

**McLaren Print System Order**

Order No: 91994  
 Order Date: 2025-01-30  
 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: FLT10

Order Total Price:

Item Number: M-1230  
 Item Description: CHOOSE YOUR FOODS LISTS Booklet  
 Revision Date: 05/2024  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Poster:  
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Client Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 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 these lists, you can learn about carbohydrate counting. When you begin learning about carbohydrate counting, it can help you learn about the portion sizes you typically eat. The following foods have 15 grams carbohydrate each:

- |                                  |  |  |   |
|----------------------------------|--|--|---|
| <b>Grains</b>                    |  | <b>Fruit</b>   |   |
| - 1 slice bread (1 ounce)        | - 1/2 hamburger or hot dog bun (16 ounces) | - 1/2 cup canned or frozen fruit                             | - 1/2 cup canned or frozen fruit  |
| - 1 small tortilla (8-inch size) | - 1/2 cup cooked cereal                    | - 1/2 medium banana  | - 2 tablespoons dried fruit (blueberries, cherries, cranberries, raisins) |
| - 1/2 large bagel (1 ounce)      | - 1/2 to 3/4 cup ready-to-eat cereal       | - 1/2 cup melon or berries                                   | - 1/3 cup unsweetened fruit juice   |
| - 1/2 cup pasta or rice (cooked) | - 2 taco shells (8-inch size)              |  |   |
|                                  |  | <b>Starchy Vegetables</b>                                    |   |
|                                  |  | - 1/2 cup cooked beans, peas, corn, potatoes/ sweet potatoes | - 1/2 large baked potato (3 ounces)                                       |
|                                  |  |  | - 1 cup acorn or butternut squash   |
|                                  |  | <b>Snack Foods</b>   |   |
|                                  |  | - 3 to 4 crackers  | - 2 cups popped popcorn   |
|                                  |  | - 4 potato chips or 13 tortilla chips (1/2 ounce to 1 ounce) |   |

**Spec Info:**