

carb counting and meal planning

tools to help you
manage your
blood sugar



Favorably reviewed by:



These patient education materials were developed using information from the following sources: American Association of Diabetes Educators, American Diabetes Association, and American Dietetic Association. These booklets do not replace the advice of your diabetes care team. Be sure to consult your diabetes care team regarding your individual diabetes care plan.

Quotes reflect the opinions of the people quoted and not necessarily those of Novo Nordisk. Individual results may vary.

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Healthy eating basics

Healthy eating is important for everyone, but it's even more important for people with diabetes.

To manage your diabetes, you'll want to:

- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, *trans* fat, and sodium

You don't need to ban any foods from your meal plan. But you may need to limit the amounts you eat or how often you eat some of them.

Good diabetes self-care means following your meal plan, being active, and taking your diabetes medicines as directed. Your meal plan should:

- Include a wide variety of foods so that you get needed nutrients (the healthy things in food)
- Include many of your favorite foods so that you enjoy what you eat
- Be easy to follow

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find a personal menu planner that will create a meal plan made up of your favorite foods. Your plan comes complete with diabetes-friendly recipes and a shopping list. The first time you visit you will need to register. Registration is fast and easy!

Planning healthy meals

The American Diabetes Association's "Create Your Plate" shows how to manage your portion sizes and eat balanced meals. To Create Your Plate, split your plate down the middle. Then divide one of the halves into two. Put nonstarchy vegetables (like spinach or broccoli) in the big half. Put starchy foods (like potatoes or rice) in one of the small sections. Put meat or meat substitute (like eggs or tofu) in the other small section. You may want to add an 8-ounce glass of fat-free milk or low-fat milk and a piece of fruit, and you're ready to eat!

The goals of your meal plan are to help you:

- Keep your blood sugar within your goal range
- Manage your weight
- Manage blood cholesterol and blood fat levels
- Manage blood pressure



Ask your diabetes care team to refer you to a registered dietitian (RD) if there is not already one on your team. This person can help you make a meal plan. You want to have the right balance of food, medicine, and activity.

Carb counting and diabetes

Carbohydrates are the main kind of food that raises blood sugar levels. That's why it's important to be aware of the amount of carbohydrates you eat. Protein and fat have little effect on blood sugar levels.

Carbohydrate (or "carb") counting can help you:

- Manage your blood sugar
- Be more flexible in your choice of foods and meal times
- Eat more foods that you enjoy

To count carbs, you need to:

- Know which foods contain carbs
- Find out how many carbs are in those foods
- Read Nutrition Facts labels (see example on pages 12 and 13) and use measuring tools, such as measuring cups, spoons, and a food scale
- Work with your diabetes care team to decide how to divide your carbs among your meals and snacks

"Diet and exercise have played an important part in managing my and my son's diabetes. Diligence in watching your diet and testing your blood sugar will play a huge part in combating the disease."

— Russell S, Illinois

Which foods contain carbs?

Many foods contain carbs. In fact, the only food groups that generally don't contain carbs are:

- Meats and meat substitutes, such as eggs and cheese
- Fats and oils

Because carbs raise blood sugar more than other nutrients, you may wonder why you should eat them at all. You need to eat foods with carbs because they provide your body with energy, along with many vitamins and minerals.



The 3 main types of carbohydrates

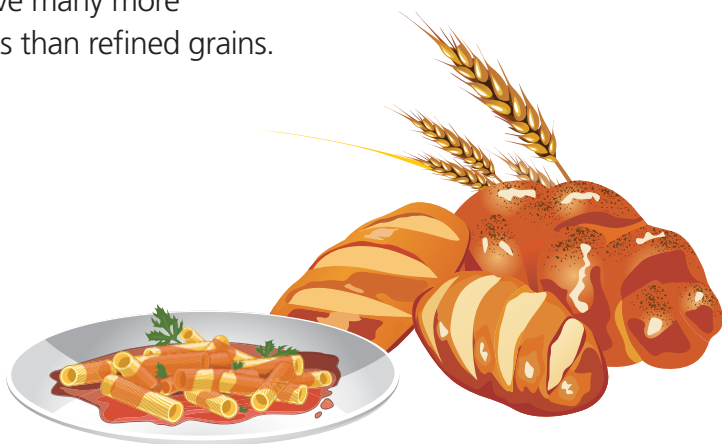
Carbohydrates are made up of fiber, starch, and sugar. On a Nutrition Facts label, the term “total carbohydrate” includes all 3 types. This is the number you should pay attention to if you are counting carbs

Starch

Foods that are high in starch include:

- Foods that contain grains, like bread, cereal, crackers, rice, and pasta
- Starchy vegetables, like peas, corn, lima beans, and potatoes
- Dried beans, lentils, and peas (such as pinto beans, kidney beans, black-eyed peas, and split peas)

Starches may contain carbohydrates and fiber. Grain-containing foods can be broken down further into whole grains and refined grains. Whole-grain foods contain the entire grain, so they have many more nutrients than refined grains.



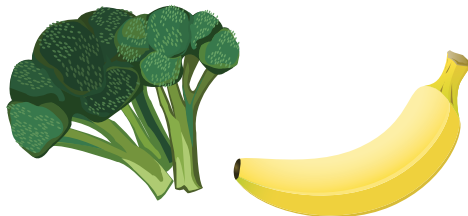
Sugar

Sugary foods are another type of carbohydrates. There are 2 main kinds:

- Naturally occurring sugars, like those in milk and fruit
- Added sugars, like those added to make, for example, cookies, candy, pies, or ice cream



Added sugars contain carbohydrates but have little to no nutritional value. On a Nutrition Facts label, the number of sugar grams includes both natural and added sugars.



Fiber

Fiber is the part of plant foods (like vegetables, fruits, nuts, beans, and whole grains) that cannot be digested. Fiber helps regulate bowel movements and helps you feel full after eating. It may also reduce cholesterol levels.

The American Diabetes Association says that adults should try to eat 25 to 30 grams of fiber a day. But most of us eat only about half that. It is best to get fiber from food rather than supplements because high-fiber foods contain many important vitamins and minerals.

Good sources of fiber include:

- Beans and legumes (like black beans, kidney beans, chick peas, and lentils)
- Fruits and vegetables, especially those with skins you can eat (like apples) or those with seeds you can eat (like berries)
- Whole grains, like whole-wheat pasta, whole-grain cereals, and whole-grain breads
- Nuts (like peanuts, walnuts, or almonds)

What about sugar alcohols?

Sugar alcohols are one kind of reduced-calorie sweetener. They include sweeteners like maltitol, mannitol, sorbitol, xylitol, and isomalt. Sugar alcohols are used in some sugar-free candy, gum, and desserts. Despite their name, sugar alcohols do not contain alcohol.

Products containing sugar alcohols are not always low in carbs or calories. So it's important to check the label on any of these products. Used in small amounts, sugar alcohols have little effect on blood sugar. Other artificial sweeteners have no effect on blood sugar.

Learning how to count carbs

Work with your RD or another member of your diabetes care team to find the number of carbs you need in your meal plan. That's the number that you should aim for each day.

Your RD or diabetes educator can help you easily divide your carbs among your meals and snacks.

Skipping meals can lead to low blood sugar, especially if you take insulin. If you include snacks in your meal plan, don't forget to count the carbs! Count the carbs in beverages too.

To create a meal plan complete with recipes and a shopping list, go to [Cornerstones4Care.com](https://www.cornerstones4care.com).



Important: Keep in mind that in the food lists, 1 carb serving (or unit) equals 15 grams of carbohydrates. For example, page 40 says that cranberry juice cocktail should be counted as "1 carb." That means that $\frac{1}{2}$ cup of cranberry juice cocktail has about 15 grams of carbohydrates.

