

# CARBOHYDRATE COUNTING

## Food List

**NOTE:** 15 grams carbohydrate is equal to 1 CARB serving

### **1 CARB Breads:**

= 15g Carbohydrate

- 1 slice bread (white, whole, wheat, rye, etc.)
- 6 small bread sticks (4")
- ½ bagel, English muffin, hot dog or hamburger bun
- 1 small croissant\*
- 1 matzo ball
- 1 small muffin\*

1 5" pancake/waffle\*

½ 6" pita

- 1 small plain roll
- 1 slice fruit breads
- 1 6" tortilla
- 1/3 cup stuffing\*

### **1 CARB Cereals:**

= 15g Carbohydrate

- ½ cup bran cereal
- ¼ cup granola\*
- ½ cup cooked cereal
- ¾ cup other dry cereals (unsweetened)
- ½ cup sugar frosted cereal
- 1 ½ cup puffed cereal

### **1 CARB Cracker/snack foods:**

= 15g Carbohydrate

- 8 animal crackers
- 3 graham crackers
- 3 cups popcorn
- 4 to 6 round crackers\*
- ¼ oz pretzels
- 1 oz snack chips\*
- 6 saltine type crackers

### **1 CARB Pasta/grains:**

= 15g Carbohydrate

- ½ cup chow mien noodles\*
- ½ cup pasta/other grains (cooked)
- 1/3 cup rice (cooked)

### **1 CARB Starchy vegetables/beans**

= 15g Carbohydrate

- 1/3 cup beans (kidney, pinto) cooked
- ¼ cup baked beans (canned)
- ½ cup corn, hominy, peas
- 1 small potato
- 10 French fries
- ½ cup hashbrowns
- 1 cup winter squash
- ½ cup spaghetti or pasta sauce

### **1 CARB Fruits:**

= 15g Carbohydrate

- 1 small apple, orange, tangerine, pear, or peach
- ½ cup applesauce
- 1 apricot (medium, fresh)
- 7 apricot halves (dried)
- 1 4" banana
- ¾ cup blackberries, blueberries
- 1/3 cup cantaloupe
- 1 cup melon cubes
- ½ cup cherries
- 2 figs, plums
- ½ cup canned fruit (unsweetened)
- ½ cup grapefruit
- 15 grapes
- ½ cup juice (unsweetened)
- 1 large kiwi
- ¾ cup pineapple, fresh
- ½ mango, papaya
- 3 medium prunes
- 2 Tbsp raisins
- 1 ¼ cup strawberries

### **1 CARB Milk/yogurt:**

= 15g Carbohydrate

- 1 cup skim, 2%\*, whole\*, or buttermilk
- ½ cup evaporated skim milk
- 1/3 cup nonfat dry milk powder
- 1 cup plain yogurt

### **1 CARB Soups:**

= 15g Carbohydrate

- 1 cup broth base noodle soup
- ½ cup bean, split pea
- 1 cup cream soup\*

### **FREE 1 serving of Vegetables FREE**

= 5g Carbohydrate

### **(3 servings = 1 CARB)**

- ½ cup cooked vegetables (asparagus, green beans, bean sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, spinach, tomato, turnips, water chestnuts, zucchini)
- 1 cup raw vegetable
- ½ cup tomato or vegetable juice
- 1 cup tomato puree

### **2CARBs Combination foods:**

= 30g Carbohydrate

- 1 cup beef stew\*
- 1 meat burrito\*
- 2 stuffed cannelloni\*
- 12 chicken nuggets\*
- 1 cup chili with beans\*
- 1 small beef enchilada\*
- 1 3" X 4" piece lasagna\*
- 1 cup macaroni & cheese\*
- ¼ of a 10" meat pizza\*
- 1 pot pie (7oz)\*
- 1 cup ravioli\*
- 2 soft tacos\*
- 1 tostada with beans\*
- 1 cup spaghetti with meatballs\*

