

Carbohydrate (Carb) Counting – The Basics

Meals	
Women: <ul style="list-style-type: none"> 3 to 4 Carb choices or 45 to 60 grams carbohydrate 	Men: <ul style="list-style-type: none"> 4 to 5 Carb choices or 60 to 75 grams carbohydrate
Snacks, if needed	
1 or 2 Carb choices or 15 or 30 grams carbohydrate (See the back page for foods that have no carbs or are low in carbs.)	

Your age, activity level and weight may change the number of Carb choices you need for each meal and snack each day. Your dietitian will discuss the number of Carb choices that are right for you.

Each serving is 1 Carb choice or about 15 grams carbohydrate	
Grains and Starches Barley, couscous or quinoa, cooked.....1/2 cup Bread 1 slice Bun, medium 1/2 Cereal, cold 1/2 cup Cereal, hot 3/4 cup Corn..... 1/2 cup Crackers, soda 6 English muffin 1/2 Flour 3 Tbsp Legumes, cooked 1/2 cup Pasta, cooked..... 1/2 cup Pita 6 inch..... 1/2 Pizza, thin crust 1 small slice (crust only) Potato, white..... 1/2 cup Potato, sweet..... 1/3 cup Rice, cooked..... 1/3 cup Soup 1 to 1 1/2 cups	Fruits and Sweet Vegetables Apple, peach or orange..... 1 medium Banana, grapefruit or pear 1 small Blueberries..... 1 cup Grapes 1/2 cup Juice, fruit..... 1/2 cup Strawberries, sliced..... 1 1/2 cups Watermelon or cantaloupe, cubed 1 1/2 cups Beets, parsnips, peas or squash 1 cup Juice, tomato or vegetable ... 1 1/2 cups Sauce, tomato or spaghetti ... 1/2 cup
Milk and Alternatives Milk 1 cup Pudding, no sugar added..... 3/4 cup Yogurt, plain or no sugar added..... 3/4 cup	Other Choices (sweets and snacks) Chocolate bar (45 gram) 1/2 Cookies, plain 2 Granola bar 1 Ice cream 1/2 cup Popcorn, popped..... 3 cups Popsicle 1 Potato chips, flavoured..... 10 Potato chips, plain..... 15 Pretzel sticks..... 30

These foods have no carbs or are low in carbs. They will not affect your blood sugar.	
<p>Meat and Alternatives Chicken/turkey (remove skin) Fish (baked or broiled) Peanut butter Meat (lean) Cheese Cottage cheese Tofu Eggs</p> <ul style="list-style-type: none"> • Prepare with no or small amounts of added fat. • Avoid fried foods. • Trim visible fat from meat. <p>Include at each meal. Eating large portions can increase your weight.</p>	<p>Vegetables Most vegetables are low in carbohydrates except those listed on the front page chart.</p> <p>These vegetables are good to have as snacks and to include at meals: Asparagus, bean sprouts, beans, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, kale, leeks, lettuce, mushrooms, okra, peppers, radishes, spinach, tomato and zucchini.</p>
<p>Fats and Oils Oils Salad dressings Margarine, non-hydrogenated Butter Nuts or seeds Avocado Olives</p> <p>Include small amounts at each meal. Eating large portions can increase your weight.</p>	<p>Extras Water Sugar free drinks Coffee/Tea Herbs and spices Vinegar (regular and flavoured) Artificial sweeteners Sugar free gelatin, candies and gum</p>

Use this picture as a guideline to help you keep healthy servings on your plate.