How many carbs are in my favorite foods?

For foods that come in packages, the best place to find the carb count is on the Nutrition Facts label. The grams of total carbohydrate on the label are the key to carb counting. Don't worry about counting the sugar and fiber grams. They are included in the total carb number.

Check serving size. Information on the label is based on the serving size. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 3.5 servings. But the information provided is for only 1 serving.

See how many grams of carb are in each serving.

Decide whether the food fits into your meal plan.

Nutrition Facts

Serving Size ½ cup (130g)

Servings Per Container About 3.5

Amount Per Serving

Calories 110

Calories from Fat 10

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Potassium 340mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	28%
Protein 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	15%

*Based on a 2,000 calorie diet.

Using exchange lists for meal planning

Exchange lists can be used to count carbs. They can be used to count calories too. Each list has foods that have about the same amount of carbs.* They have about the same amount of calories, protein, and fat, too. So you can exchange, or switch, one food from a list with another food from that list.

Let's say your breakfast plan calls for 1 serving from the fruit list. You can choose ½ grapefruit, ½ banana, or 1 serving of a different fruit on the list.

Check the introduction to each food group. See how many carb grams the servings in that group have.

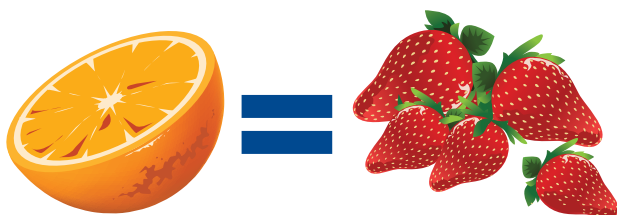
The exchange lists come in these groups:

- Starch
- Fruits
- Milk
- Sweets, Desserts, and Other Carbohydrates
- Nonstarchy Vegetables
- Meat and Meat Substitutes
- Fats

The exchange lists begin on page 25 of this booklet.

You can create a personalized menu using foods from the lists at [Cornerstones4Care.com](https://www.cornerstones4care.com).

*Carb counts of foods can vary. All counts provided are approximate.



For foods without a label, such as fruits and vegetables, you can use the food exchange lists in this booklet to find the carb counts. **Be sure to check the portion size.** You can also go to [Cornerstones4Care.com](https://www.cornerstones4care.com) and use the food look-up tool.

Let's say you want to plan your breakfast and your goal is to have 50 to 55 grams of carb for breakfast. You can have:

1 cup of cereal (1 serving)	24 grams of carb (Check the Nutrition Facts label)
1 cup of skim milk	12 grams of carb (See Milk and Yogurts exchange list)
½ banana	15 grams of carb (See Fruit exchange list)
Total	51 grams of carb



The food list

The following chart shows the amount of carb grams in 1 serving from each food list.

Food	Carb grams per serving
Starch: breads; cereals and grains; starchy vegetables; crackers and snacks; and beans, peas, and lentils	15
Fruits	15
Milk: fat-free, low-fat, 1%; reduced-fat, 2%; whole	12
Sweets, Desserts, and Other Carbohydrates	15
Nonstarchy Vegetables	5
Meat and Meat Substitutes	
Lean, such as cottage cheese or fish	—
Medium-fat, such as beef or egg	—
High-fat, such as cheese or sausage	—
Plant-based proteins, such as beans or tofu	varies
Fats	—
Alcohol	varies



"I've been diabetic for almost 38 years and have always gone out of my way to take good care of myself. Socially, it's a pain to stick with healthy eating, but the end result is definitely worth it. I exercise regularly and believe that managing what you eat is the strongest fight we have to put up in order to take care of ourselves."

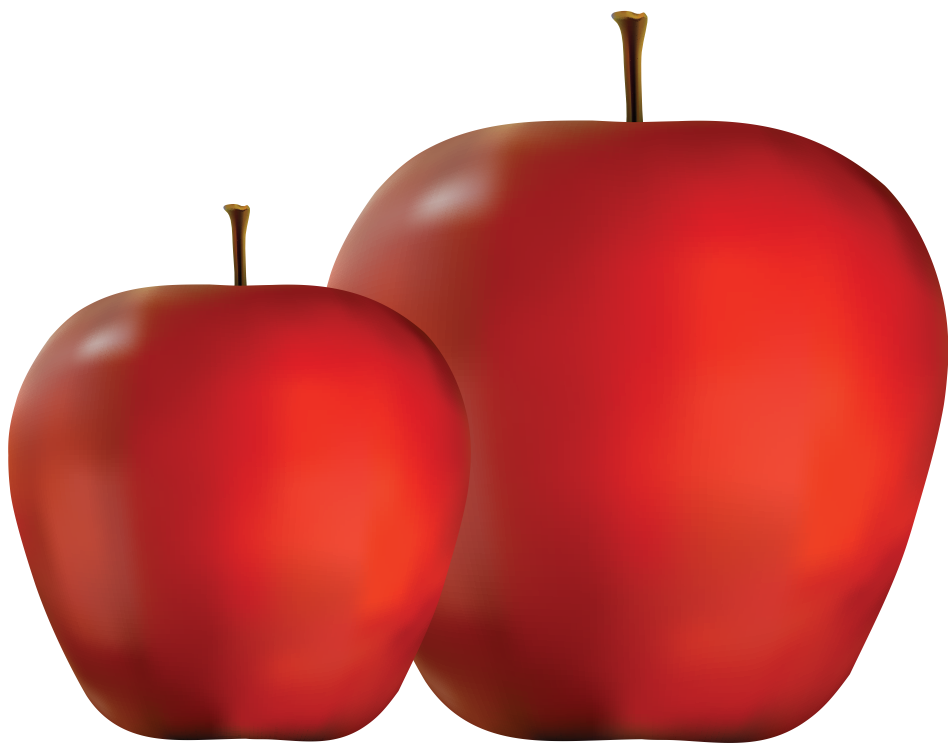
– Diane S, California

Serving sizes count!

It's important to eat not only the right types of foods, but also the right amounts. You can eat too much of healthy foods!

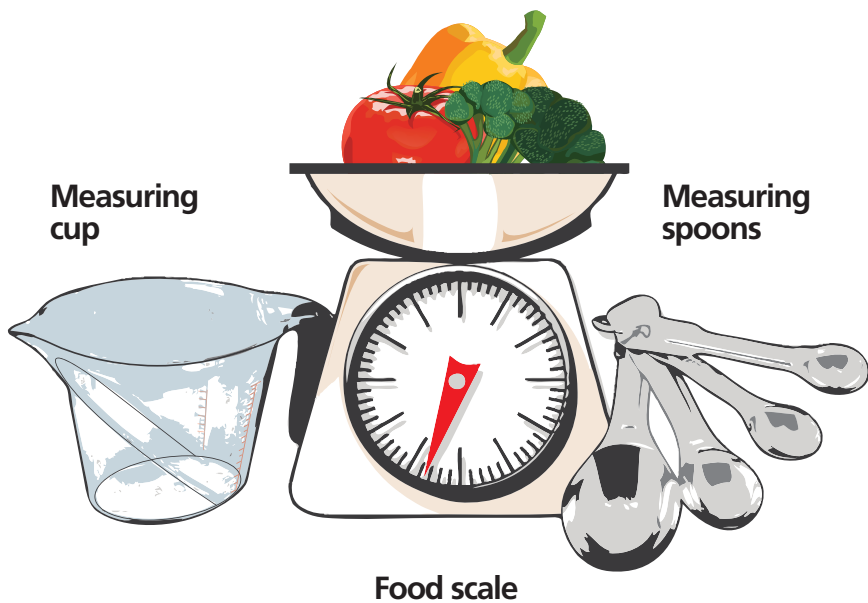
For example, a small 4-ounce apple (the size of a small fist) has about 15 carb grams. A large apple has about 30 carb grams. That's a big difference!

