## Garbohydrate 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 3-10 5-Carb Servings per Meal

| 3-CARB SERVING MEALS <br> 1 whole wheat English muffin = 2 carb servings (serv.) <br> 1 cup cubed cantaloupe = 1 carb serv. |
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| Meat sandwich: <br> 2 slices whole wheat bread = 2 carb serv. <br> (Lean meat, mayo, mustard, lettuce) <br> 1 small apple = 1 carb serv. |
| 2 cups bean soup (lentil) $=2$ carb serv. <br> 6 triscuits/saltines crackers = 1 carb serv. |
| Chicken/fish 3 oz. <br> 1 cup rice (brown better) $=3$ carb serv. <br> 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
$1 / 2$ cup corn $=1$ carb serv.
$1 / 2$ cup peas = 1 carb serv.
1 cup cooked zucchini
$1 / 2$ cup canned fruit drained = 1 carb serv.
$8 \mathrm{oz} .1 \%$ 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.
$1 / 2$ medium banana $=1$ carb serv.
1 cup (8 oz.) Fat free/1\% milk = 1 carb serv.
6" Subway sandwich = 3 carb serv.
1 (4 oz.) Apple = 1 carb serv.

2 Vans/Eggo Toaster waffles = 2 carb serv.
$11 / 4$ cup strawberries $=1$ carb serv.
8 ounces $1 \%$ milk $=1$ carb serv.

1 cup Kashi Go Lean Crunch = 2 carb serv.
$3 / 4$ cup blueberries $=1$ carb serv.
Ounces $1 \%$ milk $=1$ carb serv.
2 chicken tacos ( 2 tortillas) $=2$ carb serv. $1 / 2$ cup refried beans = 1 carb serv.
$1 / 3$ cup rice $=1$ carb serv.
3 oz . Sirloin steak
$1 / 2$ large baked potato $=2$ carb serv.
1 cup green beans
1 small (1 oz.) Dinner roll = 1 carb serv.
$8 \mathrm{oz} .1 \%$ milk $=1$ carb serv.