\* Foods high in fat

**CAUTION:** Limit sweets to 10% of Diet

### **1 CARB Sweets**

= 15g Carbohydrate

- 2" square piece cake (no icing)\*
- 2 small fat free cookies
- 2" square brownie (unfrosted)\*
- ½ cup custard\*
- 1 plain donut\*
- 1/3 cup frozen fat free fruit yogurt
- 1 small granola bar\*
- ½ cup ice cream\* or ice milk
- 1/8 pumpkin or custard pie\*
- ½ twin popsicle bar
- ½ cup sugar free pudding
- 5 vanilla wafers
- 2 Tbsp light maple syrup

### **2 CARBs Sweets:**

= 30g Carbohydrate

- 2" square piece cake w/icing\*
- 1 cupcake, frosted\*
- ½ cup regular pudding\*
- 1 granola bar, fat free
- 1 cup chocolate milk\*
- 1 small soft serve cone

### **3 CARBs Sweets:**

= 45g Carbohydrate

- 1/6 piece of a 2 crust pie\*
- 1 small sweet roll or Danish\*
- 1 c up low fat yogurt w/fruit
- 2 Tbsp regular maple syrup

\* **Foods high in fat**

## **NUTRITION FACTS**

Serving Size

Servings Per Container

### **Amount Per Serving**

**Calories** 140

Calories from Fat 10

**% Daily Value\***

**Total Fat** 1.5

**2%**

Saturated Fat 0g

**0%**

**Cholesterol** 0mg

**0%**

**Sodium** 520 0

**22%**

**Total Carbohydrate** 28g

**9%**

Dietary Fiber 1g

**3%**

Sugars 1g

**Protein** 3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0**

Iron **10%**

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on

Your calorie needs:

## **How To Read a Food Label**

1. Check the servings per container. The nutrition information listed is for one serving.
2. Check the serving size. Is it more or less than you normally eat?
3. The %Daily Value provides the percentage of the whole day's allowance that one serving of the food provides. This is based on a 2,000 calorie diet. (i.e. one serving size provides almost ¼ of the day's allowance for sodium.)

**Note:** the number of the grams of total **CARBOHYDRATE** is the most important component of the food label for blood sugar content.

# Carbohydrate Counting Guide Sample Menu

1 carb choice = 15 grams carbohydrate

## **BREAKFAST (4-5 carbohydrate choices) = 60-75 gms carb**

- ¾ cup cold cereal **or** ½ cup hot cereal (1 carb)
- 1 slice toast 2/1-teaspoon margarine (1 carb, 1 fat)
- ½ cup orange juice **or** small piece of fresh fruit (1 carb)
- 1 poached egg (3 times a week) **or** 1 Tbsp. peanut butter  
**or** 1-ounce low-fat cheese (1 meat)
- 1 cup milk [skim **or** 15] (1 carb)

## **LUNCH (4-5 carbohydrate choices) = 60-75 gms carb**

- Sandwich
  - 2 slices bread (2 carbs)
  - 3 oz Lean Meat (3 meat)
  - 1 Tablespoon light mayonnaise (1 fat)
  - Lettuce & tomato (free)
- 1 piece fresh fruit **or** ½ cup canned fruit (1 carb)
- ½ cup sugar free pudding **or** ¾ cup sugar free yogurt (1 carb)
- 1 cup raw vegetables **or** salad with fat-free dressing (1 vegetable)
- Sugar free drink **or** water (free)

## **SUPPER (4-5 carbohydrate choices) = 60-75 gms carb**

- 3 oz Lean Meat (3 meat)
- ½ cup starch {potatoes, pasta} (1 carb)
- 1 cup raw vegetables **or** ½ cup cooked vegetables (1 vegetable)
- 1 slice bread **or** roll with 1 teaspoon margarine (1 carb, 1 fat)
- 1 piece fresh fruit **or** ½ cup canned fruit (1 carb)
- 1 cup milk [skim **or** 1%] (1 carb)

## **SNACK IDEAS for between meals (each one counts for 1 carb)**

- 1 piece fresh fruit
- 6 saltine crackers
- ¾ cup sugar free y yogurt
- 3 cups popcorn
- 3 2 ½ inch shares graham crackers
- Sugar free gelatin w/fruit
- 1 light ice cream bar

## **SNACK IDEAS for bedtime (each one counts for 1 carb + 1 meat)**

- ½ sandwich (1 piece bread, 1 oz lean meat)
- ¼ cup low fat cottage cheese with ½ cup canned fruit
- 3 2 ½ inch squares graham crackers with 1 cup milk
- 6 saltine crackers with 1 ounce low fat cheese

# DIABETES MEAL PLANNER

## FOR BETTER BLOOD SUGAR CONTROL

This meal planner will help you to add variety to your menus. It is important to eat a balanced diet, eat meals at the same time every day, avoid skipping meals, and eat the number of food servings on your meal plan.