Small apple: 15 carb grams Large apple: 30 carb grams



Apples shown are actual size.

To make sure your portions are right, you need to weigh and measure your foods after they are cooked. Do you need to do this every time you eat? No. But it's helpful if you weigh and measure your foods when you first start carb counting. It's also helpful to continue weighing and measuring your foods every once in a while, just to make sure your portions haven't grown over time.

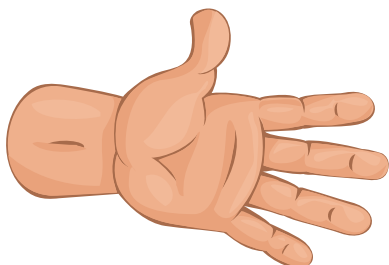


When you're dining out and you can't measure, you can estimate!

If you are dining out or you're unable to use measuring cups and spoons or a scale, you can use your hand to estimate portion sizes. (Note: Hand sizes vary. These estimates are based on the size of a small hand. They are intended to be guides only.)



■ Your fist equals about 1 cup



■ Your palm equals about 3 ounces



■ Your thumb equals about 1 ounce

For more meal planning tools, visit [Cornerstones4Care.com](https://www.cornerstones4care.com).

Daily calorie goal

The table below shows how many servings from the different food groups you would eat for each daily calorie level. Each column lists the total grams of carbs, the recommended number of food servings from each food group, and how many grams of carbs are in these servings. To find out how much food is in a serving, check the lists at the end of this booklet.

- Current recommendation of total carbs for a healthy diet is 45% to 65% of total calorie needs
- 1200 calories per day is the minimum necessary to meet your nutrient needs

Talk with your diabetes care team about the calorie count that is right for you.

Calories	1200	1500	1800	2000	2200
Total carbs (grams/serving)	144	174	209	239	269
Servings					
Starches (15 grams)	5	6	8	10	11
Fruits (15 grams)	2	3	3	3	4
Milk & yogurt* (12 grams)	2	2	2	2	2
Vegetables, nonstarchy (5 grams)	3	3	4	4	4
Lean meat and meat substitutes	4 oz	6 oz	7 oz	8 oz	8 oz
Fats	5	6	7	7	8

Bold = foods that contain carbohydrates. *Fat-free.

Sample meal plan 1500 calories, 174 carb grams

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find tools that make meal planning easy! The personalized meal planner lets you plan meals that include the foods you like best. The planner comes complete with recipes and a shopping list.



Food	Amount	Food Group	Carb Grams
Breakfast			
Bran flakes	1 cup	Starch	30
Milk, fat-free	1 cup	Milk	12
Banana	½	Fruit	15
Meal total			57
Lunch			
Sandwich of:			
Roast beef, lean	2 oz	Meat	0
Cheese (part skim)	1 oz	Meat	0
Whole-wheat bread	2 slices	Starch	30
Mayonnaise, reduced fat	1 Tbsp	Fat	0
Baby carrots and grape tomatoes	½ cup each	Vegetable	5
with low-fat dressing	2 Tbsp	Fat	0
Apple, large (8 oz)	1	Fruit	30
Meal total			65
Supper			
Winter squash	1 cup	Starch	15
Whole-wheat bread roll with margarine, regular tub	1 small 2 tsp	Starch Fat	15 0
Broccoli, steamed with lemon	½ cup	Vegetable	5
Salad: greens, cucumber, red pepper, and Italian dressing	1 cup 1 Tbsp	Vegetable Fat	5 0
Broiled flounder with lemon	3 oz	Meat	0
Meal total			40
Evening snack			
Yogurt, plain, fat-free	⅔ cup (6 oz)	Milk	12
Meal total			12
Total			174

Advanced carb counting

Do you use intensive insulin therapy to manage your blood sugar? Then you may want to do advanced carb counting. This may help you manage your blood sugar better.

The goal of this kind of counting is to try to match the amount of fast-acting insulin you take with the amount of carbs you eat. You use an insulin-to-carb ratio to do this. Each person responds in a different way to insulin. So, each person has a different ratio. You may need different ratios for different meals or times of the day, too.

Your insulin-to-carb ratio is made just for you. An RD can help you find it. He or she can teach you how to do advanced carb counting, too. If you don't already have an RD on your diabetes care team, ask your team to refer you to one.

To learn more about insulin therapy, ask your diabetes care team for a copy of the booklet *Diabetes Medicines*. You can also visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information.

"Living with diabetes one day at a time and taking each day as a new day helps me keep my outlook clear and grateful instead of denying my diabetes and letting it beat me!"

— Rebecca G, New Jersey

Food exchange lists

The following pages provide the exchange lists for meal planning. You might find it useful to keep this booklet handy and refer to it often. It's also a good idea to review these lists with an RD.

There are three main groups of foods in these lists. They are based on the three major nutrients: carbohydrates, protein (meat and meat substitutes), and fat. Each food list contains foods that are grouped together because they have similar nutrient content and serving sizes. Each serving of a food has about the same amount of carbohydrate, protein, fat, and calories as the other foods on the same list.

The exchange lists make it easy to plan your meals, whether you're counting carbs or calories, because they spell out how many of each are in the various choices.

"It took some time, but I made the decision to do the things I needed to do to manage my diabetes. I started exercising and thinking more carefully about my food choices. Before too long, I had gained a lot of confidence in my abilities to manage this disease."

— Karen R, South Carolina

So how can you use the lists in your daily life? Here are two examples:

- Let's say that you have an English muffin every day for breakfast. But you're looking for something new. The lists tell you that your English muffin is 2 carb choices, or 30 grams of carb. So you check the lists and see that you can substitute 1 cup of bran cereal. Because that's also 2 carb choices, or 30 grams of carb
- Let's say you want a change from the ½ grapefruit you have every morning. If you check the list, you'll see that you can have 17 small grapes instead. Because they're each 1 carb choice, or 15 grams of carb

You can use the lists whether you're eating at home or dining out. Use them to be sure you get plenty of variety in your meals each day and still stay within your plan.

Key to symbols



= More than 3 grams of dietary fiber per serving.



= Extra fat or prepared with added fat.
(Add an extra fat choice.)



= 480 milligrams or more of sodium per serving.

The Exchange Lists are used with permission. Reproduction of the Exchange Lists in whole or part, without permission of the American Dietetic Association or the American Diabetes Association, Inc. is a violation of federal law. This material has been modified from *Choose Your Foods: Exchange Lists for Diabetes*, which is the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.
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Starch

A choice on the starch list has **15 grams of carb**, 0–3 grams of protein, 0–1 grams of fat, and 80 calories.

Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables, and cooked beans, peas, and lentils are starches. In general, 1 starch is:

- ½ cup of cooked cereal, grain, or starchy vegetable
- ⅓ cup of cooked rice or pasta
- 1 oz of a bread product, such as 1 slice of bread
- ¾ oz to 1 oz of most snack foods (some snack foods may also have extra fat)

For maximum health benefits, eat 3 or more servings of whole grains each day. A serving of whole grain is about ½ cup of cooked cereal or grain, 1 slice of whole-grain bread, or 1 cup of whole-grain cold breakfast cereal.



