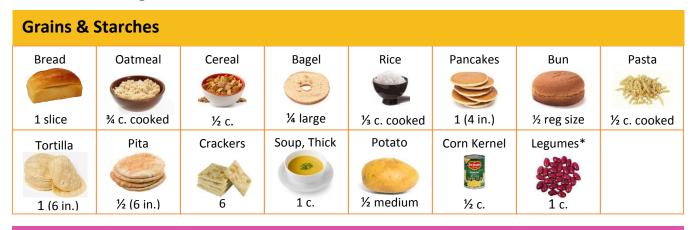


## Carbohydrate and Non-Carbohydrate Foods

The foods listed on this side of the page are **CARBOHYDRATE CONTAINING** foods. These foods will turn to sugar in your body and can affect your blood sugar levels.

## **1 SERVING = 15g**



| Fruits    |          |          |             |              |                       |             |            |
|-----------|----------|----------|-------------|--------------|-----------------------|-------------|------------|
| Apple     | Banana   | Melon    | Blueberries | Strawberries | Cherries or<br>Grapes | Juice       | Watermelon |
| 1 medium  | ½ medium | 1 c.     | 1 c.        | 2 c.         | 15                    | ½ c.        | 1 c.       |
| Pineapple | Kiwi     | Pear     | Orange      | Mango        | Peach                 | Dried Fruit |            |
| ³⁄4 C.    | 2 medium | 1 medium | 1 medium    | ½ medium     | 1 Large               | ¼ c.        |            |

| Milk and Alternatives                   |                             |                                  |              | Treats                |                                 |                                 |         |
|---|-----------------------------|----------------------------------|--------------|-----------------------|---------------------------------|---------------------------------|---------|
| Low Fat Milk                            | Chocolate Milk              | Soy Milk                         | Greek Yogurt | Muffin                | Granola Bars                    | Popcorn                         | Cookies |
| 1 c.                                    | ½ c.                        | 1 c.                             | ½ c.         | ¼ regular             | 1                               | 3 c.                            | 3 small |
| Sugar Free<br>Yogurt<br>Market<br>34 c. | Sweetened<br>Yogurt<br>½ c. | Sweetened<br>Almond Milk<br>1 c. |              | Jam or Jelly  1 Tbsp. | Pudding,<br>low calorie<br>2 c. | Cake,<br>unfrosted<br>2" square |         |

For women it is recommended that they consume 100-130g of carbohydrates per day, which is 7-9 of the serving choices listed on this page. This usually equals 2-3 servings at each meal. For men it is recommended that they eat 130-160g of carbohydrates per day, which is 9-11 of the serving choices listed on this page. This usually equals 3-4 servings at meals.

| Your Carb | oohvo | lrate | Goal | S |
|-----------|-------|-------|------|---|
|-----------|-------|-------|------|---|

|             |          |         |          | 1                       |
|-------------|----------|---------|----------|-------------------------|
| Breakfast:  | Lunch:   | Supper: | Snacks:  | servings   grams        |
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The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates (sugar). If eaten as part of balanced meals these foods will not significantly affect your blood sugar levels.

| Vegetables |             |          |           |        |         |         |          |  |  |
|------------|-------------|----------|-----------|--------|---------|---------|----------|--|--|
| Carrots    | Celery      | Broccoli | Cucumber  | Tomato | Beets   | Peppers | Eggplant |  |  |
| Mushroom   | Cauliflower | Squash   | Asparagus | Peas   | Lettuce |         |          |  |  |

| Meat and Alternatives |                            |                           |                   |                          |               |                         |                  |  |  |
|-----------------------|----------------------------|---------------------------|-------------------|--------------------------|---------------|-------------------------|------------------|--|--|
| Egg<br>2 medium       | Low Fat<br>Cheese<br>1 oz. | Cottage<br>Cheese<br>1 c. | Legumes*          | Peanut Butter<br>2 Tbsp. | Fish<br>3 oz. | Canned Fish,<br>Drained | Poultry<br>3 oz. |  |  |
| Meat<br>3 oz.         | Egg White                  | Tofu<br>3 oz.             | Hummus<br>2 Tbsp. | Nuts<br>¼ c.             |               |                         |                  |  |  |

| Fats      |        |           |                      |                |         |                |  |
|-----------|--------|-----------|----------------------|----------------|---------|----------------|--|
| Margarine | Butter | Olive Oil | Mayonnaise           | Salad Dressing | Avocado | Bacon          |  |
| Becel     |        |           | HELLIMANUS<br>We All |                |         |                |  |
| 1 tsp.    | 1 tsp. | 1 tsp.    | 1 Tbsp.              | 1 Tbsp.        | 1/6     | 1 slice cooked |  |

Non-Carbohydrate Beverages: water, plain coffee, plain tea, unsweetened almond beverage, sugar-free beverages

## **Balance Your Plate**

A balanced plate should have one half filled with at least 2 different kinds of vegetables, one quarter filled with a lean protein such as chicken or fish, and the remaining quarter filled with high-fibre grains or starches. Having your plate balanced like this will help with weight and diabetes management. A balanced plate can help you manage your blood sugar levels and feel full longer.