### CHOOSING FOODS TO FIT YOUR MEAL PLAN:

- Find your total daily calorie level on the chart.
- Using the chart, plan your meals for the day with serving amounts from each food group.
- Look at the sample meal plan below to see how you can do this.
- Give your meals variety by choosing other items from the same food groups.

1200 Calories	1200 Sample Menu	1500 Calories	1800 Calories	2000 Calories	2200 Calories	2500 Calories
<b>Breakfast</b> 1 Starch 1 Fruit 1 Milk	½ c. Hot Cereal ½ c. Fruit 8 oz. Milk	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 1 Fat	2 Starch 1 Fruit 1 Milk 2 Fat	3 Starch 2 Fruit 1 Milk 2 Fat
<b>Lunch</b> 1 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	1 slice Bread 2 oz Meat ½ c. Carrots 1 small Apple 1 tsp Mayo	2 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	2 Starch 3 Meat 1 Vegetable 1 Fruit 1 Milk 2 Fat	2 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat	3 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat	3 Starch 2 Meat 2 Vegetable 1 Fruit 1 Milk 2 Fat
<b>Afternoon Snack</b> Nothing				1 Starch	1 Starch	1 Starch 1 Meat 1 Fruit
<b>Dinner</b> 2 Starch 2 Meat 1 Vegetable 1 Fruit 2 Fat	½ c. Potatoes 1 slice Bread 2 oz Chicken ½ c. Vegetable ½ c. Fruit 2 tsp Margarine	2 Starch 2 Meat 1 Vegetable 1 Fruit 2 Fat	3 Starch 3 Meat 2 Vegetable 1 Fruit 2 Fat	3 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat	4 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat	4 Starch 4 Meat 2 Vegetable 1 Fruit 2 Fat
<b>Evening Snack</b> 1 Starch 1 Milk	3 sq Graham Crackers 8 oz Milk	1 Starch 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk	1 Starch 1 Fruit 1 Milk

