



Eat 30-60 grams of carbohydrate at meals, 15-30 grams of carbohydrates at snacks.

A Few Things to Look for on Nutrition Facts Labels

Serving Size - Always check the serving size. All the nutrition values on the label are based on this amount of food. If you eat more or less than the suggested serving size, adjust the nutrition information for the amount of food you actually eat.

Example: One bag of microwave popcorn typically has three servings in it. The nutrition information tells you the calories for one serving are 200. If you eat the entire bag, you get 600 calories.

% Daily Value – These are the percentages that are listed on the right side of the nutrition facts label. Look for products with 10% Daily Value or less for Total Fat, Saturated Fat, Cholesterol and Sodium – these products are low in fat, cholesterol and sodium.

Example: Some low-fat microwave popcorn brands have 3 grams of total fat per serving. This is only 4% of the daily value, so this food is low in fat.

Trans Fat: Buy products with 0 grams of trans fat.

Foods that Contain Carbohydrates

And Examples of Servings that Provide 15 grams of Carbohydrate

Fruit – 15 grams of carbohydrate are in:

- 1 medium fresh fruit, ½ cup chopped fruit, small banana (5")
- 1 cup berries or melon
- 1/8 cup dried fruit
- ½ cup fruit juice

(Best choices: berries, apples, pears, peaches)

Milk and Yogurt – 15 grams of carbohydrate are in:

- 1 cup milk

(Best choices: 1% or skim milk, yogurt with less than 25 grams total carbohydrate per serving)

Starchy Vegetables – 15 grams of carbohydrate are in:

- ½ cup cooked potatoes, corn, peas, sweet potatoes, or 1 cup winter squash

(Best choices: peas, sweet potatoes, winter squash, red-skinned potatoes)

Beans – 15 grams of carbohydrate are in:

- ½ cup cooked beans (black, refried, pinto, etc.)

(Beans contain carbohydrates, but may not affect your blood sugar levels as much as other high carbohydrate foods)

Breads, Cereals, Grains, Pasta – 15 grams of carbohydrate are in:

- ½ cup cooked oatmeal
- 1/3 cup pasta, rice, or other grain
- 1 corn tortilla or small flour tortilla
- 1 slice bread, ½ English muffin, pita bread or hamburger bun
- 6 crackers

(Best choices: old-fashioned or steel-cut oats, barley, quinoa, brown or wild rice, whole wheat pasta, Dreamfield's pasta, Barilla Plus pasta, whole wheat tortillas, La Tortilla Factory Whole Wheat Low-Carb Tortillas, 100% whole grain breads, cereals with more than 8 grams fiber per serving)

Sweets – eat no more than 20 grams of carbs from sweets per day