My **Food** Plan

7th EDITION



International Diabetes Center

CARBOHYDRATE FOODS

Carbohydrate (carb) grams listed are general guidelines. Check the *Nutrition Facts* label on the package of the foods you eat.

Grains, Beans and Starchy Vegetables **Choose 1 to 2 servings a meal, with whole-grain and high-fiber choices most often.**	**Carb Grams**
Bagel, 4 to 5 inches	48 to 67
Barley, bulgur, couscous or quinoa, cooked, ½ cup	17 to 22
Beans, legumes or split peas, cooked, ½ cup	18 to 22
Bread, 1 slice or 1 small roll, 1 oz	13 to 21
Bun (hamburger or hot dog), 1 bun	22 to 30
Cereal, unsweetened, cooked, ½ cup	13 to 19
Cereal, unsweetened, dry, ¾ cup	20 to 30
Corn, ½ of a 6-inch cob or ½ cup, or green peas, ½ cup	12 to 17
Edamame, shelled, cooked, 1 cup	18
Pancake or waffle, 4 inches	12 to 15
Pasta (macaroni, noodles, spaghetti), cooked, 1 cup	42
Plantain, cooked, ⅓ cup	16
Potato (sweet or white), baked or boiled, medium, 4 inches (6 oz)	30 to 36
Potato (sweet or white), mashed, or squash (acorn), cooked, ½ cup	15
Rice (brown or white), cooked, 1 cup	45
Roti or chapati, 6 inches, or half of 7-inch or 8-inch pita	11 to 20
Tortilla (2 corn or 1 flour), 6 inches	15 to 20

Fruits **Choose 2 to 3 servings a day, especially whole fruits.**	**Carb Grams**
Berries or cherries, 1 cup	11 to 20
Fruit, canned in light syrup or juice, ½ cup	18 to 20
Fruit, 1 large (apple, banana, grapefruit, pear)	27 to 31
Fruit, 1 medium (kiwi, orange, peach, tangerine)	11 to 15
Fruit, 2 small (clementine, plum) or 17 small grapes (½ cup)	15 to 18
Juice (apple, grapefruit, orange, pineapple), ½ cup	11 to 16
Mango or pineapple, ½ cup	11 to 13
Melon (cantaloupe, honeydew, papaya, watermelon), 1 cup	12 to 15
Raisins, craisins or other dried fruit, ¼ cup	28 to 32

Dairy and Dairy Substitutes **Choose 2 to 3 servings a day.**	**Carb Grams**
Milk (skim, 1%, 2%, whole), 1 cup (8 oz)	12
Nut beverages (almond or soy), 1 cup (8 oz)	8 to 24
Yogurt (plain, flavored, Greek), 5.3 to 6 oz	6 to 28

CARBOHYDRATE FOODS

Combination Foods	Carb Grams
Casserole or stew, 1 cup	17 to 30
Chili, with meat and beans, 1 cup	22 to 32
Lasagna, frozen, 3 inches by 4 inches	26 to 36
Pasta sauce (marinara or tomato), ½ cup	8 to 13
Pizza, 1 slice (⅛ of a frozen 12-inch pizza)	15 to 25
Soup, 1 cup	13 to 26
Sub sandwich, 6 inches long	44 to 55
Taco, hard or soft shell, 6 inches	11 to 20

Snacks, Sweets and Condiments **Limit sweets to no more than 1 to 2 times a week. Snacks are optional.**	Carb Grams
Almonds or peanuts, ¼ cup	5 to 6
Brownie or cake, frosted, 2-inch square	23 to 29
Chips (potato or tortilla), 10 to 15 chips (1 oz)	16 to 20
Coffee creamer, flavored, 1 Tbsp	6 to 7
Cookie, bakery-style, unfrosted, 3 inches	20 to 25
Crackers, whole grain, 5 to 6 (size of a saltine)	12 to 14
Granola, ¼ cup	14 to 20
Granola bar, 1 bar (1 to 1½ oz)	15 to 26
Hummus, 2 Tbsp	5
Ice cream, ½ cup	14 to 19
Jam or jelly, regular, 1 Tbsp	15
Popcorn, unbuttered, 3 cups	14 to 20
Pretzel twists, mini, 17 (¾ oz)	17
Sauces (BBQ, ketchup, sweet and sour), 2 Tbsp	10 to 18
Sugar (brown or white), honey or agave, 1 Tbsp	13 to 17
Syrup (caramel, chocolate, fruit, maple, vanilla), 2 Tbsp	13 to 30

Foods with Little to No Effect on Glucose

These foods have 5 or fewer grams of carbohydrate a serving.

