

YOUR DIABETES FOOD GUIDE

1 CARB CHOICE = 15 GRAMS OF CARBOHYDRATES

Measure your food using measuring cups and spoons: (1 cup, 3/4 cup, 1/2 cup, 1/3 cup, 1/4 cup, 1 Tablespoon, 1 teaspoon)



PROTEIN + CARB

One serving = 1 Carb Choice



Milk – 1 cup (8 oz)
fat-free, 1% or 2%



Plain yogurt –
fat-free or low fat,
zero-calorie sweetener,
3/4 cup (6 oz)



1/2 cup beans, peas,
lentils

STARCH

One serving = 1 Carb Choice — Choose whole wheat for added fiber benefits.



1 slice whole grain bread or 1/2 English
muffin or 1/2 hamburger/hot dog bun



1/3 cup cooked grains – rice,
pasta, quinoa



1/2 cup Fufu (cassava)



1/2 cup oatmeal,
grits or cooked cereal



6 saltine type
crackers



1/2 large corn
cob or 1/2 cup
corn kernels



1 (6") small tortilla
or 1/2 pita



1/2 cup mashed potato or sweet potato;
1 small baked regular or sweet potato

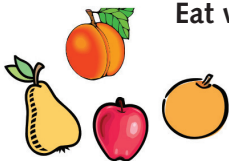


1/2 to 1 cup cold
cereal (15 grams)

FRUITS (No Juice)

One serving = 1 Carb Choice

Eat whole fruit instead of drinking juice.



1 small nectarine, peach,
pear, apple, orange



1/2 large
grapefruit



1 cup papaya
or cantaloupe



1/2 cup
canned fruit,
unsweetened



4 fresh
apricots



1 small or 1/2
large banana



1-1/4 cup
watermelon cubed;
1-1/4 cup whole
strawberries



3/4 cup pineapple,
mandarin oranges or
blueberries



1/2 cup
mango



17 small
grapes



2 small plums or
tangerines



12 fresh
cherries

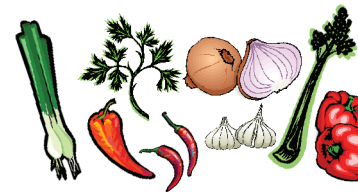


1 large kiwi

NON STARCHY VEGETABLES

1 serving is 1/2 cup cooked or 1 cup raw.

Portions from this group do not need to be limited.



Onion, peppers, celery, garlic,
parsley, cilantro



Green beans, okra, zucchini,
jicama, asparagus, eggplant,
summer squash



1/2 cup
Vegetable
juice



Tomatoes, carrots, beets, turnips,
radishes, mushrooms, cucumber



Salad, greens, spinach, cabbage,
broccoli, cauliflower, artichokes,
Brussels sprouts, turnips

PROTEIN

Foods in this group DO NOT contain carbs unless they are breaded.



1 oz. beef, pork or lamb:
roast, steak, chop or
ground meat



1 oz. fish: snapper,
sole, salmon



2 medium sardines



1 oz. shellfish: crab,
clams, lobster or shrimp



1 oz. cheese: Cheddar,
Swiss, jack, mozzarella
or American



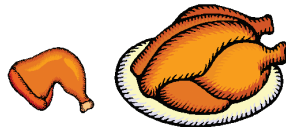
1-2 Tbsp.
peanut butter



1 whole egg or
2 egg whites



1/2 cup edamame,
1/4 cup nuts, seeds



1 oz. chicken or turkey

FAT

Foods in this group DO NOT contain carbs.



1 tsp. mayo or
1 Tbsp. reduced
fat mayo



1 Tbsp. regular or
2 Tbsp. reduced fat
salad dressing



1 tsp. oil: vegetable,
olive, canola,
peanut, corn, etc.



1 Tbsp. regular or
1-1/2 Tbsp. reduced fat
cream cheese



1 tsp. margarine/butter or
1 Tbsp. reduced fat



Olives: 8 large black or
10 large green



1/4 cup nuts and seeds



2 Tbsp. regular or
3 Tbsp. reduced fat
sour cream



1 slice bacon



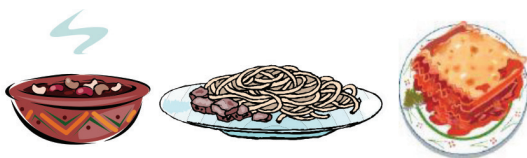
2 Tbsp. cream



2 Tbsp. avocado

COMBINATION FOODS

Food in this group contains carbohydrates, protein and fat



Casseroles, spaghetti w/meat balls, lasagna,
chili w/beans, macaroni & cheese
1 cup = 2 Carb Choices



1 cup broth or cream
soup = 1 Carb Choice
1 cup bean/pea
soup = 2 Carb Choices



1 hamburger or
cheeseburger with
bun = 2 Carb
Choices



Pizza – (1/4 of
a 10-inch pie)
1 slice = 1-2 Carb
Choices
1 thick slice = 2-3 Carb
Choices



Taco, Burrito, Enchilada
1 meat taco or enchilada = 1 Carb Choice
1 bean taco or enchilada = 2 Carb Choices
1 meat burrito = 2 Carb Choices
1 bean burrito = 3 Carb Choices