

CARBOHYDRATES COUNT

_____ Calories

Carbohydrates or “carbs” are the main source of energy for the body. The foods on this page (front and back) are sources of carbohydrate. Carbohydrates are also the foods that raise the blood sugar levels the most. It is necessary to limit total daily carbohydrate and spread your carbohydrate total between meals to keep your blood sugars in good control.

	Choices at Breakfast		Grams Carbohydrate at Breakfast
	Choices at Morning Snack		Grams Carbohydrate at Morning Snack
	Choices at Lunch		Grams Carbohydrate at Lunch
	Choices at Afternoon Snack		Grams Carbohydrate at Afternoon Snack
	Choices at Dinner		Grams Carbohydrate at Dinner
	Choices at Bedtime Snack		Grams Carbohydrate at Bedtime Snack

Total Daily Carbohydrate: _____ Choices Each Day _____ Grams Carbohydrate Each Day

Protein and most vegetables do not have a great effect on blood sugar. Ask your dietitian to write in guidelines for your daily portions of these unlisted foods.

_____ Servings of Low Carbohydrate Vegetables Each Day
 _____ Ounces of Lean Meat Each Day
 _____ Grams of Fat Each Day

Each Carbohydrate Choice has 15 Grams of Carbohydrate

FRUITS			
Apples, unpeeled	1 small (4 oz)	Honeydew Melon	1 cup cubes (10 oz)
Applesauce, unsweetened	½ cup	Kiwi	1 fruit (3 ½ oz)
Apples, dried	4 rings	Mango	½ small fruit (5 ½ oz)
Apricots, fresh	4 fruits (5 ½ oz)	Nectarine	1 small (5 oz)
Banana	1 small or ½ large (4 oz)	Orange	1 small (6.5 oz)
Blackberries	¾ cup	Peach, fresh	1 medium (6 oz)
Blueberries	¾ cup	Pear, fresh	½ large (4 oz)
Cantaloupe	1 cup cubes (11 oz)	Pineapple, fresh	¾ cup
Cherries, sweet, fresh	12 medium (3 oz)	Pineapple, canned	½ cup
Cherries, sweet, canned	½ cup	Plums	2 small
Dates	3	Prunes	3

Figs, fresh	2 medium (3 ½ oz)	Raisins	2 Tablespoons
Figs, dried	1 ½	Raspberries	1 cup
Fruit cocktail	½ cup	Strawberries	1 ¼ cup whole berries
Grapefruit	½ large (11 oz)	Tangerines	2 small
Grapes	17 small (3 oz)	Watermelon	1 ¼ cup cubes (13 ½ oz)
FRUIT JUICE		STARCHY VEGETABLES	
Apple Juice	½ cup	Baked Beans	1/3 cup
Cranberry Juice Cocktail	1/3 cup	Corn	½ cup (5 oz)
Cranberry Juice Cocktail, low cal	1 cup	Peas, Green	½ cup
Fruit Juice Blends, 100% Juice	1/3 cup	Plantain	½ cup
Grape Juice	1/3 cup	Potato, Baked or Boiled	1 small, ¼ large (3oz)
Grapefruit Juice	½ cup	Potato, Mashed	½ cup
Orange Juice	½ cup	Squash, Winter	1 cup
Pineapple Juice	½ cup	Squash, Acorn	1 cup
Prune Juice	1/3 cup	Sweet Potato, Yam	½ cup
BREAD		BEANS/ PEAS LENTILS	
Bagel	¼ large (1 oz)	Beans	½ cup
Bread, White, Whole Wheat, Rye	1 slice (1 oz)	Chickpeas	½ cup
English Muffin	½	Lima Beans	½ cup
Bun, Hot Dog/ Burger	½ (1 oz)	Lentils	½ cup
Pita	½	Miso	3 Tablespoons
Roll, Plain	½ small (1 oz)		
Raisin bread, unfrosted	1 slices	CRACKERS/ SNACKS	
Tortilla, corn/flour -6 inch	1	Animal Crackers	8
Waffle	1	Graham Crackers	3 squares
		Matzoh	¾ oz
CEREALS/ GRAINS		Melba Toast	4 slices
Bran Cereals	½ cup	Oyster Crackers	24
Bulgur Wheat	½ cup	Popcorn, low-fat popped	3 cups
Cereals, cold unsweetened	¾ cup	Pretzels, 3 ring	7-8 (¾ oz)
Cornmeal/flour	3 Tbsp dry	Rice Cakes – 4 inch	2
Couscous	1/3 cup	Saltine-type crackers	6
Granola, low-fat	¼ cup	Potato Chips, fat-free	15-20 (¾ oz)
Grape-Nuts	¼ cup	Wheat Crackers, low-fat	2-5 (¾ oz)
Grits	½ cup		
Kasha	½ cup	OTHER CARBOHYDRATES	
Millet	¼ cup	Sugar, Honey,	1 Tablespoon
Muesli	¼ cup	Syrup	1 Tablespoons
Oats	½ cup	Light Syrup	2 Tablespoon
Pasta	1/3 cup	Jam	1 Tablespoon
Puffed Cereal	1 ½ cups	Ice Cream	½ cup
Rice, White or Brown	1/3 cup	Sports Drink	1 cup (8oz)
Shredded Wheat	½ cup	Brownie, Unfrosted	2 inch square (1 oz)
Sugared Cereal	½ cup	Vanilla Wafers	5 cookies
		Cookies	2 small

MILK/ YOGURT		Cookies, Sugar-Free	3 small
Milk, Skim or 1%	1 cup	Cake, Unfrosted	2 inch square (1 oz)
Nonfat Buttermilk	1 cup	Spaghetti Sauce	½ cup
Plain nonfat yogurt	¾ cup (6 oz)	Fruit Snacks	1 roll (¾ oz)
“Lite” fruit yogurt with sugar sub	1 cup (6 oz)		

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