

Carbohydrate Foods

Below are some important facts about carbohydrates (carbs).

- Carbs raise your blood sugar.
- It is still important to eat some carbs at every meal.
- Carb foods such as grains, fruit and milk are healthy.
- Eating the right amount of carbs will help keep your blood sugar from going too high.

A carb serving is an amount of food that has 15 grams of carbohydrate. (One carb serving = 15 grams of carbohydrate)





How Many Carb Servings Can I Eat?

Answer: The number of carbohydrate servings you need is based on your body size, age and weight-loss goals.

- Most women need about 3 to 4 carb servings (45-60 grams) at each meal.
- Most men need 4 to 5 carb servings (60-75 grams) at each meal.
- If you eat snacks, choose 1 to 2 carb servings (15-30 grams).



Examples of 3- to 5-Carb Servings per Meal

3-CARB SERVING MEALS

1 whole wheat English muffin =

2 carb servings (serv.)

1 cup cubed cantaloupe = 1 carb serv.

½ cups Cheerios = 2 carb serv.

8 ounces 1% milk = 1 carb serv.

Meat sandwich:

2 slices whole wheat bread = 2 carb serv. (Lean meat, mayo, mustard, lettuce)

1 small apple = 1 carb serv.

2 cups bean soup (lentil) = 2 carb serv.

6 triscuits/saltines crackers = 1 carb serv.

Chicken/fish 3 oz.

1 cup rice (brown better) = 3 carb serv.

1 cup cooked broccoli

5-CARB SERVING MEALS

2-egg veggie omelet

2 slices of toast = 2 carb serv.

1 Tablespoon regular jam = 1 carb serv.

1 teaspoon butter

1 medium banana = 2 carb serv

3 slices of medium pizza Pizza Hut, Thin & Crispy

Pizza = 5 carb serv.

Tossed salad w/ light dressing

3-4 ounces fish

½ cup corn = 1 carb serv.

 $\frac{1}{2}$ cup peas = 1 carb serv.

1 cup cooked zucchini

½ cup canned fruit drained = 1 carb serv.

8 oz. 1% milk = 1 carb serv.

1 piece cake, 2 in. square, no icing = 1 carb serv.

2 cups lasagna = 4 carb serv.

1 (1 oz.) garlic bread = 1 carb serv.

Salad with light salad dressing

4-CARB SERVING MEALS	
1 whole grain English muffin = 2 carb serv. ½ medium banana = 1 carb serv. 1 cup (8 oz.) Fat free/1% milk = 1 carb serv.	1 cup Kashi Go Lean Crunch = 2 carb serv. ¾ cup blueberries = 1 carb serv. Ounces 1% milk = 1 carb serv.
6" Subway sandwich = 3 carb serv. 1 (4 oz.) Apple = 1 carb serv.	2 chicken tacos (2 tortillas) = 2 carb serv. ½ cup refried beans = 1 carb serv. ⅓ cup rice = 1 carb serv.
2 Vans/Eggo Toaster waffles = 2 carb serv. 1 ¼ cup strawberries = 1 carb serv. 8 ounces 1% milk = 1 carb serv.	3 oz. Sirloin steak ½ large baked potato = 2 carb serv. 1 cup green beans 1 small (1 oz.) Dinner roll = 1 carb serv. 8 oz. 1% milk = 1 carb serv.