

# Know your nutrients and create your plate

Each carb choice contains  
15 grams of carbs.

I need \_\_\_\_\_  
carb choices per meal.

## Nonstarchy Vegetables

- Do not raise blood sugar as much as starchy vegetables
- 1 cup raw or ½ 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

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

## Starch/Grains

Examples:  
Potato, boiled, ½ cup  
Pasta, ⅓ cup  
Rice, ⅓ cup  
Bread, 1 slice (1 ounce)  
Corn, ½ cup

## Milk

Examples:  
Milk, 1 cup  
Plain yogurt, 1 cup

1 dairy choice =  
12 grams of carbs

1 starch choice =  
15 grams of carbs

Size of a  
computer mouse

Size of a  
tennis ball

## Fruit

Examples:  
Orange, small  
Blueberries, ¾ cup  
Watermelon, 1 slice

1 fruit choice =  
15 grams of carbs

## Nonstarchy Vegetables

Raw vegetables, 1 cup  
Cooked vegetables, ½ cup

1 nonstarchy  
vegetable choice =  
5 grams of carbs

the Diabetes  
Education  
Program