



Let's Count Carbs^{TM*}

1 Carbohydrate (carb) choice = 15 grams

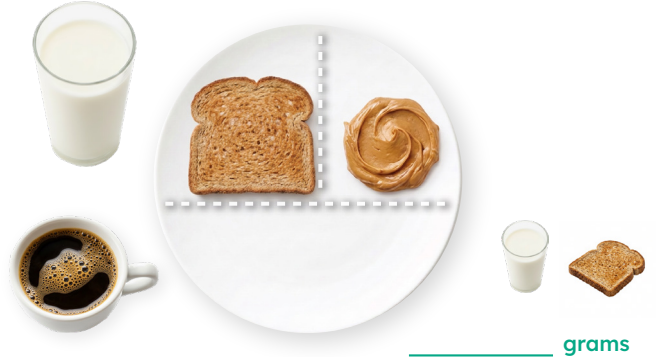
2-3 Carb Choices

Per Each Meal - Female

2-4 Carb Choices

Per Each Meal - Male

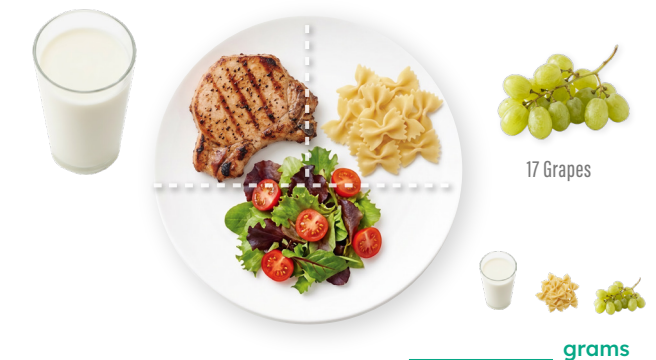
B
R
E
A
K
F
A
S
T



L
U
N
C
H



D
I
N
N
E
R



S
N
A
C
K
S

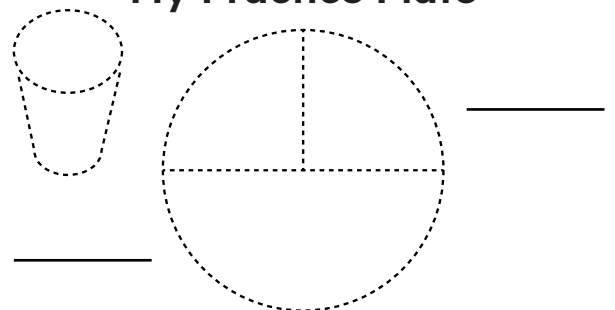
1 Carb Choice



0 Carb Choice



My Practice Plate



Total Carbs _____

*See reverse side for serving sizes

1 Carbohydrate (carb) choice = 15 grams

Vegetables are considered a free food, unless consuming greater than a cup and a half



1 small apple



1/2 banana



1/2 grapefruit



8 fl oz. milk*



One portion is the size of a fist



1/2 cup corn



1/2 cup peas



1/2 cup cooked cereal



4 fl oz. chocolate milk*



One portion is the size of 1/2 baseball



3/4 cup cornflakes



6 oz. yogurt*



17 thin pretzel sticks



1/2 large corn cob



One portion is the size of a lightbulb



1/3 cup cooked rice



1/3 cup cooked pasta



1/3 cup ripe plantain



1/3 cup baked beans



One portion is the size of a 1 egg



3 peanut butter crackers



2 cream-filled cookies



1/2 hamburger bun



1/2 English muffin



One portion is the size of 1/2 deck of cards



1/2 cup apple juice



1 small orange



2/3 cup berries
+ 4 oz. plain yogurt



3 cups popcorn



One portion is the size of 1 1/2 baseballs



1 slice of bread



(1) 6-inch tortilla



1 pancake



1/2 6-inch pita



One portion is the size of open palm

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.

*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.

<<Name Lastname>>
<<Title>>
<<888.888.8888>>
<<email@ccsmed.com>>