Beverages
Broth or bouillon
Calorie-free beverages
Coffee or tea with no sugar
Water

Vegetables
Dill pickle
Raw vegetables, most types (see next panel)
Salad greens (lettuce, kale, romaine, spinach)

Condiments
Herbs, spices, seasonings
Jam or jelly, low sugar, 2 tsp
Lemon juice or vinegar
Mustard
Salsa, ¼ cup
Sugar substitutes
Yogurt, plain, 2 Tbsp

Snacks
Gelatin, sugar-free
Popsicle, sugar-free

LOW- OR NON-CARBOHYDRATE FOODS

Non-Starchy Vegetables

Choose 3 or more servings a day.

One serving is 1 cup raw or ½ cup cooked.

These vegetables have 0 to 5 grams of carbohydrate per serving:

- Asparagus
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Kohlrabi
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radish
- Salad greens (lettuce, kale, romaine, spinach)
- Sauerkraut
- Spaghetti squash
- Tomato
- Turnip
- Zucchini

These vegetables have 6 to 10 grams of carbohydrate per serving:

- Beets
- Butternut squash
- Carrots
- Jicama
- Onions
- Parsnips
- Pumpkin
- Rutabaga

Proteins

Choose 5 to 6 oz of lean animal or plant-based protein a day.

One serving of protein is 3 oz cooked, about the size of a deck of cards or ¼ of a 9-inch plate. Most of these proteins have little to no carbohydrate.

- Beef, lean
- ● Cheese
- Chicken, no skin
- ○ Cottage cheese
- ● Deli meat: bologna, pastrami, salami
- Deli meat: chicken, ham, roast beef, turkey
- Egg or egg substitute
- Fish or seafood (canned tuna or salmon)
- Goat
- Ham
- ● Hot dog
- Lamb roast
- ○ Nut butter
- Pork: lean
- ● Pork: sausage, spareribs
- ○ Tofu
- Turkey, no skin
- Veal roast
- ○ Veggie burger

● *Choose less often. High in saturated fat (less healthy).*
○ *Check food label for carbohydrate content.*

Fats

Use up to 6 servings a day.

These fats have little to no carbohydrate.

Choose Unsaturated Fat (healthier)

- Avocado, ⅛ whole or 2 Tbsp mashed
- Margarine, soft, tub or squeeze, 1 tsp
- Mayonnaise, 1 tsp
- Nuts or seeds, 4 to 6 (1 Tbsp)
- Oil (canola, corn, olive, peanut, safflower, sunflower), 1 tsp
- Olives, black or green, 10 large or 15 small
- Peanut butter or nut butter, 1 Tbsp
- Salad dressing, oil-based, 1 Tbsp

Limit Saturated Fat (less healthy)

- Bacon, 1 slice
- Butter, 1 tsp
- Cream, heavy, 1 Tbsp
- Cream cheese, 1 Tbsp
- Gravy, 2 Tbsp
- Oil, coconut, 1 tsp
- Salad dressing, cream-based, 1 Tbsp
- Sour cream, 2 Tbsp

Avoid Trans Fat (unhealthy)

