

FOOD CHOICES

1 Fruit Serving = 15 grams Carbohydrate (CHO) = 60 calories

Apple - raw 4 oz. (2" across)
 Applesauce (unsweetened) ½ cup
 Banana – ½ medium, 1 small (4" long)
 Canned fruit in juice or water – ½ cup
 Cantaloupe – 1 cup
 Cherries or grapes 12-15
 Apple, orange, or grapefruit juice - ½ cup
 Cranberry, grape or prune juice – 1/3 cup
 Grapefruit – ½
 Mandarin Oranges (canned) ¾ cup
 Orange – 1 small
 Peach – 1 small
 Pineapple – ¾ cup fresh
 Raisins – 2 Tablespoons
 Strawberries – 1 ¼ cup



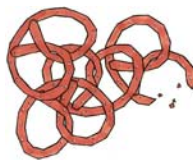
1 Milk/Dairy Serving = 12-15 grams Carbohydrate (CHO) = 90-100 calories = 8 grams protein

Buttermilk – 1 cup
 Evaporated milk (fat free or low fat) – ½ cup
 Milk (1%) – 1 cup
 Yogurt (low-fat w/artificial sweetener) – ¾ cup (6 oz.)
 Yogurt (plain) – ¾ cup (6 oz.)



1 Bread/Starch Serving = 15 gms Carbohydrate (CHO) = 80 calories = 3 grams protein

Bagel (small) or English muffin – ½ or 1 oz.
 Beans (white/red/baked) – ½ cup
 Bread (white/wheat/rye) – 1 slice/roll – 1 oz.
 Cereal (unsweetened) – ½ -¾ cup (varies-see label)
 Cereal (cooked) – ½ -¾ cup (varies-see label)
 Crackers (graham) – 3 squares
 Cracker (snack) – 4-5
 Corn (cooked) - ½ cup
 Corn on the cob – 6" piece
 Hamburger or Hot dog bun – ½ or 1oz.
 Pasta – 1/3 cup
 Peas (fresh/frozen) – ½ cup
 Popcorn (popped, unbuttered) – 3 cups
 Potato (mashed) – ½ cup
 Potato (baked) – 3 oz.
 Rice (cooked, white or brown) – 1/3 cup
 Squash (winter, cooked) – 1 cup
 Tortilla – 1 - 6" across (varies)
 Yam or sweet potato (plain) – ½ cup



1 Vegetable Serving = 5 grams carbohydrate (CHO) = 25 calories = 2 grams protein

All vegetables (raw) – 1 cup
 All vegetables (canned, cooked, frozen) – ½ cup
 Vegetable juice – ½ cup



Meat & Substitutes 1 oz. Servings = 7 grams protein (PRO) = 35-100 calories

Beef (any type) – 1 oz.
 Canadian Bacon – 1 oz.
 Cheese (hard) – 1 oz.
 Chicken (baked or broiled) – 1 oz.
 Cottage cheese – ¼ cup
 Eggs – 1 large
 Fish sticks – 2
 Peanut butter – 1 Tbsp
 Pork (baked or broiled) – 1 oz.
 Turkey – 1 oz.
 Veal – 1 oz.



1 Fat Serving = 5 grams fat (FAT) = 45 calories

Avocado – 1/8 (4" across) - 2 Tbsp
 Bacon – 1 slice
 Butter – 1 tsp
 Cream (light, table, coffee, sour) - 2 Tbsp
 Cream Cheese (regular) - 1 Tbsp
 Margarine – 1 tsp
 Mayonnaise (Canola Oil) – 1 tsp
 Nuts or Seeds – 1 tsp (varies - 2-10 nuts)
 Oils – 1 tsp
 Salad dressing (light) – 2 Tbsp
 Sour Cream – 2 Tbsp



Simple steps for healthy eating with diabetes.

1. Eat 3 meals each day, spread evenly throughout the day. Space them 4-5 hours apart.
2. Eat a small healthy snack when meals are greater than 4-5 hours apart.
3. Do not skip meals.
4. Limit foods high in sugar, salt and fat.
5. Reduce portions to help lose weight.
6. Eat 20-35 gms. fiber. Include more fresh fruits and vegetables, and whole grain breads and cereals.
7. Spread carbohydrates throughout the day.