Know your nutrients and create your plate

1 meat/protein choice = **0** grams of carbs

Size of a deck of cards

Meat/Protein

Examples: Chicken, 3 ounces Fish. 3 ounces Beef, 3 ounces

Nonstarchy Vegetables

- Do not raise blood sugar as much as starchy vegetables
- 1 cup raw or $\frac{1}{2}$ cup cooked = 5 grams of carbohydrates

Artichoke hearts	
Asparagus	
Baby corn	
Bamboo shoots	
Bean sprouts	
Beans (green, wax, Italian)	
Broccoli	
Brussels sprouts	
Cabbage (green, bok choy, Chinese)	
Carrots	
Cauliflower	
Celery	
Cucumber	
Eggplant	
Green onions or scallions	
Greens (collard, kale, mustard, turnip)	
Leeks	
Mixed vegetables (without corn, peas, or pasta)	
Mushrooms, all kinds, fresh	
Okra	
Onions	
Pea pods	
Peppers (all varieties)	
Radishes	
Sauerkraut	
Soybean sprouts	
Spinach	
Squash (summer, crookneck, zucchini)	
Tomato	
Turnips	
Water chestnuts	

Starch/Grains

Examples: Potato, boiled, ¹/₂ cup Pasta, $1/_3$ cup Rice, $1/_3$ cup Bread, 1 slice (1 ounce) Corn, ¹/₂ cup

Nonstarchy Vegetables

1 nonstarchy vegetable choice = 5 grams of carbs

Diabetes Education Program



Each carb choice contains 15 grams of carbs.

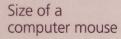
I need carb choices per meal.

Milk

Examples:

1 dairy choice = 12 grams of carbs

1 starch choice =**15** grams of carbs



Size of a tennis ball

Fruit

Examples: Orange, small Watermelon, 1 slice

1 fruit choice = **15** grams of carbs