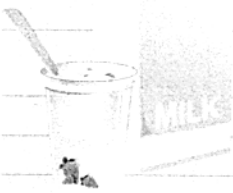


# Carbohydrates

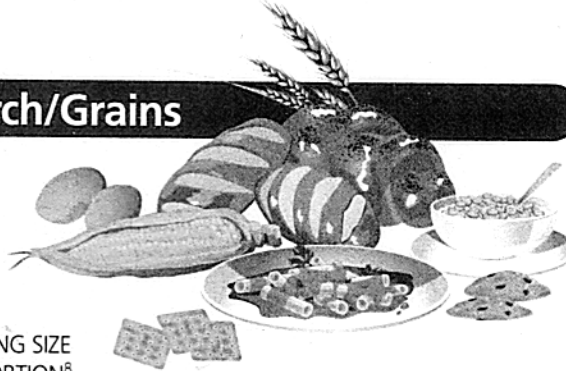
- One serving of carbohydrates has 15 grams<sup>7</sup>
- Most of the carbohydrates we eat quickly turn into blood sugar<sup>7</sup>

## Milk & Alternatives



	SERVING SIZE OR PORTION <sup>8</sup>
Evaporated milk (all kinds)	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	¾ cup

## Starch/Grains



### Choose more often

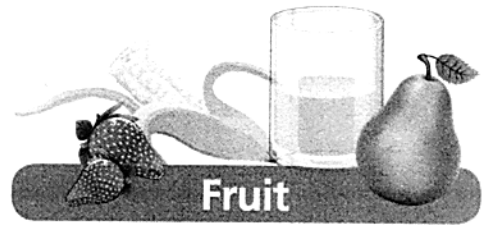
SERVING SIZE OR PORTION<sup>8</sup>

<b>Bread</b>	
Whole wheat, cracked	
Wheat, rye, pumpernickel	1 slice
Chapati, roti, paratha	1-6 inch
English muffin, whole	½
Grain pita, whole wheat	½-6 inch
Tortilla, wheat	1-6 inch
Matzoh, whole wheat	1 cracker
Melba toast, multi fibre	7 pieces
Ryvita, dark rye	4 pieces
Wasa, whole grain	2 pieces
<b>Cereals</b>	
All-Bran, All-Bran Buds	½ cup
Cream of wheat, cooked	¾ cup
Oatbran, cooked	¾ cup
Oatmeal, cooked	¾ cup
Shredded wheat	1 biscuit
Wheat germ	⅓ cup
<b>Grains</b>	
Couscous, cooked	½ cup
Rice, long grain, cooked	⅓ cup
Corn, kernel	½ ear, ½ cup
Pasta, cooked	½ cup
<b>Starchy Vegetables</b>	
Potatoes, boiled, baked	½ med
Potatoes, mashed	½ cup
Sweet potato	⅓ cup
Yam	½ cup
Tomato sauce	½ cup

### Choose less often

SERVING SIZE OR PORTION<sup>8</sup>

Bagel	½-3 inch
Baguette	1 slice, 2.5 in
Bun	½
Bread crumbs	3 Tbsp
<b>Bread</b>	
White	1 slice
Naan	¼-6 inch
Croissant	1 small
Pancake	1 med-4 inch
Tortilla, white	1-6 inch
Waffle	1 med
Soda Crackers	7
Matzoh, egg	½
Melba toast, plain	4 rectangles
Triscuit	5 pieces
Rusks	2
<b>Cereals</b>	
Bran, corn flakes	½ cup
Granola	¼ cup
Grape-Nuts	3 Tbsp
Mueslix	⅓ cup
Rice Krispies	⅔ cup
Chow mein noodles	⅔ cup
Egg noodles	½ cup
Rice noodles	⅓ cup
<b>Starchy Vegetables</b>	
French Fries	10 strips



## Fruit

### Choose more often

SERVING SIZE OR PORTION<sup>8</sup>

Apple	1 medium (106g)
Applesauce, unswt	½ cup
Apricots	4
Banana	1 small, ½ large
Berries	2 cups whole
	black, boysen, cran, rasp, straw, goose
Other berries	1 cup
Melons	1 cup
Cherries	15
Dates	2 med
Figs	2 small
Grapefruit	1 small, 1 cup
Grapes	15, ½ cup
Kiwi	2 med
Mango	½ med, ½ cup
Nectarines	1 large, 1 cup
Orange	1 med, 1 cup sections
Papaya	1 small, 1 cup cubed
Peaches	1 large, 1 cup
Pears	1 med, 1 cup
Pineapple	2 slices, ¾ cup
Plums	2 med

### Choose less often

SERVING SIZE OR PORTION<sup>8</sup>

<b>Juice</b>	
Apple, citrus blend, cranberry, grapefruit, orange, papaya, tomato & clam	½ cup
Grape, prune	⅓ cup
Lemon, lime	¾ cup
Tomato, vegetable cocktail	1 cup
<b>Dried Fruit</b>	
Apple	4 rings
Apricot	8 halves
Banana chips	1 oz
Cranberries	3 Tbsp
Dates	20g
Figs	30g
Raisins	2 Tbsp