Carbohydrates are the food that affects blood sugar the most. They are healthy in the right portions.

**Blood Sugar Goals**
Before meals: 90-130
2 hours after a meal: less than 180
Bedtime: 100-140
1 Carb Choice = 15 grams of Carb

CARB FOOD GROUPS:

- ✓ FRUIT
- ✓ MILK
- ✓ GRAINS (includes beans and starchy vegetables)
- ✓ SWEETS

THE OTHER 3 FOOD GROUPS ARE:

- ✓ PROTEIN/ MEAT
- ✓ VEGETABLES (non-starchy vegetables)
- ✓ FAT (vegetable oils, salad dressing, avocados, and nuts)

The following foods and amounts are 1 carb choice:

**Starches (15 g)**
- ¼ bagel
- ½ English muffin, hamburger/hot dog bun
- 4-6 crackers
- ½ cup cooked cereal
- ¾ cup unsweetened dry cereal
- 1 six inch tortilla (corn or flour)
- 1 slice bread
- 1/3 cup pasta/ noodles (cooked)
- 1/3 cup rice (cooked)
- ½ cup beans (cooked)

**Fruit (15 g)**
- ½ cup fruit
- 1 small apple
- 4 oz juice
- 4 apricots (fresh)
- ½ banana
- 15 grapes
- ½ mango, papaya
- ½ grapefruit
- 1 cup cantaloupe
- 1 ¼ cup strawberries

**Milk (15 g)**
- 1 cup milk
- 1 cup plain yogurt

**Starchy Vegetables (15 g)**
- 1 small (3 oz) potato
- ½ cup corn or peas

Women Should Have*:
- 3 Carb Choices at Breakfast = 45 g carb
- 3 Carb Choices at Lunch = 45 g carb
- 3 Carb Choices at Dinner = 45 g carb

Men Should Have*:
- 4 Carb Choices at Breakfast = 60 g carb
- 4 Carb Choices at Lunch = 60 g carb
- 4 Carb Choices at Dinner = 60 g carb

*Individual needs may vary (consult with a Registered Dietitian for your individual needs)