Starch (continued)

Bread

Food	Serving Size or Portion
Bagel, large (about 4 oz)	$\frac{1}{4}$ (1 oz)
😊 Bread, reduced-calorie	2 slices (1½ oz)
Bread, white, whole-grain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Chapatti, small, 6 inches across	1
English muffin	$\frac{1}{2}$
Hot dog or hamburger bun	$\frac{1}{2}$ (1 oz)
Naan, 8 inches × 2 inches	$\frac{1}{4}$
Pancake, 4 inches across, $\frac{1}{4}$ inch thick	1
Pita, 6 inches across	$\frac{1}{2}$
Roll, plain, small	1 (1 oz)
▼ Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches across	1
Tortilla, flour, 10 inches across	$\frac{1}{3}$ tortilla
▼ Waffle, 4-inch square or 4 inches across	1



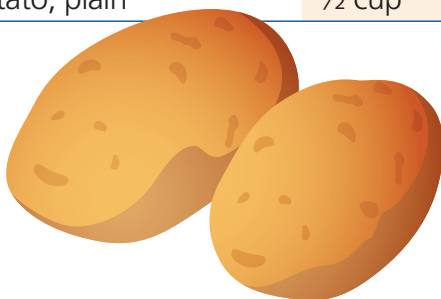
Cereals and Grains

Food	Serving Size or Portion
Barley, cooked	$\frac{1}{3}$ cup
Bran, dry	
☺ Oat	$\frac{1}{4}$ cup
☺ Wheat	$\frac{1}{2}$ cup
☺ Bulgur (cooked)	$\frac{1}{2}$ cup
Cereals	
☺ Bran	$\frac{1}{2}$ cup
Cooked (oats, oatmeal)	$\frac{1}{2}$ cup
Puffed	$1\frac{1}{2}$ cups
Shredded wheat, plain	$\frac{1}{2}$ cup
Sugar-coated	$\frac{1}{2}$ cup
Unsweetened, ready-to-eat	$\frac{3}{4}$ cup
Couscous	$\frac{1}{3}$ cup
Granola	
Low-fat	$\frac{1}{4}$ cup
⚠ Regular	$\frac{1}{4}$ cup
Grits, cooked	$\frac{1}{2}$ cup
Kasha	$\frac{1}{2}$ cup
Millet, cooked	$\frac{1}{3}$ cup
Muesli	$\frac{1}{4}$ cup
Pasta, cooked	$\frac{1}{3}$ cup
Polenta, cooked	$\frac{1}{3}$ cup
Rice, white or brown, cooked	$\frac{1}{3}$ cup
Tabbouleh (tabouli), prepared	$\frac{1}{2}$ cup
Wheat germ, dry	3 Tbsp
Wild rice, cooked	$\frac{1}{2}$ cup

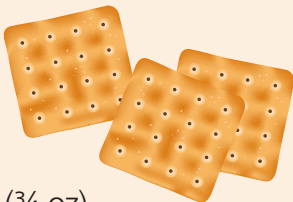
Starch (continued)

Starchy Vegetables

Food	Serving Size or Portion
Cassava	$\frac{1}{3}$ cup
Corn	$\frac{1}{2}$ cup
On cob, large	$\frac{1}{2}$ cob (5 oz)
😊 Hominy, canned	$\frac{3}{4}$ cup
😊 Mixed vegetables with corn, peas, or pasta	1 cup
😊 Parsnips	$\frac{1}{2}$ cup
😊 Peas, green	$\frac{1}{2}$ cup
Plantain, ripe	$\frac{1}{3}$ cup
Potato	
Baked with skin	$\frac{1}{4}$ large (3 oz)
Boiled, all kinds	$\frac{1}{2}$ cup or $\frac{1}{2}$ medium (3 oz)
⚠ Mashed, with milk and fat	$\frac{1}{2}$ cup
French fried (oven-baked)	1 cup (2 oz)
😊 Pumpkin, canned, no sugar added	1 cup
Spaghetti/pasta sauce	$\frac{1}{2}$ cup
😊 Squash, winter (acorn, butternut)	1 cup
😊 Succotash	$\frac{1}{2}$ cup
Yam, sweet potato, plain	$\frac{1}{2}$ cup



Crackers and Snacks

Food	Serving Size or Portion
Animal crackers	8
Crackers	
⚠️ Round, butter-type	
Saltine-type	
⚠️ Sandwich-style, cheese or peanut butter filling	
⚠️ Whole-wheat regular	
😊 Whole-wheat lower fat or crispbreads	2–5 ($\frac{3}{4}$ oz)
Graham cracker, 2½-inch square	3
Matzoh	$\frac{3}{4}$ oz
Melba toast, about 2-inch by 4-inch piece	4
Oyster crackers	20
Popcorn	
⚠️ 😊 With butter	3 cups
😊 No fat added	3 cups
😊 Lower fat	3 cups
Pretzels	$\frac{3}{4}$ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato), baked pita chips	15–20 ($\frac{3}{4}$ oz)
⚠️ Regular (tortilla, potato)	9–13 ($\frac{3}{4}$ oz)



Starch (continued)

Beans, Peas, and Lentils

The choices on this list count as 1 starch + 1 lean meat.

Food	Serving Size or Portion
😊 Baked beans	1/3 cup
😊 Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
😊 Lentils, cooked (brown, green, yellow)	1/2 cup
😊 Peas, cooked (black-eyed, split)	1/2 cup
😊 🥤 Refried beans, canned	1/2 cup



Fruits

A choice on the fruits list has **15 grams of carbs**, 0 grams of protein, 0 grams of fat, and 60 calories. The weight listed includes skin, core, seeds, and rind.

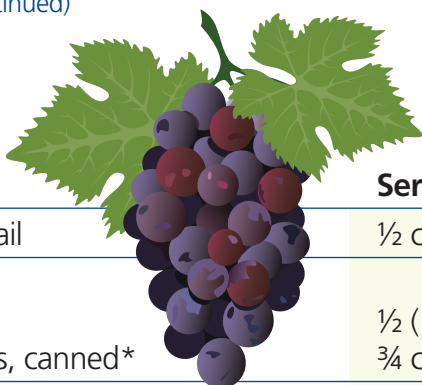


Fruit

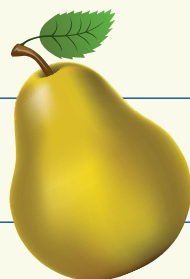
Food	Serving
Apple, unpeeled, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots	
Canned*	½ cup
Dried	8 halves
😊 Fresh	4 whole (5½ oz)
Banana	½ (4 oz)
😊 Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup cubed (11 oz)
Cherries	
Sweet, canned*	½ cup
Sweet fresh	12 (3 oz)
Dates	3
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Figs	
Dried	1½
😊 Fresh	1½ large or 2 medium (3½ oz)

*Choose products canned in light syrup, water, or juice packed.

Fruits (continued)



Food	Serving Size
Fruit cocktail	½ cup
Grapefruit	
Large	½ (11 oz)
Sections, canned*	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10 oz)
😊 Kiwi	1 (3½ oz)
Mandarin oranges, canned*	¾ cup
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
😊 Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup cubed (8 oz)
Peaches	
Canned*	½ cup
Fresh, medium	1 (6 oz)
Pears	
Canned*	½ cup
Fresh	½ cup (4 oz)
Pineapple	
Canned*	½ cup
Fresh	¾ cup



*Choose products canned in light syrup, water, or juice packed.

