

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



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 oatmeal,
grits or cooked cereal



6 saltine type
crackers



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

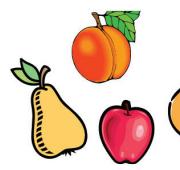


1/2 to 1 cup cold
cereal (15 grams)

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



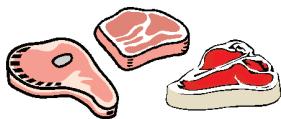
Tomatoes, carrots, beets, turnips,
radishes, mushrooms, cucumber



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. shellfish: crab, clams, lobster or shrimp



1 whole egg or 2 egg whites



1 oz. fish: snapper, sole, salmon



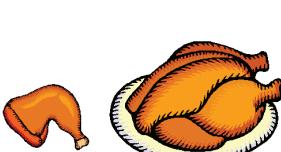
1 oz. cheese: Cheddar, Swiss, jack, mozzarella or American



2 medium sardines



1-2 Tbsp. peanut butter



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



1/4 cup nuts and seeds



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



Olives: 8 large black or 10 large green



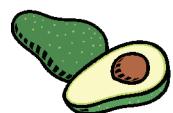
2 Tbsp. regular or 3 Tbsp. reduced fat sour cream



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

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1 cup = 2 Carb Choices



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

