

<b>Grains</b>	<b>1 Serving = 15 g carbs</b>
Bagel (white or whole wheat)	1/2 of a small
Bread (white or whole wheat)	1 slice (1 ounce)
Bun (white or whole wheat)	1/2 of a small
Crackers, round butter style	6
Dry cereal, unsweetened	3/4 cup
English muffin	1/2 of a small
Hot cereal (oatmeal, grits, etc.)	1/2 cup cooked
Macaroni, noodles, pasta or spaghetti	1/3 cup cooked
Pancakes and waffles	1 (4-inch diameter)
Pizza crust, thin	1/8 of a 12-inch pizza
Rice (white or brown)	1/3 cup cooked
<b>Beans &amp; Legumes</b>	<b>1 Serving = 15 g carbs</b>
Baked beans	1/3 cup cooked
Beans (navy, black, pinto, red, etc.)	1/2 cup cooked
Lentils	1/2 cup cooked
<b>Starchy Vegetables</b>	<b>1 Serving = 15 g carbs</b>
Baked potato (regular or sweet)	1/2 medium (4 inches long)
Corn	1/2 cup cooked
French fries, regular cut	10-15 fries
Peas	1/2 cup cooked
Winter squash (acorn, butternut, etc.)	1 cup cooked
Vegetable soup	1 cup
<b>Fruits</b>	<b>1 Serving = 15 g carbs</b>
Apple	1 small
Banana	1/2 medium
Blackberries/Blueberries	3/4 cup
Canned fruit (in light syrup or juice)	1/2 cup
Cantaloupe	1 cup cubed
Cherries	12 to 15
Grapefruit	1/2 large
Grapes	17 small
Honeydew melon	1 cup
Orange	1 small
Peach	1 small
Pear	1 small
Raspberries	1 cup
Strawberries	1 1/2 cup whole
Watermelon	1 1/4 cup cubed
<b>100% Fruit Juices</b>	<b>1 Serving = 15 g carbs</b>

Apple juice	1/2 cup
Cranberry juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
<b>Dairy Products</b>	<b>1 Serving = 15 g carbs</b>
Milk (skim or 1% fat)	1 cup
Yogurt (plain, light or sugar-free)	1 cup
<b>Sweets &amp; Snacks</b>	<b>1 Serving = 15 g carbs</b>
Cookies	2 small
Chips	0.75 oz
Frozen yogurt, regular	1/2 cup
Ice cream (light)	1/2 cup
Popcorn (plain or air-popped)	3 cups
Pretzels	0.75 oz
Pudding (sugar-free)	1/2 cup

## CARBOHYDRATE COUNTING SIMPLIFIED

This is the easiest way to look at a diabetes diet. You focus on the one thing that raises blood sugar ... **carbohydrates** ... **FRUIT, STARCHES, MILK**, and ... of course ... **SWEETS**. The trick is to **eat less of the foods above ... and CHECK YOUR BLOOD SUGARS!** You'll know then if you are eating the right amount ...

The rule of thumb is **FOUR SERVINGS PER MEAL** and **TWO FOR SNACKS** ...but sometimes you can eat more ... **THE PROOF IS IN THE BLOOD SUGARS** ... which should be 80 to 130 in the morning before eating and under 180 at night or 1 to 2 hours after eating. **Test in the morning and 2 hours after eating to start and then in the morning and evening to see if not eating a lot of carbs is working for you**

Mix servings or eat that whole 2 cups of pasta ... up to you! If it's not, contact me and we'll figure it out together!

**Jill Place, MA, RDN, CCN**

Website: [www.healyourhealthnow.com](http://www.healyourhealthnow.com)

Email: [jill@healyourhealthnow.com](mailto:jill@healyourhealthnow.com)

Phone: (833) YOUHEAL