Food	Serving Size
Plums	
Canned*	½ cup
Dried (prunes)	3
Small	2 (5 oz)
😊 Raspberries	1 cup
😊 Strawberries	1¼ cups whole berries
😊 Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups cubes (13½ oz)

Fruit Juice

Food	Serving Size
Apple juice/cider	½ cup
Fruit juice blends, 100% juice	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	⅓ cup



Milk

Different types of milk and milk products are on this list. However, two types of milk products are found on other lists:

- Cheeses are on the Meat and Meat Substitutes list (because they are rich in protein)
- Cream and other dairy fats are on the Fats list

Milk and yogurts are grouped in three categories (fat-free/low-fat, reduced-fat, or whole) based on the amount of fat they have. This chart shows you what 1 milk choice contains:



	Carb	Protein (grams)	Fat (grams)	Calories
Fat-free (skim), low-fat (1%)	12	8	0–3	100
Reduced-fat (2%)	12	8	5	120
Whole	12	8	8	160

Nutrition tips

- Milk and yogurt are good sources of calcium and protein
- The higher the fat content of milk and yogurt, the more saturated fat and cholesterol it has
- Children over the age of 2 and adults should choose lower-fat varieties such as skim, 1%, or 2% milks or yogurts

Selection tips

- 1 cup equals 8 fluid oz or ½ pint
- If you choose 2% or whole-milk foods, be aware of the extra fat

Milk and Yogurts

Food	Serving Size	Count as
Fat-free or low-fat (1%), 0–3 grams of fat per serving, 100 calories		
Milk, buttermilk, acidophilus milk, Lactaid®	1 cup	1 fat-free milk
Evaporated milk	½ cup	1 fat-free milk
Yogurt, plain or flavored with an artificial sweetener	⅔ cup (6 oz)	1 fat-free milk
Reduced-fat (2%), 5 grams of fat per serving, 120 calories		
Milk, acidophilus milk, kefir, Lactaid®	1 cup	1 reduced-fat milk
Yogurt, plain	⅔ cup (6 oz)	1 reduced-fat milk
Whole, 8 grams of fat per serving, 160 calories		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	½ cup	1 whole milk
Yogurt, plain	8 oz	1 whole milk

Milk (continued)

Dairy-like Foods

Food	Serving Size	Count as
Chocolate milk		
Fat-free	1 cup	1 fat-free milk + 1 carb
Whole	1 cup	1 whole milk + 1 carb
Eggnog, whole milk	½ cup	1 carb + 2 fats
Rice drink		
Flavored, low-fat	1 cup	2 carbs
Plain, fat-free	1 cup	1 carb
Smoothies, flavored, regular	10 oz	1 fat-free milk + 2½ carbs
Soy milk		
Light	1 cup	1 carb + ½ fat
Regular, plain	1 cup	1 carb + 1 fat
Yogurt		
And juice blends	1 cup	1 fat-free milk + 1 carb
Low-carb (less than 6 grams of carbs)	⅔ cup (6 oz)	½ fat-free milk
With fruit, low-fat	⅔ cup (6 oz)	1 fat-free milk + 1 carb



Sweets, Desserts, and Other Carbohydrates

You can substitute food choices from this list for other carb-containing foods (such as those found on the Starch, Fruit, or Milk lists) in your meal plan, even though these foods have added sugars or fat.

Nutrition tips

- A carbohydrate choice has 15 grams of carb, variable grams of protein, variable grams of fat, and variable calories
- The foods on the following list do not have as much vitamins, minerals, and fiber as the choices on the Starch, Fruits, or Milk lists. When choosing sweets, desserts, and other carbohydrate foods, you should also eat foods from other food lists to balance out your meals
- Many of these foods don't equal a single choice. Some will also count as one or more fat choices
- If you are trying to lose weight, choose foods from this list less often
- The serving sizes for these foods are small because of their fat content

Selection tips

- Read the Nutrition Facts on the food label to find the serving size and nutrient information
- Many sugar-free, fat-free, or reduced-fat products are made with ingredients that contain carbs. These types of food usually have the same amount of carbs as the regular foods they are replacing. Talk with your RD and find out how to fit these foods into your meal plan

Sweets, Desserts, and Other Carbohydrates (continued)

Beverages, Soda Pop, and Energy/Sports Drinks

Food	Serving Size	Count as
Cranberry juice cocktail	½ cup	1 carb
Energy drink	1 can (8.3 oz)	2 carbs
Fruit drink or lemonade	1 cup (8 oz)	2 carbs
Hot chocolate		
Regular	1 envelope added to water	1 carb + 1 fat
Sugar-free or light	1 envelope added to water	1 carb
Soft drink (soda pop), regular	1 can (12 oz)	2½ carbs
Sports drink	1 cup (8 oz)	1 carb

Brownies, Cake, Cookies, Gelatin, Pie, and Pudding

Food	Serving Size	Count as
Brownie, small, unfrosted	1¼-inch square, ⅞ inch high (about 1 oz)	1 carb + 1 fat
Cake		
Angel food, unfrosted	⅓ of cake (about 1 oz)	2 carbs
Frosted	2-inch square (about 2 oz)	2 carbs + 1 fat
Unfrosted	2-inch square (about 1 oz)	1 carb + 1 fat

Food	Serving Size	Count as
Cookies		
Chocolate chip	2 cookies (2¼ inches across)	1 carb + 2 fats
Gingersnap	3 cookies	1 carb
Sandwich, with crème filling	2 small (about 2⅓ oz)	1 carb + 1 fat
Sugar-free	3 small or 1 large (¾–1 oz)	1 carb + 1–2 fats
Vanilla wafer	5 cookies	1 carb + 1 fat
Cupcake, frosted	1 small (about 1¾ oz)	2 carbs + 1–1½ fats
Fruit cobbler	½ cup (3½ oz)	3 carbs + 1 fat
Gelatin, regular	½ cup	1 carb
Pie		
Commercially prepared fruit, 2 crusts	⅓ of 8-inch pie	3 carbs + 2 fats
Pumpkin or custard	⅓ of 8-inch pie	1½ carbs + 1½ fats
Pudding		
Regular (made with reduced-fat milk)	½ cup	2 carbs
Sugar-free or sugar- and fat-free (made with fat-free milk)	½ cup	1 carb




Sweets, Desserts, and Other Carbohydrates (continued)



Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings

Food	Serving Size	Count as
Candy bar, chocolate/peanut	2 "fun size" bars (1 oz)	1½ carbs + 1½ fats
Candy, hard	3 pieces	1 carb
Chocolate "kisses"	5 pieces	1 carb + 1 fat
Coffee creamer		
Dry, flavored	4 tsp	½ carb + ½ fat
Liquid, flavored	2 Tbsp	1 carb
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ oz)	1 carb
Fruit spreads, 100% fruit	1½ Tbsp	1 carb
Honey	1 Tbsp	1 carb
Jam or jelly, regular	1 Tbsp	1 carb
Sugar	1 Tbsp	1 carb
Syrup		
Chocolate	2 Tbsp	2 carbs
Light (pancake type)	2 Tbsp	1 carb
Regular (pancake type)	1 Tbsp	1 carb

Condiments and Sauces

Food	Serving Size	Count as
Barbecue sauce	3 Tbsp	1 carb
Cranberry sauce, jellied	¼ cup	1½ carbs
 Gravy, canned or bottled	½ cup	½ carb + ½ fat
Salad dressing, fat-free, low-fat, cream-based	3 Tbsp	1 carb
Sweet and sour sauce	3 Tbsp	1 carb

Doughnuts, Muffins, Pastries, and Sweet Breads

Food	Serving Size	Count as
Banana nut bread	1-inch slice (1 oz)	2 carbs + 1 fat
Doughnut		
Cake, plain	1 medium (1½ oz)	1½ carbs + 2 fats
Yeast type, glazed	3¾ inches across (2 oz)	2 carbs + 2 fats
Muffin (4 oz)	¼ muffin (1 oz)	1 carb + ½ fat
Sweet roll or Danish	1 (2½ oz)	2½ carbs + 2 fats



Sweets, Desserts, and Other Carbohydrates (continued)

Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

Food	Serving Size	Count as
Frozen pops	1	½ carb
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carb
Ice cream		
Fat-free	½ cup	1½ carbs
Light	½ cup	1 carb + 1 fat
No sugar added	½ cup	1 carb + 1 fat
Regular	½ cup	1 carb + 2 fats
Sherbet, sorbet	½ cup	2 carbs
Yogurt, frozen		
Fat-free	⅓ cup	1 carb
Regular	½ cup	1 carb + 0–1 fat

Granola Bars, Meal Replacement Bars/Shakes, and Trail Mix

Food	Serving Size	Count as
Granola or snack bar, regular or low-fat	1 bar (1 oz)	1½ carbs
Meal replacement bar	1 bar (1 oz)	1½ carbs + 0–1 fat
Meal replacement bar	1 bar (2 oz)	2 carbs + 1 fat
Meal replacement shake, reduced calorie	1 can (10–11 oz)	1½ carbs + 0–1 fat
Trail mix		
Candy/nut-based	1 oz	1 carb + 2 fats
Dried fruit-based	1 oz	1 carb + 1 fat

Nonstarchy Vegetables

One nonstarchy vegetable choice is:

- ½ cup of cooked vegetables, including vegetable juice, or
- 1 cup of raw vegetables

If you eat 3 cups or more of raw vegetables or 1½ cups of cooked vegetables in a meal, count them as 1 carbohydrate choice.

A choice on this list has **5 grams of carb**, 2 grams of protein, 0 grams of fat, and 25 calories.



Amaranth or Chinese spinach

Artichoke

Artichoke hearts

Asparagus

Baby corn

Bamboo shoots

Beans
(green, wax, Italian)

Bean sprouts

Beets

 Borscht

Broccoli

 Brussels sprouts

Cabbage (green, bok choy, Chinese)

 Carrots

Cauliflower

Celery

 Chayote

Coleslaw, packaged, no dressing

Cucumber

Eggplant

Gourds (bitter, bottle, luffa, bitter melon)

Nonstarchy Vegetables (continued)

Green onions or scallions

Greens (collard, kale, mustard, turnip)

Hearts of palm

Jicama

Kohlrabi

Leeks

Mixed vegetables
(without corn, peas, or pasta)

Mung bean sprouts

Mushrooms, all kinds, fresh

Okra

Onions

Oriental radish or daikon

Pea pods

😊 Peppers (all varieties)

Radishes

Rutabaga

🥒 Sauerkraut

Soybean sprouts

Spinach

Squash (summer, crookneck, zucchini)

Sugar snap peas

😊 Swiss chard

Tomato

Tomatoes, canned

🥫 Tomato sauce

🥫 Tomato/vegetable juice

Turnips

Water chestnuts

Yard-long beans




Meat and Meat Substitutes

Foods from this list are divided into 4 groups based on the amount of fat they contain. The following chart shows you what 1 choice includes:




	Carb	Protein (grams)	Fat (grams)	Calories (grams)
Lean meat	—	7	0–3	45
Medium-fat meat	—	7	4–7	75
High-fat meat	—	7	8+	100
Plant-based protein	Varies	7	Varies	Varies




Lean Meats and Meat Substitutes

Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
 Beef jerky	½ oz
Cheese with 3 grams of fat or less per oz	1 oz
Cottage cheese	¼ cup
Egg substitutes, plain	¼ cup
Egg whites	2

Meat and Meat Substitutes (continued)

Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
 Fish, smoked: herring or salmon (lox)	1 oz
Game: buffalo, ostrich, rabbit, venison	1 oz
Hot dog with 3 grams of fat or less per oz (8 hot dogs per 14-oz package) <i>Note: May be high in carbs</i>	1
Lamb: chop, leg, or roast	1 oz
Organ meats: heart, kidney, liver <i>Note: May be high in cholesterol</i>	1 oz
Oysters, fresh or frozen	6 medium
Pork, lean	
 Canadian bacon	1 oz
Rib or loin chop/roast, ham, tenderloin	1 oz
Poultry, without skin: Cornish hen, chicken, domestic duck or goose (well drained of fat), turkey	1 oz
Processed sandwich meats with 3 grams of fat or less per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami	1 oz
Salmon, canned	1 oz
Sardines, canned	2 small
 Sausage with 3 grams of fat or less per oz	1 oz
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Tuna, canned in water or oil, drained	1 oz
Veal, loin chop, roast	1 oz







Medium-Fat Meat and Meat Substitutes

Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
Cheeses with 4–7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz
Egg <i>Note: High in cholesterol, so limit to 3 per week</i>	1
Fish, any fried product	1 oz
Lamb: ground, rib roast	1 oz
Pork: cutlet, shoulder roast	1 oz
Poultry: chicken with skin; dove, pheasant, wild duck, or goose; fried chicken; ground turkey	1 oz
Ricotta cheese	2 oz or ¼ cup
 Sausage with 4–7 grams of fat per oz	1 oz
Veal, cutlet (no breading)	1 oz



Meat and Meat Substitutes (continued)

High-Fat Meat and Meat Substitutes

Bacon	
 Pork (16 slices per lb or 1 oz each, before cooking)	2 slices
 Turkey (½ oz each before cooking)	3 slices
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss	1 oz
  Hot dog: beef, pork, or combination (10 per lb-sized package)	1
 Hot dog: turkey or chicken (10 per lb-sized package)	1
Pork: ground, sausage, spareribs	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz
 Sausage with 8 grams of fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer	1 oz



Plant-Based Proteins

Because carb content varies among plant-based proteins, you should read the Nutrition Facts label.

Food	Serving Size	Count as
"Bacon" strips, soy-based	3 strips	1 medium-fat meat
😊 Baked beans	1/3 cup	1 starch + 1 lean meat
😊 Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white	1/2 cup	1 starch + 1 lean meat
😊 "Beef" or "sausage" crumbles, soy-based	2 oz	1/2 carb + 1 lean meat
"Chicken" nuggets, soy-based	2 nuggets (1 1/2 oz)	1/2 carb + 1 medium-fat meat
😊 Edamame	1/2 cup	1/2 carb + 1 lean meat
Falafel (spiced chickpea and wheat patties)	3 patties (about 2 inches across)	1 carb + 1 high-fat meat
"Hot dog," soy-based	1 (1 1/2 oz)	1/2 carb + 1 lean meat
😊 Hummus	1/3 cup	1 carb + 1 high-fat meat
😊 Lentils, brown, green, or yellow	1/2 cup	1 carb + 1 lean meat
😊 Meatless burger, soy-based	3 oz	1/2 carb + 2 lean meats
😊 Meatless burger, vegetable- and starch-based	1 patty (about 2 1/2 oz)	1 carb + 2 lean meats

Meat and Meat Substitutes (continued)

Food	Serving Size	Count as
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp	1 high-fat meat
😊 Peas, cooked: black-eyed and split peas	½ cup	1 starch + 1 lean meat
😊 🥫 Refried beans, canned	½ cup	1 starch + 1 lean meat
“Sausage” patties, soy-based	1 (1½ oz)	1 medium-fat meat
Soy nuts, unsalted	¾ oz	½ carb + 1 medium-fat meat
Tempeh	¼ cup	1 medium-fat meat
Tofu	4 oz (½ cup)	1 medium-fat meat
Tofu, light	4 oz (½ cup)	1 lean meat



Fats

A choice on the fats list has 5 grams of fat and 45 calories. Read the Nutrition Facts on food labels for serving sizes. One fat choice is based on a serving size that has 5 grams of fat.


