

FOOD PORTIONS AND SERVING SIZES**CARBOHYDRATES**

EACH SERVING = 1 CARBOHYDRATE CHOICE (SERVING) OR 15 GRAMS OF CARBOHYDRATE AND 60-90 CALORIES

BREAD

- ½ small bagel
- 1 slice bread (white/wheat)
- ½ English Muffin
- 6 inch Tortilla
- ½ hamburger or hot dog bun
- 1 slice French toast
- 4 inch pancake
- 4 inch waffle
- ½ pita pocket
- 1 small muffin, low fat

CEREAL/GRAINS/PASTA

- 1/3 cup whole wheat or white pasta
- ½ cup cooked oatmeal
- 1 package instant oatmeal
- 1 cup cheerios
- ¾ cup honey nut cheerios
- ½ cup bran cereal
- ¼ cup granola, low fat
- ¼ cup grape nuts
- ½ cup cream of wheat
- 1 ½ cup puffed cereal
- ½ cup sugar frosted cereal
- 1/3 cup brown or white rice
- ½ cup macaroni or noodles
- ½ cup grits

STARCHY VEGETABLES

- ½ cup corn, cooked
- 1 medium ear corn on the cob
- 1/3 cup baked beans
- ½ cup dried beans, cooked (black, navy, pinto)
- ½ cup peas
- ½ cup potatoes, mashed
- 1 small potato, baked
- 1 cup French fries, oven baked
- 1 cup soup, broth based
- 1 cup winter squash (acorn, butternut)
- ½ cup yam and sweet potato

FRUITS

- 1 small apple
- 1 small banana
- ¾ cup blackberries
- ¾ cup blueberries
- 1 cup cantaloupe, cubed
- 15 small grapes
- ½ large grapefruit
- 1 kiwi
- ¾ cup mandarin oranges
- 1 small orange
- ½ cup peaches, canned in own juice

FRUITS

- 1 peach
- ½ cup pears, canned in own juice
- ½ pear
- ½ cup pineapple, canned in own juice
- ¾ cup pineapple, fresh
- 2 tbsp raisins
- 1 cup raspberries
- 1 ¼ cup strawberries
- 1 cup watermelon, cubed

JUICE

- ½ cup juice,
apple/orange/grapefruit/pineapple
- 1 cup cranberry juice, low calorie
- 1/3 cup juice, grape/prune

MILK/DAIRY

- ½ cup chocolate milk
- 1 cup milk, all types
- 1 cup yogurt, all types

SWEETS

- 1 ¼ inch brownie, square
- 3 inch cookies
- 5 Vanilla wafers
- 2 inch cake, square no icing
- ½ cup ice cream, light or regular
- ¼ cup pudding, regular
- ½ cup pudding, sugar free
- ¼ cup sherbet/sorbet
- ½ cup frozen yogurt
- 1/3 cup frozen yogurt, fat free

SWEETS

- 1 frozen fruit juice bar
- 2 tbsp chocolate syrup
- 3 tbsp cocoa mix, sugar free
- 1 tbsp honey
- 1 tbsp jam/jelly
- 1 tbsp sugar
- 1 tbsp syrup, regular
- 2 tbsp syrup, light
- 3 tbsp sweet/sour sauce
- 3 tbsp BBQ sauce

SNACKS

- 8 animal crackers
- 3 squares graham cracker
- 6 saltine crackers
- 3 cups popcorn, fat free
- ¾ oz pretzels

OTHER

- ½ cup casserole
- 1 small slice pizza
- ¼ cup trail mix

FOOD PORTIONS AND SERVING SIZES**NON-STARCHY VEGETABLES**

½ CUP COOKED OR 1 CUP RAW CONTAINS ABOUT 5 GRAMS OF CARBOHYDRATE AND 25 CALORIES. EAT 3-5 SERVINGS A DAY

- Artichoke
- Baby corn
- Beets
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Lettuce
- Okra
- Pea pods
- Radishes
- Spinach
- Tomato Juice
- Water chestnuts
- Asparagus
- Brussels sprouts
- Broccoli
- Carrots
- Celery
- Egg plant
- Greens
- Mushrooms
- Onions
- Peppers
- Sauerkraut
- Tomato
- Tomato juice
- Zucchini

