

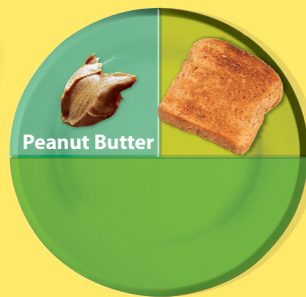
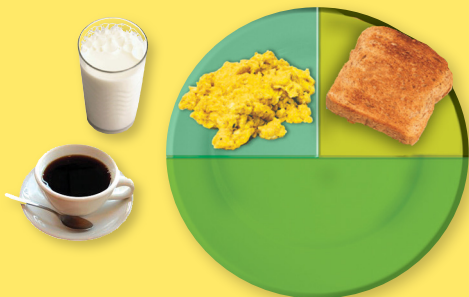


Let's Count Carbs™*

**2-3 Carb choices
Female**

**2-4 Carb choices
Male**

Breakfast



15-30 grams



15-30 grams

Lunch



30-45 grams

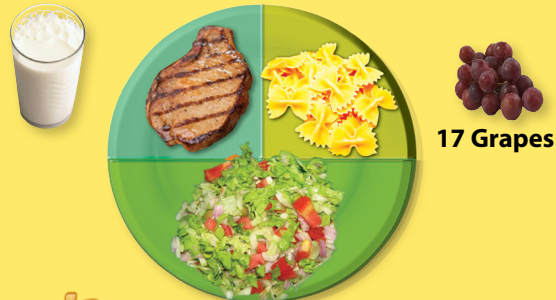


30-45 grams

Dinner



30-45 grams



45-60 grams

Snacks

**1 Carb
choice**



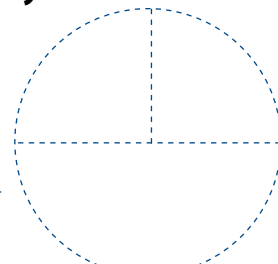
17 Thin Pretzels + 1 Tbsp Nut Butter
or
3 Cups Popcorn
or
2/3 Cup Berries + 4 oz. Plain Yogurt

**0 Carb
choice**



1/4 Cup Mixed Nuts/Almonds or
5 Carrots & Celery Sticks
+ 1 Tbsp Hummus
or
1/2 Cup Sugar-free Gelatin

My Practice Plate



Total carbs = _____

* See other side for serving sizes

1 Carbohydrate (carb) choice = 15 grams					Portion Size
					
1 small apple	1/2 banana	1/2 grapefruit	8 fl oz. milk*	1 cup baked french fries	fist
					
1/2 cup corn	1/2 cup peas	1/2 cup cooked cereal	4 fl oz. chocolate milk*	1/2 cup ice cream*	1/2 baseball
					light bulb
3/4 cup cornflakes	6 oz. yogurt*	17 thin pretzel sticks	1/2 large corn cob		
					1 egg
1/3 cup cooked rice	1/3 cup cooked pasta	1/3 cup ripe plantain	1/3 cup baked beans		
					1/2 deck of cards
3 peanut butter crackers	2 cream-filled cookies	1/2 hamburger bun	1/2 english muffin		
					1 1/2 baseballs
1 1/2 cups cooked cauliflower & broccoli	1 1/2 cups cooked beans	1 1/2 cups salad	1 1/2 cups cooked cabbage		
					compact disc
1 slice of bread	1- 6 inch tortilla	1 pancake	1/2 - 6 inch pita		

To find a a Certified Diabetes Care and Education Specialist (CDCES) call 1.800.498.0274

These mealtimes and carbohydrate amounts are for the general diabetes population. Please consult your CDCES or physician for an individualized plan and/or medical advice. This information is for general education only, and should not replace the relationship you have with your healthcare professional.

<<Rep Name>>
<<Phone Number>>
>>Email>>

*For a heart healthy choice, select a low fat food.

Reference: Choose Your Foods: Exchange Lists for Diabetes, American Dietetic Association, American Diabetes Association, ©2008.



1.800.726.9811

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