Unsaturated Fats—Monounsaturated Fats

Food	Serving Size
Avocado	2 Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	1½ tsp
Nuts	
Almonds	6
Brazil	2
Cashews	6
Filberts (hazelnuts)	5
Macadamia	3
Mixed (50% peanuts)	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives	
Black (ripe)	8 large
Green, stuffed	10 large



Fats (continued)

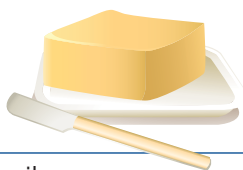
Polyunsaturated Fats

Food	Serving Size
Margarine: lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Margarine: stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Mayonnaise-style salad dressing	
Reduced-fat	1 Tbsp
Regular	2 tsp
Nuts	
Pignolia (pine nuts)	1 Tbsp
Walnuts, English	4 halves
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Oil: made from soybean and canola oil—Enova	1 tsp
Plant stanol esters	
Light	1 Tbsp
Regular	2 tsp
Salad dressing	
 Reduced-fat (Note: May be high in carbs)	2 Tbsp
 Regular	1 Tbsp
Seeds	
Flaxseed, whole	1 Tbsp
Pumpkin, sunflower	1 Tbsp
Sesame seeds	1 Tbsp
Tahini or sesame paste	2 tsp



Saturated Fats

Food	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Butter blends made with oil	
Reduced-fat or light	1 Tbsp
Regular	1½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
Light	½ cup
Regular	1½ Tbsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped	2 Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp (¾ oz)
Regular	1 Tbsp (½ oz)
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Salt pork	¼ oz
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp



Free Foods

A “free” food is any food or drink choice that has less than 20 calories and **5 grams or less of carb** per serving. Most foods on this list should be limited to 3 servings per day. Spread out the servings throughout the day. If you eat all 3 servings at once, it could raise your blood sugar. Food and drink choices listed here without a serving size can be eaten whenever you like.

Low-Carb Foods

Food	Serving Size
Cabbage, raw	½ cup
Candy, hard (regular or sugar-free)	1 piece
Carrots, cauliflower, or green beans, cooked	¼ cup
Cranberries, sweetened with sugar substitute	½ cup
Cucumber, sliced	½ cup
Gelatin Dessert, sugar-free Unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Rhubarb, sweetened with sugar substitute	½ cup
Salad greens	
Sugar substitutes (artificial sweeteners)	
Syrup, sugar-free	2 Tbsp




Modified-Fat Foods With Carbs

Food	Serving Size
Cream cheese, fat-free	1 Tbsp (½ oz)
Creamers	
Nondairy, liquid	1 Tbsp
Nondairy, powdered	2 tsp
Margarine spread	
Fat-free	1 Tbsp
Reduced-fat	1 tsp
Mayonnaise	
Fat-free	1 Tbsp
Reduced-fat	1 tsp
Mayonnaise-style salad dressing	
Fat-free	1 Tbsp
Reduced-fat	1 tsp
Salad dressing	
Fat-free or low-fat	1 Tbsp
Fat-free, Italian	2 Tbsp
Sour cream, fat-free or reduced-fat	1 Tbsp
Whipped topping	
Light or fat-free	2 Tbsp
Regular	1 Tbsp


Free Foods (continued)

Condiments

Food	Serving Size
Barbecue sauce	2 tsp
Catsup (ketchup)	1 Tbsp
Honey mustard	1 Tbsp
Horseradish	
Lemon juice	
Miso	1½ tsp
Mustard	
Parmesan cheese, freshly grated	1 Tbsp
Pickle relish	1 Tbsp
Pickles	
 Dill	1½ medium
Sweet, bread and butter	2 slices
Sweet, gherkin	¾ oz
Salsa	¼ cup
 Soy sauce, light or regular	1 Tbsp
Sweet and sour sauce	2 tsp
Sweet chili sauce	2 tsp
Taco sauce	1 Tbsp
Vinegar	
Yogurt, any type	2 Tbsp

Drinks/Mixes

Any food on this list without a serving size listed can be consumed in any moderate amount.

-  Bouillon, broth, consomme
- Bouillon or broth, low-sodium
- Carbonated or mineral water
- Club soda
- Cocoa powder, unsweetened (1 Tbsp)
- Coffee, unsweetened or with sugar substitute
- Diet soft drinks, sugar-free
- Drink mixes, sugar-free
- Tea, unsweetened or with sugar substitute
- Tonic water, diet
- Water
- Water, flavored, carb-free



Seasonings

Any food on this list can be consumed in any moderate amount.



- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic
- Herbs, fresh or dried
- Nonstick cooking spray
- Pimento
- Spices
- Hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

Combination Foods









Many of the foods you eat are mixed together in various combinations, such as casseroles. These “combination” foods do not fit into any one choice list. This is a list of choices for some typical combination foods. This list will help you fit these foods into your meal plan. Ask your RD for nutrient information about other combination foods you would like to eat, including your own recipes.




Entrees

Food	Serving Size	Count as
 Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese)	1 cup (8 oz)	2 carbs + 2 medium-fat meats
 Stews (beef/other meats and vegetables)	1 cup (8 oz)	1 carb + 1 medium-fat meat + 0–3 fats
Tuna salad or chicken salad	½ cup (3½ oz)	½ carb + 2 lean meats + 1 fat

Frozen Meals/Entrees

Food	Serving Size	Count as
  Burrito (beef and bean)	1 (5 oz)	3 carbs + 1 lean meat + 2 fats
 Supper-type meal	Generally 14–17 oz	3 carbs + 3 medium-fat meats + 3 fats
 Entree or meal with less than 340 calories	About 8–11 oz	2–3 carbs + 1–2 lean meats
Pizza		
 Cheese/vegetarian, thin crust	¼ of a 12-inch (4½–5 oz)	2 carbs + 2 medium-fat meats
 Meat topping, thin crust	¼ of a 12-inch (5 oz)	2 carbs + 2 medium-fat meats + 1½ fats
 Pocket sandwich	1 (4½ oz)	3 carbs + 1 lean meat + 1–2 fats
 Pot pie	1 (7 oz)	2½ carbs + 1 medium-fat meat + 3 fats

Salads (Deli-Style)

Food	Serving Size	Count as
Coleslaw	½ cup	1 carb + 1½ fats
Macaroni/pasta salad	½ cup	2 carbs + 3 fats
 Potato salad	½ cup	1½–2 carbs + 1–2 fats

Combination Foods (continued)

Soups

Food	Serving Size	Count as
Bean, lentil, or split pea	1 cup	1 carb + 1 lean meat
Chowder (made with milk)	1 cup (8 oz)	1 carb + 1 lean meat + 1½ fats
Cream (made with water)	1 cup (8 oz)	1 carb + 1 fat
Instant With beans or lentils	6 oz prepared 8 oz prepared	1 carb 2½ carbs + 1 lean meat
Miso soup	1 cup	½ carb + 1 fat
Oriental noodle	1 cup	2 carbs + 2 fats
Rice (congee)	1 cup	1 carb
Tomato (made with water)	1 cup (8 oz)	1 carb
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 carb



Fast Foods

The choices in this list are not specific fast food meals or items, but are estimates based on popular foods. Ask the restaurant or check its Web site for nutrition information about your favorite fast foods.

Key to symbols



= More than 3 grams of dietary fiber per serving.





= Extra fat or prepared with added fat.








= 600 milligrams or more of sodium per serving
(for fast food main dishes/meals).