- Margarine, stick, 1 tsp
- Oil, partially hydrogenated, 1 tsp

Abbreviations

oz = ounce Tbsp = tablespoon tsp = teaspoon

MY FOOD PLAN

Morning Meal Carb Grams

TOTAL

Morning Snack (Optional) Carb Grams

TOTAL

Midday Meal Carb Grams

TOTAL

Afternoon Snack (Optional) Carb Grams

TOTAL

Evening Meal Carb Grams

TOTAL

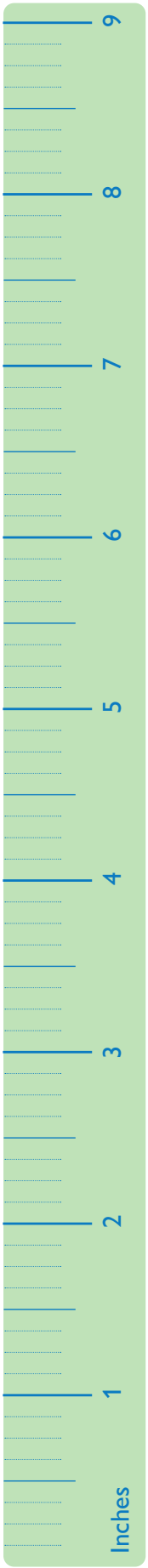
Evening Snack (Optional) Carb Grams

TOTAL

Comments

Registered Dietitian Nutritionist

Phone



USING FOOD LABELS

The following information and example *Nutrition Facts* label explain what the label tells you about the nutrients in a food product. Use the label to compare similar products, including grams and types of fat.

Servings per Container

This is the total number of servings in the container or package.

Serving Size

All of the information on the label is based on this serving size. If you double the serving size, the nutrients will be doubled as well. ***Note***: The grams listed in the serving size refer to the weight of the serving, not the total grams of carbohydrate.

Total Fat

Choose foods with healthy unsaturated fats, such as liquid vegetable oils, nuts and seeds. Limit saturated fat and avoid trans fat.

Total Carbohydrate

This is the ***total*** grams of carbohydrate in 1 serving. This includes all starches, sugars and dietary fiber. You can use the total carbohydrate grams to calculate carbohydrate choices, if you prefer. See "Conversion Guide" at right.

Nutrition Facts

2 servings per container

Serving size **1 cup (86g)**

Amount per serving

Calories **190**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 9g	
Includes 4g Added Sugars	**8%**
Protein 11g	
Vitamin D 40 IU	**10%**
Calcium 25mg	**2%**
Iron 0.6mg	**3%**
Potassium 90mg	**2%**

* The % Daily Values (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.

INGREDIENTS: WHOLE GRAIN ROLLED OATS (WITH OAT BRAN), SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, SALT, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE, VITAMIN A PALMITATE, REDUCED IRON PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN THIAMIN MONONITRATE, FOLIC ACID.

- ***Dietary fiber*** improves digestive health and may help you manage weight, lower glucose and feel less hungry. When possible, choose foods with 3 or more grams of fiber per serving.
- ***Total sugars*** is the amount of naturally occurring sugar and added sugars.
  - Naturally occurring sugars include fructose in fruit and lactose in milk. They come from food sources that are filled with healthy nutrients.
  - **Added sugars** are added during processing, such as high-fructose corn syrup, sucrose, dextrose, honey, sugars and agave. Limit intake of foods with added sugars.

Use this ruler to help get familiar with serving sizes.
Measure portions carefully.

HOW MUCH CARBOHYDRATE TO HAVE

Carbohydrate foods (carbs) are important to eat or drink at every meal. Carbs are your body's main source of energy.

Paying attention to how much carbohydrate you eat or drink helps keep your glucose from going too high or too low. This is because carbohydrate affects your glucose level more than other nutrients.

The amount of carbohydrate you need depends on your health and how physically active you are. Talk with your registered dietitian nutritionist (RDN) about the amount of carbohydrate that is right for you.

Follow these helpful tips:

- Eat 3 meals a day.
- Do not skip meals, even if your glucose is high.
- Include some carbohydrate at each meal.
- Talk with your RDN about snacking between meals.
- If you take a set dose of premixed or mealtime insulin, eat consistent amounts of carbohydrate at meals to help manage glucose levels and decrease the risk of low glucose.

Conversion Guide

You can count carbohydrate using grams or choices. Use this guide to convert carb grams to carb choices.

Range of Total Carbohydrate Grams	Carbohydrate Choices
0 to 5	0
6 to 10	½
11 to 20	1
21 to 25	1½
26 to 35	2
36 to 40	2½
41 to 50	3
51 to 55	3½
56 to 66	4
66 to 70	4½
71 to 80	5

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