

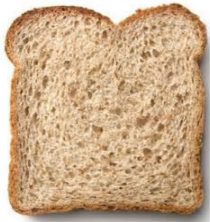
# Carbohydrate Foods

**Below are some important facts about carbohydrates (carbs).**

- Carbs raise your blood sugar.
- It is still important to eat some carbs at every meal.
- Carb foods such as grains, fruit and milk are healthy.
- Eating the right amount of carbs will help keep your blood sugar from going too high.

**A carb serving is an amount of food that has 15 grams of carbohydrate.**

*(One carb serving = 15 grams of carbohydrate)*



Slice of Bread (One ounce)



Eight ounces of milk



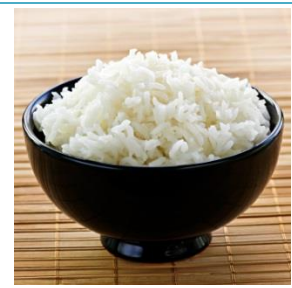
One small apple



½ cup of corn



Two cookies (i.e. Oreos)



1/3 cup of rice or noodles

## How Many Carb Servings Can I Eat?

Answer: The number of carbohydrate servings you need is based on your body size, age and weight-loss goals.

- Most women need about 3 to 4 carb servings (45-60 grams) at each meal.
- Most men need 4 to 5 carb servings (60-75 grams) at each meal.
- If you eat snacks, choose 1 to 2 carb servings (15-30 grams).

For more information call Scripps Diabetes Care: 1-877-944-8843 or 858-678-7050

or visit us online at [www.scripps.org/diabetes](http://www.scripps.org/diabetes)

# Examples of 3- to 5-Carb Servings per Meal

3-CARB SERVING MEALS	5-CARB SERVING MEALS
<p>1 whole wheat English muffin = 2 carb servings (serv.) 1 cup cubed cantaloupe = 1 carb serv.</p>	<p>2-egg veggie omelet 2 slices of toast = 2 carb serv. 1 Tablespoon regular jam = 1 carb serv. 1 teaspoon butter 1 medium banana = 2 carb serv</p>
<p>½ cups Cheerios = 2 carb serv. 8 ounces 1% milk = 1 carb serv.</p>	<p>3 slices of medium pizza Pizza Hut, Thin &amp; Crispy Pizza = 5 carb serv. Tossed salad w/ light dressing</p>
<p>Meat sandwich: 2 slices whole wheat bread = 2 carb serv. (Lean meat, mayo, mustard, lettuce) 1 small apple = 1 carb serv.</p>	<p>3-4 ounces fish ½ cup corn = 1 carb serv. ½ cup peas = 1 carb serv. 1 cup cooked zucchini ½ cup canned fruit drained = 1 carb serv. 8 oz. 1% milk = 1 carb serv. 1 piece cake, 2 in. square, no icing = 1 carb serv.</p>
<p>2 cups bean soup (lentil) = 2 carb serv. 6 triscuits/saltines crackers = 1 carb serv.</p>	<p>2 cups lasagna = 4 carb serv. 1 (1 oz.) garlic bread = 1 carb serv. Salad with light salad dressing</p>
<p>Chicken/fish 3 oz. 1 cup rice (brown better) = 3 carb serv. 1 cup cooked broccoli</p>	
4-CARB SERVING MEALS	
<p>1 whole grain English muffin = 2 carb serv. ½ medium banana = 1 carb serv. 1 cup (8 oz.) Fat free/1% milk = 1 carb serv.</p>	<p>1 cup Kashi Go Lean Crunch = 2 carb serv. ¾ cup blueberries = 1 carb serv. Ounces 1% milk = 1 carb serv.</p>
<p>6" Subway sandwich = 3 carb serv. 1 (4 oz.) Apple = 1 carb serv.</p>	<p>2 chicken tacos (2 tortillas) = 2 carb serv. ½ cup refried beans = 1 carb serv. ⅓ cup rice = 1 carb serv.</p>
<p>2 Vans/Eggo Toaster waffles = 2 carb serv. 1 ¼ cup strawberries = 1 carb serv. 8 ounces 1% milk = 1 carb serv.</p>	<p>3 oz. Sirloin steak ½ large baked potato = 2 carb serv. 1 cup green beans 1 small (1 oz.) Dinner roll = 1 carb serv. 8 oz. 1% milk = 1 carb serv.</p>