Breakfast Sandwiches

Food	Serving Size	Count as
 Egg, cheese, meat, English muffin	1 sandwich	2 carbs + 2 medium-fat meats
 Sausage biscuit sandwich	1 sandwich	2 carbs + 2 high-fat meats + 3½ fats

Fast Foods (continued)







Main Dishes/Entrees

Food	Serving Size	Count as
  Burrito (beef and beans)	1 (about 8 oz)	3 carbs + 3 medium-fat meats + 3 fats
 Chicken breast, breaded and fried	1 (about 5 oz)	1 carb + 4 medium-fat meats
Chicken drumstick, breaded and fried	1 (about 2 oz)	2 medium-fat meats
Chicken nuggets	6 (about 3½ oz)	1 carb + 2 medium-fat meats + 1 fat
 Chicken thigh, breaded and fried	1 (about 4 oz)	½ carb + 3 medium-fat meats + 1½ fats
 Chicken wings, hot	6 (5 oz)	5 medium-fat meats + 1½ fats







Oriental







Food	Serving Size	Count as
 Beef/chicken/shrimp with vegetables in sauce	1 cup (about 5 oz)	1 carb + 1 lean meat + 1 fat
 Egg roll, meat	1 (about 3 oz)	1 carb + 1 lean meat + 1 fat
 Fried rice, meatless	½ cup	1½ carbs + 1½ fats
 Meat and sweet sauce (orange chicken)	1 cup	3 carbs + 3 medium-fat meats + 2 fats
  Noodles and vegetables in sauce (chow mein, lo mein)	1 cup	2 carbs + 1 fat

Pizza



Food	Serving Size	Count as
Pizza		
 Cheese, pepperoni, regular crust	⅛ of a 14-inch (about 4 oz)	2½ carbs + 1 medium-fat meat + 1½ fats
 Cheese/vegetarian, thin crust	¼ of a 12-inch (about 6 oz)	2½ carbs + 2 medium-fat meats + 1½ fats

Fast Foods (continued)




Sandwiches

Food	Serving Size	Count as
 Chicken sandwich, grilled	1	3 carbs + 4 lean meats
 Chicken sandwich, crispy	1	3½ carbs + 3 medium-fat meats + 1 fat
Fish sandwich with tartar sauce	1	2½ carbs + 2 medium-fat meats + 2 fats
Hamburger		
 Large with cheese	1	2 carbs + 4 medium-fat meats + 1 fat
Regular	1	2½ carbs + 1 medium-fat meat + 1 fat
 Hot dog with bun	1	1 carb + 1 high-fat meat + 1 fat
Submarine sandwich		
 Less than 6 grams fat	6-inch sub	3 carbs + 2 lean meats
 Regular	6-inch sub	3½ carbs + 2 medium-fat meats + 1 fat
Taco, hard or soft shell (meat and cheese)	1 small	1 carb + 1 medium-fat meat + 1½ fats

Salads

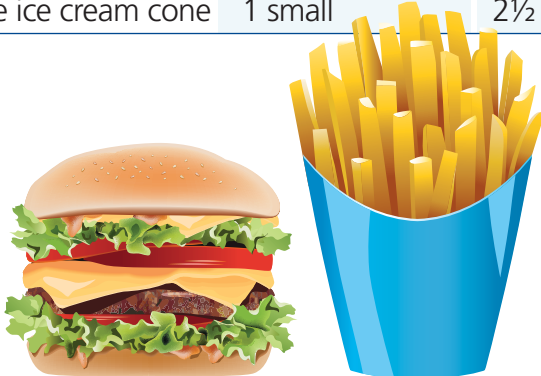
Food	Serving Size	Count as
  Salad, main dish (grilled chicken type, no dressing or croutons)	Salad	1 carb + 4 lean meats
Salad, side, no dressing or cheese	Small (about 5 oz)	1 vegetable

Sides/Appetizers

Food	Serving Size	Count as
 French fries, restaurant style	Small Medium Large	3 carbs + 3 fats 4 carbs + 4 fats 5 carbs + 6 fats
 Nachos with cheese	Small (about 4½ oz)	2½ carbs + 4 fats
 Onion rings	1 serving (about 3 oz)	2½ carbs + 3 fats

Desserts

Food	Serving Size	Count as
Milkshake, any flavor	12 oz	6 carbs + 2 fats
Soft-serve ice cream cone	1 small	2½ carbs + 1 fat



Alcohol

- In general, 1 alcohol choice ($\frac{1}{2}$ oz absolute alcohol) has about 100 calories
- If you choose to drink alcohol, you should limit it to 1 drink or less per day for women, and 2 drinks or less per day for men
- To reduce your risk of low blood sugar, especially if you take insulin or a diabetes pill that increases insulin, always drink alcohol with food
- While alcohol, by itself, does not directly affect blood sugar, be aware of the carbs (for example, in mixed drinks, beer, and wine) that may raise your blood sugar
- Check with your RD if you would like to fit alcohol into your meal plan



Alcoholic Beverage	Serving Size	Count as
Beer		
Light (4.2%)	12 fl oz	1 alcohol equivalent + ½ carb
Regular (4.9%)	12 fl oz	1 alcohol equivalent + 1 carb
Distilled spirits: vodka, rum, gin, whiskey 80 or 86 proof	1½ fl oz	1 alcohol equivalent
Liqueur, coffee (53 proof)	1 fl oz	½ alcohol equivalent + 1 carb
Sake	1 fl oz	½ alcohol equivalent
Wine		
Dessert (sherry)	3½ fl oz	1 alcohol equivalent + 1 carb
Dry, red or white (10%)	5 fl oz	1 alcohol equivalent



Commitment to my health

My agreement

Use this chart to help you decide on your wellness goals and plan how to get to the goals you choose. I, _____, agree to achieve the goals below to help improve my overall health and wellness.

Example	
What I will do:	<i>I will keep a food diary for 3 days and discuss it with my diabetes care team.</i>
When I will start:	<i>I will start this coming Monday.</i>
How I will start:	<i>I will get a pocket-sized notebook that I can carry with me.</i>
How I will continue:	<i>I will write down everything I eat or drink and show my lists to my diabetes care team.</i>
My barriers:	<i>I sometimes forget what I've eaten within a few hours after I eat it.</i>
How I will overcome barriers:	<i>I will write down everything I eat or drink right after each meal and snack so that it will be fresh in my mind.</i>

Your signature _____ Date _____

Friend's signature _____ Date _____

Goal 1	Goal 2	Goal 3

Food exchange lists index

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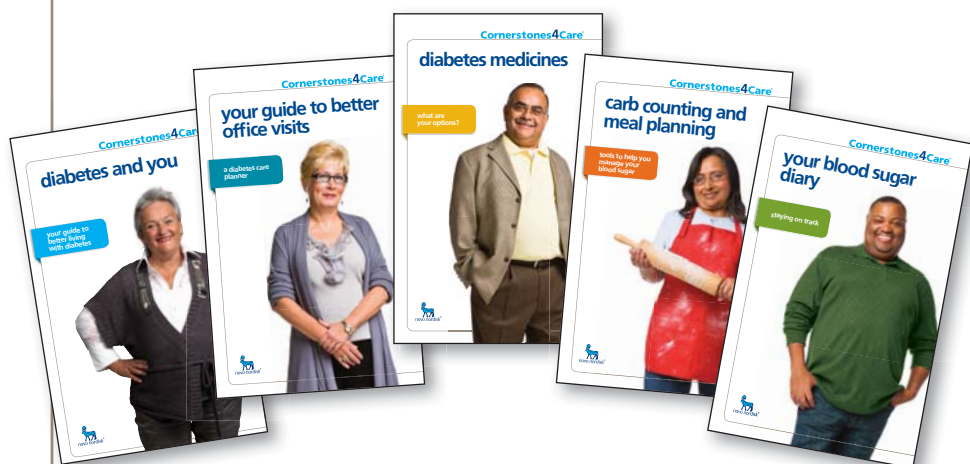
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