






COUNTING CARBOHYDRATES

Each item is ONE CHOICE and contains **15 GRAMS carbohydrate†**

Grains, Breads, Cereals	Milk and Yogurt	Fruits	Starchy Vegetables, Dried Beans	Sweets and Snack Foods
1 slice whole grain bread ½ hotdog/ hamburger bun ¼ large bagel 6" tortilla or roti or chapati ¾ cup cold high fibre cereal 1/3 cup dry plain oatmeal ½ cup cooked pasta 1/3 cup cooked rice 1 cup soup or chili 	1 cup milk 1 cup plain or artificially sweetened yogurt ½ cup sweetened yogurt ½ cup chocolate milk 	1 small fresh fruit ½ medium banana ¾ cup mixed fresh fruit ¾ cup fresh pineapple 3 prunes or dates 2 tbsp. raisins 12-15 cherries or grapes 1 cup blueberries or melon ½ cup fruit juice ½ cup fruit canned in juice 2 cups red berries 	½ medium potato ½ cup mashed potato ½ cup corn 1/2 cup beans or lentils 1/3 cup baked beans 1 cup butternut squash 1 cup peas ¾ cup store-bought spaghetti sauce 	4-7 crackers 4 cups popcorn 2-3 plain cookies (arrowroot, ginger) 1 tbsp. sugar or honey or jam ½ cup light ice cream or frozen yogurt ½ cup light pudding 25 small pretzel sticks 1 high fibre granola bar 

† Use carbohydrate values on product label, if available

Carbohydrate Goals per MEAL*:

	Age 18 -65		Age 65+	
	Carbohydrate Choices	Grams of Carbohydrate	Carbohydrate Choices	Grams of Carbohydrate
Women	3-4 choices	45-60 grams	2-4 choices	30-60 grams
Men	4-5 choices	60-75 grams	3-5 choices	45-75 grams
Snack	1-2 choices	15 – 30 grams	1-2 choices	15-30 grams

*Between meals snacks may be needed

*Weight, activity level and age may change number of choices required

NOT CARBOHYDRATE
(will NOT affect blood sugar)

Fish
Poultry
Meat
Eggs
Cheese
Tofu
Peanut butter



Margarine
Oils
Avocado
Nuts
Most salad dressings



These choices can increase weight and cholesterol!
Make low fat choices and control portion size

FREE FOODS (less than 5 grams carbohydrate):

Water, mineral water, sparkling water, artificially sweetened flavoured water
Decaffeinated or regular coffee and tea (without sugar), sugar-free soft drinks, sugar-free fruit flavoured drinks, sugar-free drinks
Calorie-wise salad dressings, lemon juice, low sodium broth, low sodium consommé
Sugar-free gelatin desserts, light jams and jellies, rhubarb with artificial sweetener, lemons

FREE VEGETABLES:

Asparagus, green and yellow beans, bean sprouts, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, endive, kale, leeks, lettuce, mushrooms, okra, onions, peppers, radicchio, radish, rapini, raw spinach, spaghetti squash, tomato, turnips, zucchini

