

## Carbohydrate Choices

Foods and Portions Equal to One Carbohydrate Choice	
One Carbohydrate Choice = 15 grams of carbohydrate	
Grains & Starches	Fruit
1 slice bread	1 medium apple, orange or pear
3/4 cup (175 mL) cooked cereal	1/2 banana
1/2 - 3/4 cup (125mL-175 mL) cold cereal	1 cup (250 ml) melon or fresh fruit
1/2 cup (125mL) potato, yam or corn	1 cup (250 mL) blueberries
1/2 cup (125 mL) pasta, barley, couscous, quinoa or buckwheat (cooked)	2 cups (500 mL) blackberries, raspberries, or strawberries
1/3 cup (75 mL) rice or millet	15 small cherries or grapes
1/2 English muffin	1/2 cup (125 mL) cooked or canned fruit
1/4 bagel	1/2 medium mango or pomegranate
1/2 hamburger bun	3 small guava or 2 small kiwi fruit
1/2 medium pita or tortilla	3 prunes or apricots
1 small roti (6 in/15 cm)	2 Tbsp (30 mL) raisins or dried cranberries
3 cups (750mL) popcorn (popped)	
Milk & Alternatives (lower fat choices recommended)	Sweet Foods (limit sugar and sweets)
1 cup (250mL) milk	1/2 cup (125mL) unsweetened fruit juice
1 cup (250 mL) yogurt, no sugar added	1/2 small muffin or 2 plain cookies
1 cup sweetened, fortified soy beverage (carbohydrate varies, check label)	1/2 cup (125 mL) ice cream, frozen or sweetened yogurt or chocolate milk
1 cup 250mL (raita) or unsweetened lassi	1/2 cup (125mL) pop
<b>Note:</b> unsweetened soy beverage, cottage cheese and plain Greek yogurt are low in carbohydrate	3 tsp (15mL) sugar, honey, jam, molasses or syrup

**Most people need:**

- 2 to 4 Carbohydrate Choices or 30 to 60 grams of carbohydrates **each meal**.
- 1 Carbohydrate Choices or 15 of carbohydrates **each snack** (snacks are not necessary for everyone).

**Legumes** (dried beans, lentils and peas) are a good source of protein and have less effect on blood glucose than other foods containing carbohydrate. They can be counted as: 1/2 cup (125 mL) cooked = 15 grams of carbohydrate

**Most vegetables** are low in carbohydrate. If eaten in larger amounts, beets, parsnips, peas and winter squash can be counted as: 1 cup (250mL) = 15 grams carbohydrate

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This information does not replace the advice given to you by your healthcare provider.

<b>Menu Ideas for Diabetes</b>	
<b>30 to 45 grams carbohydrate each meal</b>	
<b>Breakfast</b>	
1 orange 1 to 2 slices whole grain toast <b>or</b> $\frac{3}{4}$ to $1\frac{1}{2}$ cups (175 to 325 mL) cooked oatmeal 1 to 2 tbsp (15 to 30 mL) peanut butter, nuts, seeds, 1 to 2 eggs or $\frac{1}{2}$ to $\frac{3}{4}$ cup (125 to 200 mL) Greek yogurt	
<b>Lunch</b>	
1 to 2 slices whole grain bread 2 slices (60 g/2 oz) meat, chicken or fish 1 to 2 tsp (5 to 10 mL) soft margarine or mayonnaise Tomato and lettuce Salad with dressing 1 medium apple or other fruit	
<b>Supper</b>	
3 to 5 oz (90 to 150 g) chicken or fish $\frac{1}{2}$ to 1 cup (125 to 250 mL) potato, yam or pasta 1 to 2 tsp (5 to 10 mL) soft margarine or oil Carrots and broccoli 1 cup (250 mL) mixed fresh fruit	

**Notes:**

- Coffee, tea, water or other sugar-free beverages may be taken throughout the day.
- Beans, lentils, soy products or paneer can be substituted for meat, chicken and fish.
- To meet your calcium needs, make sure you have 2 to 3 servings each day of dairy or other high calcium foods.
- Eat a meal every 4 to 6 hours during the day. If your meals are spaced more than 4 to 6 hours apart, have a healthy snack between meals.
- You can choose less at meals and include snacks. If you are active you may need to add extra snacks.