

CARBOHYDRATE CONTAINING FOODS

1 SERVING = 15 GRAMS OF AVAILABLE CARBOHYDRATE

Breads	Serving Size	Carrots	2 cups	Frozen Yogurt	½ cup
Bread	1 slice	Peas	1 cup	Plain Yogurt	¾ cup
Chapati, Roti, tortilla	1 x 6"	Winter Squash	1 cup	Artificially sweetened yogurt	1 cup
Pita bread (6" round)	½ small	Parsnips	1 cup	Soy Yogurt/flavoured	1/3 cup
Hamburger or hot dog bun	½	Beets	1 cup	Snacks	Serving Size
Naan	¼ x 6"	Pastas	Serving Size	Popcorn	3 cups
English muffin	½	All types (cooked)	½ cup	Arrowroot, gingersnap cookies	3
Bagel (large)	¼	Fruits and Juices	Serving Size	Muffin	1/2 small
Kaiser roll	½	Banana	½ large	Granola Bar (28g)	1 bar
Plain dinner roll	1 small	Blueberries	1 cup		
Rice Cakes	2	Pineapple	¾ cup	Sugars	Serving Size
Melba toast rectangles	4	Dates	2	Regular pop	½ cup
Pizza crust (12")	1/12	Grapefruit, Pomegranate	½ large	Hard candy, mints	2
Cereals	Serving Size	Grapes, Cherries	15	Jelly beans	5
Bran flakes, 100% Bran	½ cup	Kiwi	2 medium	Licorice	1 small
Cooked cereals	¾ cup	Mango, diced	1/2 medium	Popsicle	½
Cereal Flaked, unsweetened	½ cup	Melon (all types), papaya	1 cup	Jello	1/3 cup
Shredded wheat biscuit	1	Orange, tangelo	1 medium	Jam, jellies	1 Tbsp
Wheat germ	1/3 cup	Pear, Apple	1 medium	Sugar, white, brown, icing	1 Tbsp
Cheerios, Rice Krispies	¾ cup	Peach	1 large	Syrup, maple	1 Tbsp
Grains/Starchy Vegetables	Serving Size	Plums, Apricot, tangerine	2 medium	My Foods	Serving Size
Barley, bulgur (cooked)	½ cup	Strawberries, blackberries, raspberries	2 cups		
Rice (basmati, white and brown, cooked)	1/3 cup	Dried Fruit	¼ cup		
Couscous, Quinoa (cooked)	½ cup	Raisins	2 tbsp		
Tapioca (cooked)	3 Tbsp	Fruit Juice	½ cup		
Legumes (beans, lentils)	½ cup	Milk and Alternatives	Serving Size		
Potato (French fried)	10 regular	Milk (skim, 1%, 2%, whole)	1 cup		
Potato (cooked)	1/2 medium	Buttermilk or Plain Soy Milk	1 cup		
Potato (mashed)	½ cup	Soy Beverage, flavoured	½ cup		
Yam, sweet potatoes	1/3 cup	Chocolate milk	½ cup		
Corn (canned whole kernel)	½ cup	Milk, powdered	4 Tbsp		
Corn-on-the-cob	1 small	Milk, Canned or evaporated	½ cup		

PROTEINS

1 SERVING = 1 PROTEIN CHOICE

Choose More Often	Serving Size			Choose Less Often	Serving Size
		Peameal/back bacon	30 grams (1 slice), cooked		
Cheese, skim (<7% MF) Cheese, light (<17% MF)	30 grams (1 ounce)	Shrimp, fresh/frozen	4-6 large, or 8-10 medium	Cheese, regular (17-33% MF)	30 grams (1 ounce)
Crab meat	¼ cup	Shellfish	30 grams (1 ounce)	Fish, canned, oil-packed	¼ cup
Fish, canned, water-packed	¼ cup	Peanut butter/Almond butter	2 tbsp	Meat, regular	1/3 cup
Fresh fish	30 grams (1 ounce), cooked	Tofu (soybean)	100 grams	Poultry, wings skin on	30 grams (1 ounce)
Egg	1 large	Beans/lentils	½ cup	Sausage	1-2 links
Meat, lean/ground/low fat deli	30 grams (1 ounce), cooked	Hummus	1/3 cup	Spareribs- beef, pork	1 rib (40 grams)
Meat, skinless poultry	30 grams (1 ounce), cooked				

FATS

1 SERVING = 1 FAT CHOICE

Choose More Often	Serving Size				
		Oil, canola or olive	1 Tsp	Butter	1 tsp
Avocado, raw	1/6 medium	Salad Dressing, low-fat	1 Tbsp	Cream, half & half (10 % MF)	2 Tbsp
Nuts & Seeds	1 Tbsp	Choose Less Often	Serving Size	Mayonnaise, reduced fat	1 Tbsp
Tahini	½ Tbsp	Bacon	1 Slice	Salad dressing, regular	1 tsp

YOUR MEAL PLAN

Meal	Breakfast	Mid-morning Snack	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Food group						
Grains & Starches						
Fruits						
Milk & Alternatives						
Vegetables						
Meat & Alternatives						
Fats						