My Food Plan

Trinity Health
IHA Medical Group

Carbohydrate Foods

Carbohydrate (carb) grams listed are general guidelines. Check the Nutrition Facts label on the package of the foods you eat.

Grains	Serving Size	Approx. Carb Grams
Bagel	*whole, 4 to 5 inches*	60
Barley, bulgur, couscous or quinoa	*1/2 cup cooked*	20
Beans, legumes or split peas	*1/2 cup cooked*	20
Bread	*1 slice*	15
Bun	*1 hamburger/hot dog*	30
Cereal *(unsweetened oats/grits)*	*1/2 cup cooked*	15
Corn	*1/2 cob or 1/2 cup*	15
Edamame	*1 cup cooked*	15
Pancake or waffle	*4 inches*	15
Pasta	*1 cup cooked*	45
Potato *(sweet or white)*	*4 inches or 6 ounces*	30
Rice *(brown or white)*	*1 cup cooked*	45
Roti or chapati,	*6 inches or 1/2 pita*	15
Tortilla *(2 corn or 1 flour)*	*6 inches*	15
Fruits		
Berries or cherries	*1 cup or 8 ounces*	15
Fruit, canned *(light syrup or juice)*	*1/2 cup or 4 ounces*	20
Apple/banana/grapefruit/pear	*1 large*	30
Apple/orange/peach/tangerine/ kiwi	*1 medium*	15
Clementines/plum	*2 small*	15
Juice	*1/2 cup or 4 ounces*	15
Raisins, craisins, other dried fruit	*1/4 cup or 2 ounces*	30
Dairy		
Milk *(skim, 1%, 2%, whole)*	*1 cup or 8 ounces*	12
Alternative/plant-based milks *(choose unsweetened)*	*1 cup or 8 ounces*	8-24
Yogurt *(plain, flavored, Greek)*	*6 ounces*	6-28
Snacks and Desserts		
Brownie or cake	*2-inch square*	30
Chips *(potato or tortilla)*	*10-15 chips or 1 ounce*	15-20
Crackers *(whole grain)*	*5-6 crackers*	15
Granola	*1/4 cup or 2 ounces*	15
Granola bar	*1 bar*	15-30
Ice cream	*1/2 cup or 4 ounces*	15-20
Popcorn	*3 cups*	15
Pretzel	*17 mini twists*	15
Sugar *(brown or white),* honey, agave	*1 tablespoon*	15
Syrup *(caramel, chocolate, maple, etc.)*	*2 tablespoons*	15-30

Low or Non-Carbohydrate Foods

Non-Starchy Vegetables

Choose 3 or more servings per day. One serving is 1 cup raw or 1/2 cup cooked.

These vegetables have 0 to 5 grams of carbohydrate per serving:

- Asparagus
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Kohlrabi
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radish
- Salad Greens *(lettuce, kale, romaine, spinach)*
- Sauerkraut
- Spaghetti squash
- Tomato
- Turnip
- Zucchini

These vegetables have 6 to 10 grams of carbohydrate per serving:

- Beets
- Butternut squash
- Carrots
- Jicama
- Onions
- Parsnips
- Pumpkin
- Rutabaga

Proteins

Choose 5 to 6 oz of lean animal or plant-based protein per day.
One serving of protein is 3 oz cooked, about the size of a deck of cards or 1/4 of a 9-inch plate. Most of these proteins have little to no carbohydrate.

- Beef *(lean)*
- Cheese
- Chicken *(no skin)*
- Cottage cheese
- Deli meat *(bologna, pastrami, salami)*
- Deli meat *(chicken, ham, roast beef, turkey)*
- Egg or egg substitute
- Fish or seafood *(canned tuna or salmon)*
- Goat
- Ham
- Hot dog
- Lamb roast
- Nut butter
- Pork *(lean)*
- Pork *(sausage, spare ribs)*
- Tofu
- Turkey *(no skin)*
- Veal roast
- Veggie burger

- Choose less often, high in saturated fat (less healthy).
- Check food label for carbohydrate content.

