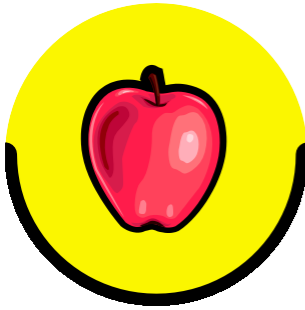


Basic Carbohydrate Meal Planning: Plan Your Plate

Fruit



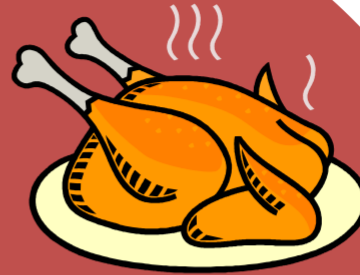
Milk



Bread, Grains &
Starchy Vegetables



Meat and Protein



Non-Starchy
Vegetables



Blood Glucose Targets*

- 80-130 before meals
- less than 180 2 hours after meals

*Your Provider may advise different targets

Foods outlined in black have carbohydrate and will raise blood glucose more.

Choose a balanced plate until you see a dietitian for your own personal meal plan.

← 1 choice = 15 grams carbohydrate →				← These foods are much lower in carb →		
Bread, Grains, and Starchy Vegetables	Fruit	Milk	Sweets	Non-Starchy Vegetables	Meat and Protein	Fat
1 choice =	1 choice =	1 choice =	1 choice =	3-5 servings/day	4-6 oz. per day	Use very little
1/4 large bagel 1 slice bread 1/2 hamburger or hotdog bun 1/2 English muffin 1/2 large biscuit 5-6 crackers 4 inch pancake or frozen waffle 1/3 cup rice or pasta (cooked) 1/2 cup grits or oatmeal (cooked) 3/4 cup dry unsweetened cereal 1/2 cup bran cereal 10 French fries 12-15 chips 1/2 medium potato 1/2 cup mashed/boiled potato 1/2 cup dry beans/peas (cooked) 1/2 cup green peas 1/2 cup corn 3 cups popcorn (popped)	1 small piece of fruit: <ul style="list-style-type: none"> • apple • pear • peach • orange 1/2 large banana 1 cup melon cubes: <ul style="list-style-type: none"> • cantaloupe • honeydew • watermelon 1 cup berries: <ul style="list-style-type: none"> • strawberries • blueberries • raspberries 15 grapes or cherries 1/2 cup canned fruit in light syrup or juice 2 Tbsp. raisins 3 prunes 4 oz. (1/2 c.) fruit juice	8 oz. milk 6 oz. yogurt (artificially sweetened) 12 oz. soy milk	1/2 cup ice cream 1/4 cup sherbet 1/2 glazed doughnut 6 vanilla wafers 2 Oreos 1/2 cup sugar-free pudding 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate Kisses 1 TootsieRoll pop	1 serving=1cup raw or 1/2 cup cooked Asparagus Beans: Italian, Wax, Green Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Chicken Turkey Beef Pork Fish Shellfish Cheese Cottage cheese Eggs Peanut butter Nuts and seeds	All fats are high in calories Unsaturated: (Healthier) Olive oil Canola oil Vegetable oil Soft Margarine Mayonnaise Salad dressing Peanut butter Nuts and seeds Saturated: (Less Healthy) Bacon Sausage Butter Cream Cream cheese Gravy Shortening Sour cream



Take Control!

Don't skip meals:

Aim for 3 meal per day and space 4-5 hours apart

Eat smaller portions

Eat out less - no more that 3 times each week

Include healthy foods everyday: vegetables, fruit, whole grains, nuts, dried beans and peas, low-fat dairy

Be physically active as your doctor advises

Avoid sugar-sweetened beverages and fruit juice

Reading a Food Label

Servings per Container

- Serving per container shows how many recommended servings are in the entire package.
- This container has 4 servings of food.
- If you eat more than one serving of a product, multiply the nutritional facts by the number of servings you eat.

NUTRITION FACTS			
Serving Size 1/2 cup (114g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	90	Calories From Fat	30
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		**
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Sugar alcohols	2g		
Protein	3g		
Vitamin A	80%	Vitamin C	2%
Calcium	4%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
**Intake of trans fat should be as low as possible.			

Serving Size

- The serving size is the portion size used for all the values on the label.
- Different foods have different serving sizes.
- The serving size on this label is 1/2 cup.

Total Carbohydrates

- Indicates the total amount of carbohydrate (starch and sugar) in one serving of this product.
- One carb choice or serving of carbohydrate rich food has about 15 grams of carbohydrate
- This food has 13 grams of carbohydrate per 1/2 cup serving.



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