CCS®

Building a Healthy Meal

DAIRY

Serving = 12 g of carbs
(8 g protein)

- 1 cup milk = 1 fist
- 6 oz. yogurt = 1 lightbulb

Fat-Free & Low-Fat = 100 calories
(0-3 g fat per serving)

Reduced Fat = 120 calories
(5 g fat per serving)

Whole = 160 calories
(8 g fat per serving, high in saturated fats and cholesterol)

FRUIT

1 serving = 15 g carbs
(60 calories)

- 1 small apple = 1 billiard ball
- 2 tbsp. raisins = 1 large marshmallow

25%

25%

PROTEIN

CARBOHYDRATE

VEGETABLES

50%

BONUS Scan the QR code for your complimentary digital **Diabetes Education Guide**

PORTION SIZES

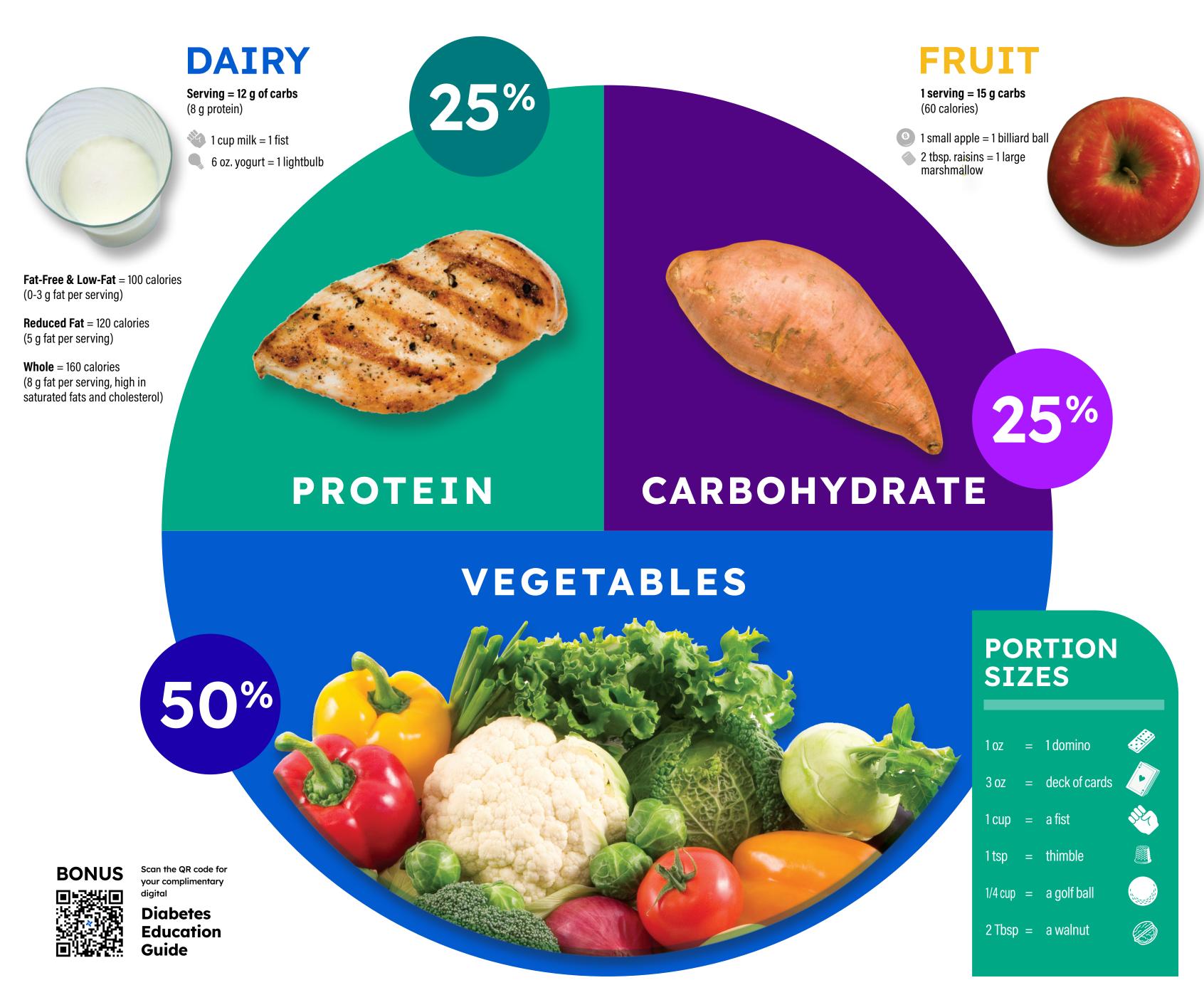|		
1 oz	=	1 domino
3 oz	=	deck of cards
1 cup	=	a fist
1 tsp	=	thimble
1/4 cup	=	a golf ball
2 Tbsp	=	a walnut

PROTEIN

1 serving = 2-3 oz. of protein
1 oz. meat contains 0 g of carbs
3-8 g of fat, 7 g of protein
45-100 calorie

EXAMPLES OF MEAT
Beef, Chicken, Fish, Lamb, Pork, Turkey, Seafood

OTHER PROTEIN
Cottage cheese	¼ cup
Cheese	1 oz.
Egg	1 egg
Peanut butter	1 tbsp.
Tofu	½ cup

- 3 oz. chicken = 1 deck of cards
- 3 oz. beef patty = palm of small adult hand

VEGETABLES

CARBOHYDRATES

1 serving = 5 g of carbs
(25 calories)

1 CUP RAW or ½ CUP COOKED
Beans (green or wax)
Beets
Carrots
Cauliflower
Greens (collard, kale, mustard)
Mixed vegetables (excluding corn, peas, pasta)
Peppers
Tomatoes (fresh or canned)
Zucchini

- 1 cup of raw vegetables = 1 fist
- ½ cup of cooked vegetables = 1 tennis ball

STARCH

1 serving = 15 g carbs
(80 calories)

SERVING SIZE
Beans (cooked: black, navy, kidney, pinto)	1/2 cup
Bread, white or wheat	1 slice
Corn or peas	1/2 cup
Hamburger or hot dog bun	1/2 portion
Pancake (4" across)	1 portion
Pasta (cooked)	1/3 cup
Potato (large)	1/4 portion
Rice, white or brown (cooked)	1/3 cup
Tortilla, corn or flour (6" across)	1 portion

- 1 cup of raw vegetables = 1 fist
- ½ cup of cooked vegetables = 1 tennis ball

FREE FOOD

To learn more about carb counting, attend one of our webinars.

Register now at ccsmed.com/diabetes-education

Scan the QR code for our webinar list.