Combination Foods

1 carbohydrate serving (15 grams/serving)

	. ,	J ,
1 cup	Casserole	2 carbs
1 cup	Macaroni and	2 carbs
	Chana	

Cheese

1 cup Chili with Beans 2 carbs 1 slice Cheese Pizza, thin 2 carbs

crust (1/4 of 12 inchalso counts as 2

protein)

1 cup Soup: 1 carb

Bean Split pea* Tomato* Vegetable Chicken noodle

*made with water

Food for Occasional Use 1 carbohydrate serving (15 grams/ serving)

1 Tbsp.	Fruit Spread	1 carb
1/12 th cake	Angel Food	2 carbs
	Cake	
2 small	Cookies	1 carb
2 in square	Cake, no icing	2 carbs
1	Granola Bar	1-2 carb
½ cup	Ice Cream, low-	1 carb
	fat or sugar-free	
¹⁄₄ cup	Sherbet	1 carb
1/3 cup	Frozen Yogurt	1 carb
2 Tbsp.	Syrup, light	1 carb

Pudding, sugar-

free

½ cup

1 carb



Vegetable List

(5 grams of carbohydrate per 1 cup raw or $\frac{1}{2}$ cup cooked)

Artichoke Lettuce
Asparagus Mushrooms
Bamboo Shoots Onion
Beans (green, wax, Pea Pods

Italian)

Bean Sprouts Peppers
Beets Radishes
Broccoli Spinach

Brussels Sprouts Squash, summer

Cabbage Tomato

Carrots Tomato Juice

Cauliflower Turnips
Celery V-8 Juice
Cucumbers Zucchini

Water chestnuts

Eggplant

Greens (collard, kale, turnip)

Free Choices

(≤ 5 grams of carbohydrate and 20 calories per serving)

Sugar- free beverages:

Diet soda, Crystal Light, iced tea, flavored waters, Propel, Kool-Aid

Carbonated water or Club soda

Coffee or tea

Broth or Bouillon®

2 tsp. low-sugar jams/jellies

1 tbsp. Catsup, chili sauce, taco sauce, BBQ

sauce

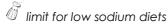
Dill pickles@

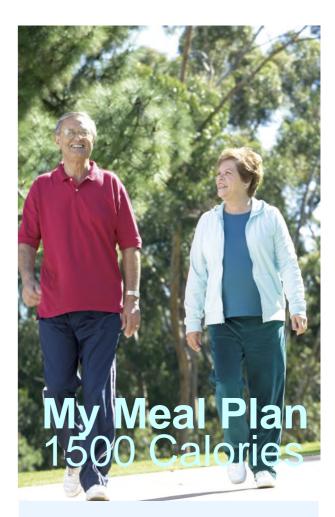
Hot pepper sauce

Mustard Vinegar

Soy sauce or Worcestershire sauce

Popsicle, sugar free Jell-O, sugar free





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none:

Breakfast

Carbohydrates: Choose <u>4</u> servings (15 grams/serving)

8 oz. fat-free,1% milk, rice or soy milk

2 cups almond milk

6 oz. fat-free or low-fat light yogurt

1 slice 100% whole wheat or rye bread

½ English muffin or ¼ (1oz) bagel ©

1 waffle or 1 pancake (4 inch, low-fat) ©

3/4 cup dry cereal, unsweetened Cheerios ©

½ cup bran flakes or shredded wheat ©

½ cup cooked cereal - oats, cream of wheat

½ banana or grapefruit

1 cup cantaloupe or honeydew (cubed)

2 Tbsp. raisins or 1/4 cup dried fruit

3 prunes

3/4 cup berries

Protein: Choose 1 serving

1/4 cup fat-free or low-fat cottage cheese

1 egg, 2 egg whites, or $\frac{1}{4}$ cup egg substitute

1 oz. lean ham

1 oz. low-fat cheese

1 Tbsp. nut butter

Fat: Choose <u>1</u> serving (5 grams fat/serving)

1 tsp. regular margarine or butter

1 Tbsp. light margarine

1 Tbsp. cream cheese

1 tsp. olive oil

2 Tbsp. sliced or 6 whole almonds

4 walnut or pecan halves

1½ Tbsp. ground flax seed

Morning Snack

Carbohydrates: Choose_0_servings
Protein: Choose_0_servings
Fat: Choose_0_servings

© Choose whole grains when possible

Lunch

Carbohydrates: Choose <u>3</u> servings (15 grams/serving)

1 slice 100% whole wheat or rye bread

1 whole sandwich thin @

½ pita bread ⊚

½ hamburger or hot dog bun ©

1 (6 inch) corn or whole grain tortilla

12-15 pretzels ©

9-13 (3/4 oz.) tortilla chips

6 whole grain crackers

1/3 cup cooked pasta or rice 9

1/3 cup cooked couscous or quinoa

½ cup cooked dried beans or lentils

11/4 cup strawberries

17 grapes

1 medium apple, orange, pear, or peach

½ cup canned lite fruit, drained

Vegetables: Choose <u>1</u> serving or more

(listed on back cover)

Protein: Choose 2 servings

1 oz. lean beef, pork, lamb, poultry, or fish

 $1\!\!/\!_4$ cup water-packed tuna or chicken

 $\frac{1}{4}$ cup fat-free or low-fat cottage cheese

1 oz. light or low-fat cheese1 Tbsp. nut butter

1 oz or ¼ cup nuts (also counts as 2 fats)

1/3 cup hummus (also counts as 1 carb) ½ cup tofu

Fat: Choose <u>1</u> serving (5 grams fat/serving)

2 Tbsp. avocado (1/8)

8-10 olives

1 tsp. mayonnaise

1 Tbsp. salad dressing or cream cheese

1 Tbsp. light mayonnaise

Afternoon Snack

Carbohydrates: Choose_0_servings
Protein: Choose_0_servings
Fat: Choose 0 servings

Dinner

Carbohydrates: Choose <u>3</u> servings (15 grams/serving)

8 oz. fat-free,1% milk, or soy milk

1 slice 100% whole wheat or rye bread

1 small roll (1 oz) ⊙

½ hamburger or hot dog bun ©

1 (6 inch) corn or whole grain tortilla

1/3 cup cooked rice or pasta 9

½ cup corn, peas, potatoes, or yams

1/4 large baked potato

½ large ear of corn

3 (2½ inch) graham cracker squares

3 cups low-fat or air-popped popcorn

½ cup applesauce

11/4 cup watermelon, cubed

½ mango or papaya

Vegetables: Choose <u>2</u> servings or more

(listed on back cover)

Protein: Choose 3 servings

1 oz. lean beef, pork, chicken, turkey, or fish

 $\frac{1}{4}$ cup water-packed tuna or chicken

1/4 cup fat-free or low-fat cottage cheese

1 (1 $\frac{1}{2}$ oz.) low-fat hot dog

1 oz. light or low-fat cheese

½ cup edamame (also counts as 1 carb)

Fat: Choose <u>2</u> servings (5 grams fat/serving)

1 tsp. margarine, butter, oil, or mayonnaise

1 Tbsp. salad dressing or cream cheese

2 Tbsp. light salad dressing

2 Tbsp. sour cream

Bedtime Snack

Carbohydrates: Choose 1 serving
Protein: Choose 0 servings
Fat: Choose 0 servings