda
Coffee
Drink mixes, sugar-free
Mineral water
Soft drinks, diet
Tea
Tonic water, sugar-free

Seasonings

Butter-flavored sprinkles
Butter-flavored sprays
Flavoring extracts
Herbs and spices
Mustard, prepared
Nonstick cooking spray
Soy sauce*
Vinegar
Wine, used in cooking

Sweet Substitutes

Gelatin desserts, sugar-free
Gum, sugar-free
Popsicles, sugar-free
Sugar substitutes

Limit to 2-3 Times a Day

Fat-free Foods

Cream cheese, fat-free 1 Tbsp.
Creamers, non-dairy 1 Tbsp.
Mayonnaise, fat-free 1 Tbsp.
Salad dressing, fat-free 1 Tbsp.
Salsa 1/4 cup
Sour cream, fat-free 1 Tbsp.

Sweet Substitutes

Cocoa powder 1 Tbsp.
Jam or jelly, low sugar or light 1 to 2 tsp.
Syrup, sugar-free 2 Tbsp.
Whipped topping 1 Tbsp.
Yogurt, plain 2 Tbsp.

Condiments

Catsup 1 Tbsp.
Dill pickle* 1 large
Taco sauce 1 Tbsp.

COMMENTS

Dietitian _____ Phone _____

PERSONALIZED FOOD PLAN

Calories _____

Carbohydrate _____ gms (____%) Protein _____ gms (____%) Fat _____ gms (____%)

Breakfast Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

Meat _____

Fat _____

Morning Snack Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

Lunch Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

Vegetable _____

Meat _____

Fat _____

Afternoon Snack Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

Dinner Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

Vegetable _____

Meat _____

Fat _____

Evening Snack Time: _____

Carbohydrate Choices (or ____ starch ____ fruit ____ milk)

CHOOSE HEALTHFUL FOODS

You make your food plan work by choosing healthful foods. Use these lists as a guide when you plan and shop for your meals.

Carbohydrate Choices (Breads, Grains, Cereals, Dried Beans, Fruits, Milk)

- Whole grain breads and cereals
- Brown rice and other grains
- Crackers, cookies, and snacks with 3 grams or less fat for each carbohydrate choice (15 grams of carbohydrate)
- Dried beans, legumes, lentils
- Fruits and fruit juices that are fresh, frozen, or canned without added sweeteners
- Skim or 1% milk, buttermilk, or artificially-sweetened lowfat yogurt

Meat and Meat Substitutes

- Lean beef: loin and round cuts, extra-lean ground beef
- Lean pork: loin and leg cuts, chops, ham*
- Lean lamb and veal: all cuts except the shoulder
- Chicken and turkey: fresh or frozen, unbreaded (remove skin)
- Fish: fresh or frozen, unbreaded
- Canned, water-packed fish (tuna, salmon) or poultry
- Lowfat packaged meats with 3 grams or less fat per ounce
- Reduced fat or skim milk cheeses with 5 grams or less fat per ounce
(Avoid prime cuts of meat. They are high in fat.)

Vegetables

- Fresh, frozen, or canned without added sauces

Fats

- Select fats carefully and use in very small amounts
- Choose margarine with a liquid oil listed as the first ingredient
- Use vegetable oils in place of solid shortenings, butter, and lard
- Try light, lowfat and fat-free products in place of regular products

Sweets and Desserts

- If used, substitute small amounts of sweets and desserts for carbohydrate choices
- Choose plain cookies, nonfat frozen yogurt, ice milk, sugar-free pudding, etc.
- Limit foods high in added sweeteners and fats, such as pies, pastries, cakes, rich desserts, and sweetened soft drinks

• high sodium

GUIDE TO FOOD PLANNING

Good health begins with good nutrition. This is true for everyone. But when you have diabetes, it is especially important to pay attention to when you eat, how much you eat, and what you eat.

Follow these helpful tips:

- Eat meals and planned snacks at about the same times each day
- Avoid skipping meals
- Eat small- to medium-sized portions
- Eat a variety of foods
- Be physically active

Carbohydrate is the main nutrient in food that affects blood sugar (glucose) levels. You can help control your blood glucose levels by eating the same amount of carbohydrate at each meal and snack. Foods in the starch, fruit, and milk groups contain carbohydrate. Choose foods from each of these groups every day.

You need to eat foods from all of the food groups to stay healthy. Use the food pyramid as a guide when choosing foods. Remember to keep added fats and sweeteners to a minimum.