Fats

Use up to 6 servings per day. These fats have little to no carbohydrate.

Choose Unsaturated fat (healthier)

- Avocado *1/8 whole or 2 Tbsp mashed*
- Margarine *(soft, tub or squeeze) 1 tsp*
- Mayonnaise *1 tsp*
- Nuts or seeds *4 to 6 or 1 Tbsp*
- Oil *(canola, corn, olive, peanut, safflower, sunflower) 1 tsp*
- Olives black or green *10 large or 15 small*
- Peanut butter or nut butter *1 tsp*
- Salad dressing, oil-based *1 Tbsp*

Limit Saturated Fat (less healthy)

- Bacon *1 slice*
- Butter *1 tsp*
- Butter *1 tsp*
- Cream, heavy *1 Tbsp*
- Cream cheese *1 Tbsp*
- Gravy *2 Tbsp*
- Oil, coconut *1 tsp*
- Salad dressing, cream-based *1 Tbsp*
- Sour cream *2 Tbsp*

Avoid Trans Fats (unhealthy)

- Margarine stick *1 tsp*
- Oil, partially hydrogenated *1 tsp*

Abbreviations: **oz** = ounce **Tbsp** = tablespoon **tsp** = teaspoon

Using Food Labels

The following information and example Nutrition Facts label explain what the label tells you about the nutrients in a food product. Use the label to compare similar products, including grams and types of fat.

Servings per container
This is the total number of servings in the container or package.

Serving Size
All of the information on the label is based on this serving size. If you double the serving size, the nutrients will be doubles as well. ***Note:*** The grams listed in the serving size refer to the weight of the serving, not the total grams of carbohydrate.

Total Fat
Choose foods with healthy unsaturated fats, such as liquid vegetable oils, nuts and seeds. Limit saturated fat and avoid trans fat.

Total Carbohydrate
This is the total grams of carbohydrate in 1 serving. This includes all starches, sugars and dietary fiber. You can use the total carbohydrate grams to calculate carbohydrate choices, if you prefer. See conversion guide at right.

- **Dietary Fiber** improves digestive health and may help you manage weight, lower glucose and feel less hungry. When possible, choose foods with 3 or more grams of fiber per serving.
- **Total sugars** is the amount of naturally occurring sugar and added sugars.
  - **Naturally occurring sugars** include fructose in fruit and lactose in milk. They come from food sources that are filled with healthy nutrients.
  - **Added Sugars** are added during the processing, such as high-fructose corn syrup, sucrose, dextrose, honey, sugars and agave. Limit intake of foods with added sugars.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How much carbohydrate to have?

Carbohydrate foods (carbs) are important to eat or drink at every meal. Carbs are your body's main source of energy.

Paying attention to how much carbohydrate you eat or drink helps keep your glucose from going too high or too low. This is because carbohydrate affects your glucose level more than other nutrients.

The amount of carbohydrate you need depends on your health and how physically active you are. Talk with your registered dietitian nutritionist (RDN) about the amount of carbohydrate that is right for you.

Follow these helpful tips:

- Eat 3 meals a day.
- Do not skip meals, even if your glucose is high.
- Include some carbohydrate at each meal.
- Talk with your RDN about snacking between meals.
- If you take a set dose of premixed or mealtime insulin, eat consistent amounts of carbohydrate at meals to help manage glucose levels and decrease the risk of low glucose.

My Food Plan

Recommendations for carbohydrate meal planning unless otherwise noted by your dietitian or doctor:

Breakfast: up to 45-60 grams of total carbohydrate	**Lunch:** up to 45-60 grams of total carbohydrate	**Dinner:** up to 45-60 grams of total carbohydrate
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Optional snack: up to 15 grams of carbs	**Optional snack:** up to 15 grams of carbs	**Optional snack:** up to 15 grams of carbs
_____	_____	_____
_____	_____	_____