



DIABETES CARBOHYDRATE SERVINGS

- **1 carbohydrate serving = 15-20 grams of total carbohydrate**
- **Subtract fiber only if 4 grams plus**

STARCHES: ALL PORTIONS EQUAL TO ONE CARBOHYDRATE SERVING

1 piece of bread (1 oz.)
6 crackers
½ small bagel
2 thin corn tortillas
¼ large flour tortilla (burrito size)
½ cup rice, pasta, corn, peas, potato, couscous
4 oz. potato or yam
1 oz. cereal (check box for serving size)
Mini popcorn bag
½ cup lite ice cream or frozen yogurt
1 cup of soup, not creamed
12 baked chips

FRUIT SERVINGS: ALL PORTIONS EQUAL TO ONE CARBOHYDRATE SERVING

1 medium size orange, apple, peach, pear
2 apricots or plums
½ mango or papaya
1 kiwi
½ cup pineapple
1 cup berries
1 cup melon
15 grapes
½ banana
3 small pieces of dried fruit
2 Tbsp. dried cranberries
¼ cup dried blueberries

DAIRY: ALL PORTIONS EQUAL TO ONE CARBOHYDRATE SERVING

1 cup of non fat or low fat milk
1 cup soy milk
6 oz. lite yogurt

***For improved blood sugar control – limit 2 carbohydrates per meal, 1 carbohydrate per snack**

2 CARBOHYDRATES EQUAL:

6 " Subway sandwich, regular hamburger bun, 8 pieces of sushi, medium baked potato, **or** 1 cup of cooked pasta