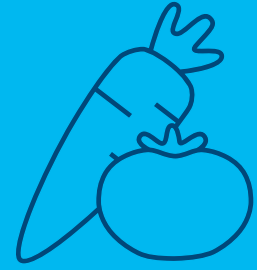


QUICK LIST OF CARBOHYDRATE SERVINGS



Diabetes education

Most foods raise blood sugars somewhat. However, foods that contain carbohydrates have the greatest impact on blood sugar. Use the serving sizes below as a guide to help you take control of your carbohydrate intake.

One carbohydrate choice = 15 grams of total carbohydrate
(11-20 grams is the average of items listed)

BREADS

- 1 slice of bread
- ½ English muffin
- ¼ bakery bagel or ½ small bagel
- 1 very small muffin
- 1 (6") flour or corn tortilla
- 2 (6") taco shells
- 1 (4") pancake
- 1 (4½") waffle

CEREALS

- ¼ cup granola
- ½ cup cooked cereal
- ¾ cup unsweetened dry
- ½ cup bran flakes
- ¼ cup Grape-Nuts®
- 1½ cups puffed cereal
- ½ cup frosted cereal

CRACKERS/SNACKS

- 8 animal crackers
- 3 cups popcorn
- 6 saltines
- ¾-1 oz. pretzels
- 24 oyster crackers
- 3 graham crackers (2½")
- 10-14 tortilla chips
- 4 slices of Melba toast
- 2 (4") rice cakes
- ¾ oz. matzah



FRUITS

Small apple, peach, pear
½ cup canned unsweetened fruit
½ medium-sized banana
12 cherries
¾ cup blueberries
1 cup melon cubes (except watermelon)
⅓-½ cup fruit juice
½ small mango or papaya
2 Tbsp. dried fruit
3 prunes
1¼ cups strawberries or watermelon
¾ cup fresh pineapple
17 small grapes

STARCHY VEGETABLES

½ cup cooked beans/legumes
3 oz. sweet potato or yam
½ cup mashed sweet potato
⅓ cup baked beans
½ cup corn or peas
3 oz. red or baking potato
½ cup mashed potatoes
1 cup winter squash

DAIRY

1 cup milk (skim or 1%)
½ cup evaporated milk
1 cup plain yogurt
¾ cup flavored yogurt (lite)

SOUPS

1 cup broth-based noodle
½ cup beef stew
½ cup cream soup
½ cup bean or pea soup

PASTA & RICE

½ cup chow mein noodles
⅓ cup cooked pasta
⅓ cup cooked rice

SWEETS

1 fudgesicle
2" square cake (no icing)
⅓ cup frozen yogurt
½ cup ice cream
¼ cup sherbet
½ cup sugar-free pudding
3 gingersnaps
2 small cookies
4 oz. regular soda



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