

Carbohydrate Containing Foods: each portion listed contains ~15 gm carbohydrate

(Except gray shaded foods: most vegetables/meat/cheese have very little carbohydrate, they are mostly protein/fat)

Grains/Starches	Fruit	Dairy & Alt	Meat & Alt ~7gm protein/serving below
<ul style="list-style-type: none"> • 1 slice bread • ½ bagel • 1 pkg oatmeal, plain • ½ pkg oatmeal, sweetened • ½ hamburger/hotdog bun • 1 med pancake • 1 toaster waffle • 1/12 slice of 12" pizza • 1 small potato, ½ med potato • 1/3 sweet potato • ½ c. corn • ½ c pasta, rice, couscous • ¾ c hot cereal • 30 gm* (¼ - 1 c) cold cereals • ½ pita • 1 small wrap • ½ large wrap • 30 gm *crackers (7 saltines, 4 melba toasts, 5 triscuits, etc) • 1 c. soups that have grains in them: barley, pea soup, lentils, noodles • 10 french fries • 3 c. popcorn 	<ul style="list-style-type: none"> • ½ c most fruit chopped/canned • 1 small whole fruit • ½ c. juice • 1- 1 ½ c. berries • ¼ c. dried fruit (apricots, raisins, dates, etc) • ½ banana • 1 c. melon <p>Other Examples ~15 gm Carb/serving:</p> <ul style="list-style-type: none"> • 10 chips • 30 pretzel sticks • 1 bar (28 g) granola bar • 4 arrowroots • 2 chocolate chip cookies • 1 mini muffin • 1 tbsp molasses • 10 chocolate covered almonds • 1 tbsp jam/sugar/honey 	<ul style="list-style-type: none"> • 1 c. milk (skim/1%) • ¾ c. yogurt, • 200 ml drinkable yogurts • ½ c. pudding • ½ c ice cream • 1 (50 gm) ice cream bar • ½ c. cottage cheese • 1 cheese string (* no sugar in cheese) • 1"x1"x2" cheese <hr/> <p><u>Vegetables 6+</u></p> <p>½ c. any vegetable (except leafy greens) 1 c. leafy greens/salad</p>	<ul style="list-style-type: none"> • 1 oz cooked meat (size of finger or golf ball) (2.5 oz= size of deck of cards) • 2 tbsp Peanut Butter • 2 egg whites • 1 egg • ½ tin salmon/tuna • ½ c. beans/lentils • ¼ c. nuts • 1/3 c. hummus • 2 slices prepared deli meats* • ¼ can sardines • protein powder (depends on brand/scoop, every 7 gm protein=1 serving) <p>*all the 'gray' highlighted foods do not contain any sugar/carbohydrates</p> <p>*avoid deli meats as much as possible due to additives</p>

*Use label on product/cereal to know what serving size the information relates to:

1 Carbohydrate choice (breads/cereals/fruit/dairy) = 15 gm carbohydrate or approx. 30 gm weight/serving