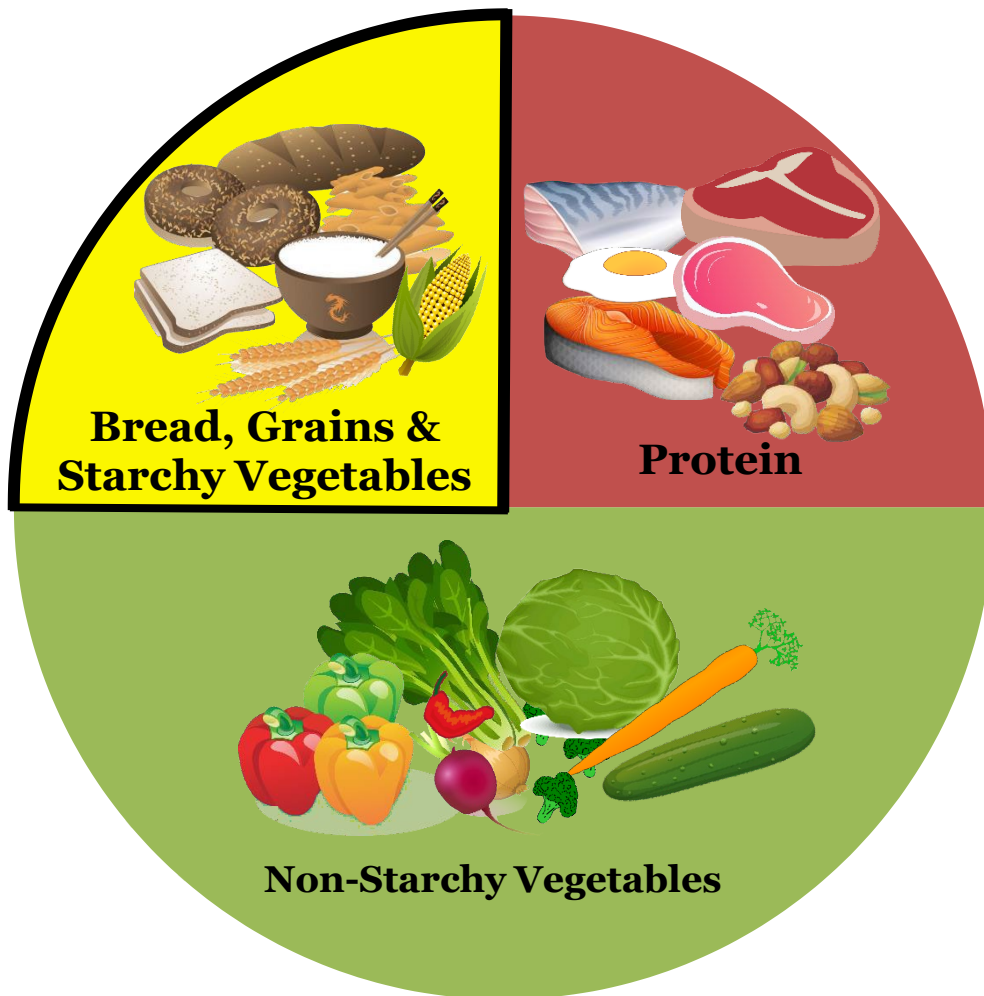
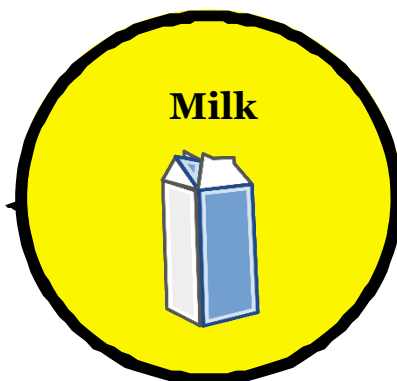
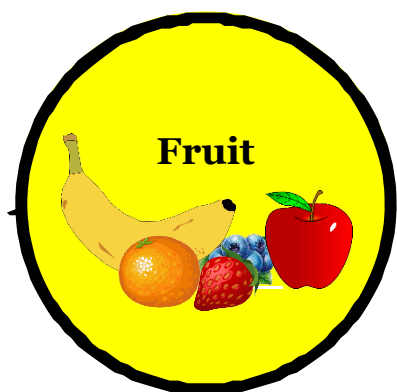


Basic Carbohydrate Meal Planning: Plan Your Plate



The foods in **yellow** are carbohydrates and will raise blood glucose.
Learn more about making healthy carbohydrate choices on the next page.

Choose 3-4 servings from the yellow group at **each meal** until you see a dietitian for your own meal plan.

Blood Glucose Targets*

<i>Before Meals</i>
80-130 mg/dL
<i>2 Hours After Meals</i>
Less than 180 mg/dL
<i>Overall</i>
HbA1C Less Than 7

**Your Provider may advise different targets*

Breads, Grains & Starches	Fruit	Milk	Sweets	Non-Starchy Vegetables	Protein	Fat
1 serving =	1 serving =	1 serving =	1 serving =	3-5 servings/day	4-6 oz. per day	Use very little
1/4 large bagel 1 slice bread 1 6 inch tortilla 2 5 inch hard taco shells 1/2 hamburger or hotdog bun 1/2 English muffin 1/2 large biscuit 5-6 crackers 4 inch pancake or frozen waffle 1/3 cup rice or pasta 1/2 cup grits or oatmeal 3/4 cup dry unsweetened cereal 1/2 cup bran cereal 10 French fries 12-15 chips 1/2 medium potato 1/2 cup mashed/boiled potato 1/2 cup dry beans/peas (cooked) 1/2 cup corn 3 cups popcorn	1 small piece of fruit: · apple · pear · peach · orange 1/2 large banana 3/4 cup: · Pineapple · mango 1 cup melon cubes: · cantaloupe · honeydew · watermelon 1 cup berries: · strawberries · blueberries · raspberries 2 small clementine(2 inch diameter) 15 grapes or cherries 1/2 cup canned fruit in light syrup or juice 2 Tbsp. raisins 3 prunes 3-4 oz. fruit juice	8 oz. milk 6 oz. yogurt (artificially sweetened) 12 oz. soy milk 8 oz. unsweetened rice or oat milk	1/2 cup ice cream 1/4 cup sherbet 1/2 glazed doughnut 1/3 medium blueberry or corn muffin (2.5 in diameter) 1/2 iced cupcake (2.5 in diameter) 6 vanilla wafers 2 Oreos 1/2 cup sugar-free pudding 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate Kisses 1 Tootsie Roll pop 5 oz. soda (regular)	1 serving=1 cup raw or 1/2 cup cooked Asparagus Beans: Italian, Wax, Green Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Chicken Turkey Beef Pork Fish Shellfish Cheese Cottage cheese Eggs Tofu Seitan Peanut butter Nuts and seeds Tempeh <i>(contains approx. 1 serving of carbs in a cup)</i> Mutton Goat Sheep	All fats are high in calories Unsaturated: (choose more often) Oils: olive, canola, vegetable, avocado Soft margarine Mayonnaise Salad dressing (oil-based) Avocado Peanut butter Nuts and seeds Saturated: (choose less frequently) Bacon Sausage Butter Coconut oil Cream Cream cheese Gravy Shortening Sour cream

← 1 serving = 15 grams carbohydrate →

Foods in the yellow group raise blood sugar

These foods do not raise blood sugar

Reading a Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

<p>Servings per Container</p>	<ul style="list-style-type: none"> - Servings per container shows how many recommended servings are in an entire package - This container has 8 servings - If you eat more than one serving of product, multiply the nutrition facts by the number of servings you eat
<p>Servings Size</p>	<ul style="list-style-type: none"> - The serving size is the portion size used for all values on the label - Different foods have different serving sizes - The serving size on this label is 2/3 cup
<p>Total Carbohydrate</p>	<ul style="list-style-type: none"> - Indicates the total amount of carbohydrate, starch and sugar in one serving - One carbohydrate choice of carbohydrate has about 15g - This food has 37 g of total carbohydrates per serving, which amounts to 2.5 servings of CHO per 2/3 cup (37 g CHO ÷ 15 g CHO in 1 carbohydrate choice = 2.5)
<p>Dietary Fiber</p>	<ul style="list-style-type: none"> - Fiber can help slow how quickly and how much blood sugar rises after eating. Examples of fiber include fruits, whole grains, vegetables, high-fiber breakfast cereals and beans. - Eating 25-35 g of dietary fiber each day is recommended
<p>Added Sugar</p>	<ul style="list-style-type: none"> - This food contains 10g of added sugar per 2/3 cup - This means that 10g of CHO in this food is coming from added sugar rather than natural sources of sugar such as fruit - Recommendations for added sugar are to limit to 9 tsp/day for men and 6 tsp/day for women.