

McLaren Print System Order

Order No: 85858
 Order Date: 2024-05-31
 Order Request Date:
 User: lewis strong
 Phone: 8103422855

Ship Location: McLaren Flint - Dietitian Office - North Section - ground floor across from kitchen Attn: Lewis Strong
 401 South Ballenger Hwy
 flint, Michigan 48532

Brochures
 Quantity: 50
 Paragon Dept No: 16123
 Dept Name: Nutritional Services
 Company Number:

Order Total Price: 110.00

Item Number: M-1230
 Item Description: CHOOSE YOUR FOODS LISTS Booklet
 Revision Date: 05/2024
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: 8.5x11 32 Page Self Cover 100# Satin Text

Client Name: _____ Date: _____
 Ref/Order #: _____ Email: _____ Phone: _____

Carbohydrate Counting for People with Diabetes

Foods with carbohydrates make your blood glucose level go up. Learning how to count carbohydrates can help you control your blood glucose levels. First, identify the foods you eat that contain carbohydrates. Then, using the Foods with Carbohydrates list, determine about how much carbohydrates are in your meals and snacks. Make sure you are eating foods with fiber, protein, and healthy fat along with your carbohydrate foods.

Foods with Carbohydrates

The following list shows carbohydrate foods that have about 15 grams of carbohydrate each. Using measuring cups, spoons, or a food scale when you first begin learning about carbohydrate counting can help you learn about the portion sizes you typically eat. The following foods have 15 grams carbohydrate each:

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|----------------------------------|--|
| Grains | |
| - 1 slice bread (1 ounce) | - 1/2 hamburger or hot dog bun (16 ounces) |
| - 1 small tortilla (6-inch size) | - 1/2 cup cooked cereal |
| - 1/2 large bagel (3 ounces) | - 1/2 to 3/4 cup ready-to-eat cereal |
| - 1/2 cup pasta or rice (cooked) | - 2 taco shells (6-inch size) |

Fruit

- | | |
|--------------------------------------|---|
| - 1 small fresh fruit (1/2 to 1 cup) | - 1/2 cup canned or frozen fruit |
| - 1/2 medium banana | - 2 tablespoons dried fruit (blueberries, cherries, cranberries, raisins) |
| - 17 small grapes (3 ounces) | - 1/3 cup unsweetened fruit juice |
| - 1 cup melon or berries | |

Starchy Vegetables

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|--|-------------------------------------|
| - 1/2 cup cooked beans, peas, corn, potatoes, sweet potatoes | - 1/2 large baked potato (3 ounces) |
| | - 1 cup acorn or butternut squash |

Snack Foods

- | | |
|--|-------------------------|
| - 3 to 4 crackers | - 3 cups popped popcorn |
| - 6 potato chips or 12 tortilla chips (1/2 ounce to 1 ounce) | |

Spec Info:

