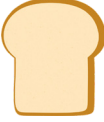






































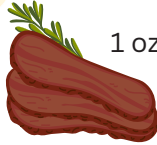

















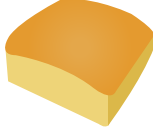
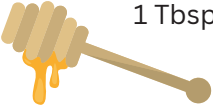




BASIC CARB COUNTING

1 choice = 15 grams carbohydrate

45-60 grams of carbohydrate per meal

<p>Grains 1 carb choice</p>	 1 slice bread  1/3 cup pasta  1/3 cup cooked rice  6 round-type crackers  3 cups popcorn  1/2 cup cooked oatmeal  1/2 English muffin
<p>Starchy Veg 1 carb choice</p>	 3 oz. potato  1/2 cup corn or 4-4.5 inch cob  1/2 cup cooked sweet potato  1/2 cup mashed potatoes  1/2 cup cooked lentils  1/2 cup peas  1 cup cooked winter squash
<p>Non-Starchy Veg 15 grams = (3) 1/2 cup cooked or 1 cup raw</p>	 asparagus  zucchini/summer squash  tomatoes or tomato sauce (no sugar added)  bell peppers  greens/salad greens  beets  carrots  pea pods/sugar snap peas  mushrooms  cucumbers cucumbers
<p>Fruit 1 carb choice</p>	 1 1/4 cup, diced watermelon  3/4 cup 15 grapes  1 1/4 cup whole strawberries  1 medium orange  canned pineapple 1/2 cup; fresh 2/4 cup  1/2 banana  2 Tbsp raisins & other dried fruit

<p>Milk 1 carb choice</p>	 8 oz whole milk	 8 oz lowfat/skim milk	 8 oz yogurt w/ no sugar added or artificially sweetened	
<p>Protein No carbs to count</p>	<p>1 oz fish</p>  1 oz cheese 	<p>1 oz poultry</p>  1 oz mozzarella cheese 	<p>1 egg or 1/4 cup liquid egg white</p>  1 oz roast 	<p>1 oz ground beef</p>  1 Tbsp nut butter  1/2 cup tofu 
<p>Fats Little to no carbs</p>	<p>1 tsp margarine</p>  1 oz cheese 	<p>4 pecan halves</p>  1 oz cheese  1 tsp mayo 	<p>2 Tbsp avocado</p>  1 Tbsp cream cheese  16 pistachio 	<p>6 almonds</p>  8 black olives or 10 green, stuffed  1 Tbsp salad dressing 
<p>Other 1 carb choice</p>	<p>2" unfrosted brownie square</p>  2, 2" cookies 	<p>1/2 cup vanilla ice cream</p>  1 3/4 inch cube cornbread 	<p>1 Tbsp honey</p>  1 Tbsp maple syrup  1/2 cup sugar free pudding made with nonfat milk 	<p>1 Tbsp jam/jelly</p> 