

COUNTING CARBOHYDRATES



EACH ITEM IS ONE CHOICE & CONTAINS 15 GRAMS CARBOHYDRATE

Grains, Breads, Cereals	Milk and Yogurt	Fruits	Starchy Vegetables, Dried Beans	Sweets and Snack Foods
-1 slice whole grain bread, 1/4 large bagel, 6" tortilla or 1/2 hotdog/hamburger bun -3/4 cup cold cereal -1 package plain oatmeal (1/3 cup dry) -1/2 cup pasta -1/3 cup rice -1 small bowl soup or chili 	-1 cup milk -3/4-1 cup plain or "no sugar added" yogurt -1/2 cup sweetened yogurt 	-1 small fresh fruit, 1/2 medium banana -3 prunes -2 tbsp raisins -12-15 grapes or cherries -3/4 cup mixed fresh fruit -1/2 cup fruit canned in juice -1/2 cup fruit juice 	-1/2 medium potato -1/2 cup mashed potato, corn or canned peas -1/2 cup cooked dried beans, lentils -1/3 cup canned brown beans -1 cup baked squash 	-4-6 crackers -4-5 cups popcorn -2-3 plain cookies (arrowroots, ginger) -1 tbsp sugar or honey -1/2 cup light ice cream or frozen yogurt -1/2 cup light pudding -25 small pretzel sticks 

My Carbohydrate Plan:

Breakfast: Time _____ Carb Choices _____ g

Lunch: Time _____ Carb Choices _____ g

Supper: Time _____ Carb Choices _____ g

Am Snack: Time _____ Carb Choices _____ g

PM Snack: Time _____ Carb Choices _____ g

Evening

Snack: Time _____ Carb Choices _____ g

Name: _____ Date _____ RD _____

Protein and Fats
(will NOT change blood sugar)



Meat, Fish, Poultry, Eggs, Cheese
Margarine, Oils
Nuts
Most Salad Dressings



Will affect your weight and cholesterol: Make low fat choices and control portion size

Free Foods
(Less than 5 grams Carbohydrate):

Water, mineral water, sparkling water, artificially sweetened flavoured water
Decaffeinated or regular coffee and tea (without sugar)
Sugar free soft drinks, sugar-free fruit flavoured drinks
Sugar-free gelatin desserts
Light jams and jellies
Calorie-wise salad dressings, lemons, lemon juice
Broth, Consomme (best low sodium)
Rhubarb with artificial sweetener



Free Vegetables:
(Less than 5 grams Carbohydrate)

Asparagus, green and yellow beans, bean sprouts, beets, broccoli, brussel sprouts, carrots, cauliflower, celery, cucumber, eggplant, endive, greens, leeks, lettuce, mushrooms, okra, onions, frozen peas, peppers, radicchio, radish, rappini, spinach, tomato, turnips, zucchini