

# 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)*

 <p>Slice of Bread (One ounce)</p>	 <p>Eight ounces of milk</p>	 <p>One small apple</p>
 <p>½ cup of corn</p>	 <p>Two cookies (i.e. Oreos)</p>	 <p>1/3 cup of rice or noodles</p>

## 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).

For weight loss

- Most women: 2 to 3 carb servings (30-45 grams) per meal
- Most men: 3 to 4 carb servings (45-60 grams) per meal