LEAN PROTEIN

1 OUNCE CONTAINS NO CARBOHYDRATE AND 7 GRAMS OF PROTEIN, 3-8 GRAMS OF FAT AND 45-100 CALORIES. SERVING SIZE IS ONE OUNCE COOKED. EAT 6-8 OUNCES A DAY

- Lean beef
- Turkey
- Chicken
- Pork
- Wild game
- Fish
- Shellfish
- Tuna
- Salmon
- LIMIT HIGH FAT MEATS (Hot dogs, sausage, ribs, bologna)

MEAT SUBSTITUTES = 1 OUNCE OF MEAT

- ¼ cup cottage cheese
- 1 ounce of cheese
- 1 egg
- ¼ cup nuts
- 2 Tbsp peanut butter
- ½ cup tofu

FOOD PORTIONS AND SERVING SIZES**FATS**

EACH SERVING OF FAT CONTAINS 0 GRAMS OF CARBOHYDRATE, 5 GRAMS OF FAT, AND 45 CALORIES

HEART HEALTHY

- 6 almonds
- 4 halves pecans
- 10 peanuts
- 2 Tbsp avocado
- 2 tsp peanut butter
- 1 tsp canola, olive or peanut oil
- 1 tsp mayonnaise
- 1 tsp margarine
- 1 Tbsp margarine, low fat
- 1 Tbsp salad dressing
- 2 Tbsp salad dressing, reduced fat
- 8 black olives
- 10 green olives
- 1 Tbsp sunflower seeds

LESS HEART HEALTHY

- 1 tsp butter
- 2 Tbsp cream, half and half
- 1 slice bacon
- ½ cup cream, whipped
- 1 Tbsp cream cheese
- 1 tsp shortening, solid
- 2 Tbsp sour cream
- 3 Tbsp sour cream, light
- 1 tsp coconut oil
- 2 Tbsp gravy

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VERY LOW CALORIE FOODS

Any food or drink on the following list contains less than 20 calories and 5 grams of carbohydrate. Limit these foods to 3 servings a day if serving size is listed. Spread them out during the day. Foods without a serving size listed below can be eaten in any amount

- 1 Tbsp cream cheese, fat free
- 1 Tbsp cocoa powder, unsweetened
- 1 Tbsp non-dairy creamer, liquid
- 2 tsp non-dairy creamer, powder
- 1 Tbsp mayonnaise, fat free
- 1 tsp mayonnaise, reduced fat
- 4 Tbsp margarine, fat free
- 1 tsp margarine, reduced fat
- 1 Tbsp salad dressing, fat free
- 2 Tbsp whipped topping
- ¼ cup salsa
- 1 Tbsp sour cream, fat free or low fat
- 2 Tbsp yogurt, plain or fat free
- 2 Tbsp jam or jelly, low sugar
- 1 piece sugar free candy
- 1 cup beef broth
- ½ cup chicken broth
- 1 Tbsp barbeque sauce
- 1 Tbsp butter buds
- 1 Tbsp catsup
- 1 Tbsp chili sauce
- 1 Tbsp cocktail sauce
- 1 ½ dill pickle, large
- 3 Tbsp horseradish
- 1 tsp Mrs. Dash
- 1 Tbsp mustard
- 1 Tbsp soy sauce

- 1 Tbsp steak sauce
- 1 Tbsp taco sauce
- 1 Tbsp Worcestershire sauce

Seasonings

- Garlic
- Herbs (basil, oregano)
- Lemon and lime juice
- Pimento
- Spices
- Flavoring extracts
- Cooking wine
- Cooking spray
- Vinegar

Beverages

- Club soda
- Coffee
- Diet soda
- Tea
- Sugar free Kool-aid
- Sugar free Tang
- Sugar free drink mixes

FOOD PORTIONS AND SERVING SIZES

VERY LOW CALORIE FOODS

Other

- Sugar free gelatin
- Sugar free popsicles
- Sugar free gum
- Sugar free jam or jelly
- Sugar free jam or jelly
- Sugar free syrup
- Sugar substitutes (Equal, Sweet'n low, Sugar Twin, Splenda, Sweet one, Stevia)