

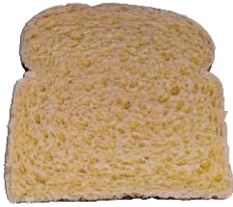
WHAT TYPES OF FOODS CONTAIN CARBOHYDRATE?

Portion Sizes:

- 1 Carbohydrate Exchange = 15 Grams of Carbohydrates = 1 Serving

Grains & Starches

Bread, Pasta, Rice, etc...



- 1 slice of bread
- 1/3 cup rice, pasta, quinoa (cooked)
- ½ cup oatmeal, grits (cooked)
- ¼ cup granola
- ¼ of a large bagel
- 1 tortilla (6in)
- ½ hamburger or hotdog bun
- 15 tortilla Chips
- 4-6 crackers

Starchy Vegetables & Legumes

Peas, Corn, Beans, Potatoes, etc...



- ½ cup corn
- ½ cup mashed potatoes
- ½ cup sweet potato
- 1 cup butternut squash
- ¼ large baked potato
- 1/3 cup baked beans
- ½ cup cooked beans- white, garbanzo, navy, pinto etc...
- ½ cup lentils, peas

Fruits*

Apples, Grapes, Bananas, Melon, Dried Fruit, Juice, etc...



- ¾ cup berries
- 17 grapes
- ½ large pear or banana
- 2 tbsp dried fruit

- 1 cup cantaloupe
- 1 & ¼ cup strawberries
- ½ cup fruit juice
- ½ cup cubed mango

*1 small piece of fruit the size of a **tennis ball**

Dairy Products

Milk, Yogurt, Ice Cream, etc...



- 1 cup or 8 oz Fat Free, 2% & Whole Milk
- 2/3 cup plain yogurt (sweetened will be a smaller serving size) (Look at food labels to include yogurt but most are 2 servings)

- ½ cup regular ice cream
- (Cheese is not a carbohydrate unless it is Fat Free, then it counts)

Sweets

Brownies, Cookies, Cakes, Candy, etc...



- 1 in X 1 in brownie
- 2-4 small cookies
- 1/2 cup pudding
- 2 inch square of unfrosted cake



- 1 Tbsp honey
- 1 Tbsp sugar
- 1 Tbsp jam or jelly
- 1 Tbsp syrup