<p style="text-align: center;"><b>STARCH</b></p> <p style="text-align: center;">1 SERVING = 80 CALORIES</p> <p style="text-align: center;">Each serving contains Approximately 15 gms Carbohydrate</p> <p><u>CEREAL/BEANS/GRAINS/PASTA</u></p> <p>Cereal (cooked) ½ cup      Unsweetened cold cereal ¾ cup      Sugar frosted cereal ½ cup      Baked beans 1/3 cup      Beans, peas ½ cup      Pasta (cooked) ½ cup</p> <p><u>STARCHY VEGETABLES</u></p> <p>Corn (cooked) ½ cup      Corn on the cob (6") 1      Peas, green (cooked) ½ cup      Plantain (green, cooked) 1/3 cup      Potato (small, 3oz) 1      Potato, mashed ½ cup      Squash (winter, cooked) 1 cup      Yam or Sweet Potato, plain ½ cup</p> <p><u>BREADS</u></p> <p>Bagel or English muffin ½ or 1 oz      Bread (slice or roll) 1 oz      Crackers, snack 4-5*      Graham Crackers 3 squares      Hamburger or Hot Dog bun ½      Pancake (4" across) 2      Popcorn (plain) 3 cups      Saltines 6*      Tortilla (6" across) 1      Waffle (4 ½ " square) 1</p>	<p style="text-align: center;"><b>VEGETABLES</b></p> <p style="text-align: center;">1 SERVING = 25 CALORIES</p> <p style="text-align: center;">(A serving is ½ cup cooked vegetable or 1 cup raw vegetable)</p> <p>Asparagus      Beets      Broccoli      Cabbage      Carrots      Cauliflower      Cucumbers      Eggplant      Greens      Mushrooms      Okra      Onions      Pea pods      Peppers      Salad Greens      Spinach      Tomatoes      Water Chestnuts      Zucchini/Summer Squash</p>	<p>Mayonnaise 1 tsp      Mayonnaise (reduced fat) 1 Tbsp      Non-dairy Creamer (liquid) 2 Tbsp      Non-dairy Creamer (dry) 4 tsp      Oil 1 tsp      Nuts or Seeds 1 Tbsp      Pesto Sauce 2 tsp      Salad dressing (low calorie) 2 Tbsp</p>
<p style="text-align: center;"><b>FRUIT</b></p> <p style="text-align: center;">1 SERVING = 60 CALORIES</p> <p>Apple (raw, 2" across) 1      Banana (medium) ½      Cherries (fresh) 12      Dried Fruit ¼ cup      Canned fruit in juice or water ½ cup      Grapes 17      Raisins 2 Tbsp      Strawberries 1 cup      Apple, Orange, Grapefruit Juice ½ cup      Cranberry, Grape, Prune Juice 1/3 cup</p>	<p style="text-align: center;"><b>MEAT and MEAT SUBSTITUTES</b></p> <p><u>LEAN MEATS</u></p> <p>1 SERVING = 35-55 CALORIES</p> <p>Low fat cheese (1-3 gm fat) 1 oz      Chicken breast (no skin) 1 oz      Low fat cottage cheese ¼ cup      Fish (cod, flounder, tuna) 1 oz      Lean Beef (flank, round, sirloin) 1 oz      Clam/crab/lobster/shrimp 1 oz      Turkey (white, no skin) 1 oz.</p> <p><u>MEDIUM/HIGH-FAT MEATS</u>      (Eat limited amounts of these meats)</p> <p>1 SERVING = 75-100      CALORIES</p> <p>Beef 1 oz      Chicken (dark meat, no skin) 1 oz      Cheese (regular) 1 oz      Egg 1      Pork (spareribs/chips/cutlets) 1 oz      Sausage 1 oz *      Hot Dog (10 per pound) 1 *      Peanut butter 2 Tbsp</p>	<p style="text-align: center;"><b>FREE FOODS</b></p> <p>Free foods are foods or beverages with less than 20 calories/serving</p>
<p style="text-align: center;"><b>MILK</b></p>		<p style="text-align: center;"><b>UNLIMITED SERVINGS</b></p> <p><u>BEVERAGES</u></p> <p>Bouillon *      Broth *      Club Soda      Coffee      Diet Pop      Drink Mixes (sugar-free)      Mineral Water      Tea</p> <p><u>SEASONINGS</u></p> <p>Flavoring extracts      Garlic or Garlic powder      Herbs (fresh or dried)      Mustard (prepared)      Soy Sauce *      Spices      Tabasco or Hot Pepper Sauce      Vinegar      Wine, used in cooking</p> <p><u>SWEET SUBSTITUTES</u></p> <p>Gelatin desserts (sugar-free)      Gum (sugar-free)      Popsicles (sugar-free)      Sugar Substitutes</p>
		<p style="text-align: center;"><b>LIMIT TO 2-3 SERVINGS/DAY</b></p> <p><u>SWEET SUBSTITUTES</u></p> <p>Jam or jelly (sugar-free) 2 tsp      Whipped topping 2 Tbsp      Spreadable fruit (no sugar) 1 tsp</p>

<p>1 SERVING = 90-100 CALORIES  1% or Skim Milk 8 oz  Low Fat Chocolate Milk ½ cup  Yogurt (non-fat, plain) ¾ cup  Yogurt (non-fat, artificially sweetened) 6 oz</p>	<p><b>FATS</b>  1 SERVING=5 gm fat, 45  <b>CALORIES</b>  Avocado (4" across) 1/8  Cream (half &amp; half, sour) 2 Tbsp  Cream Cheese 1 Tbsp  Margarine 1 tsp</p>	<p><u><b>CONDIMENTS</b></u>  Ketchup 1 Tbsp  Pickles, dill 1 ½ large *  Salad Dressing (low cal) 2 Tbsp  Syrup, sugar-free 2 Tbsp  Taco Sauce 2 Tbsp</p>
<p><b>* Indicates food high in sodium content</b></p>		