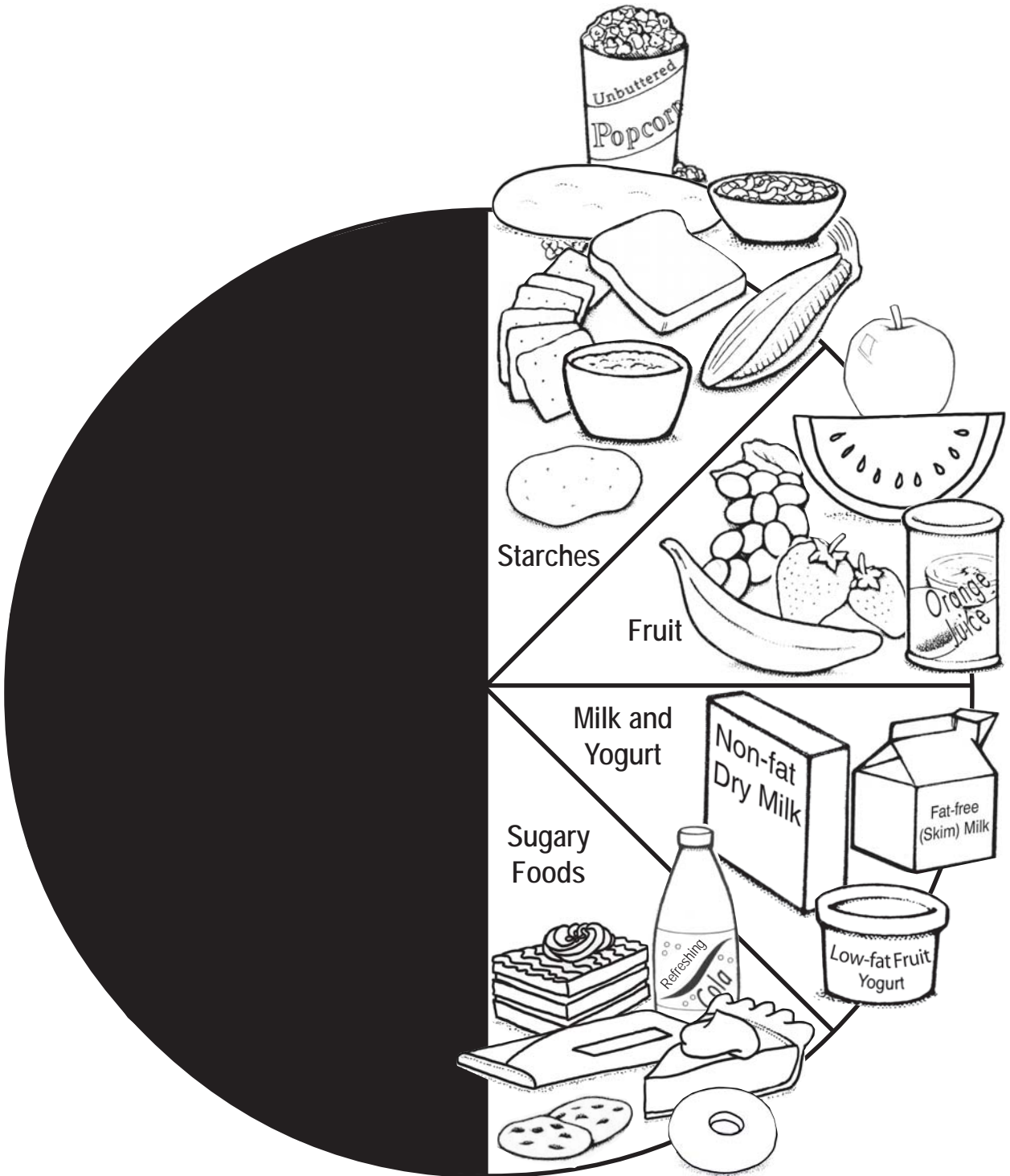




Carbohydrate Food Groups





Carbohydrate Serving Sizes

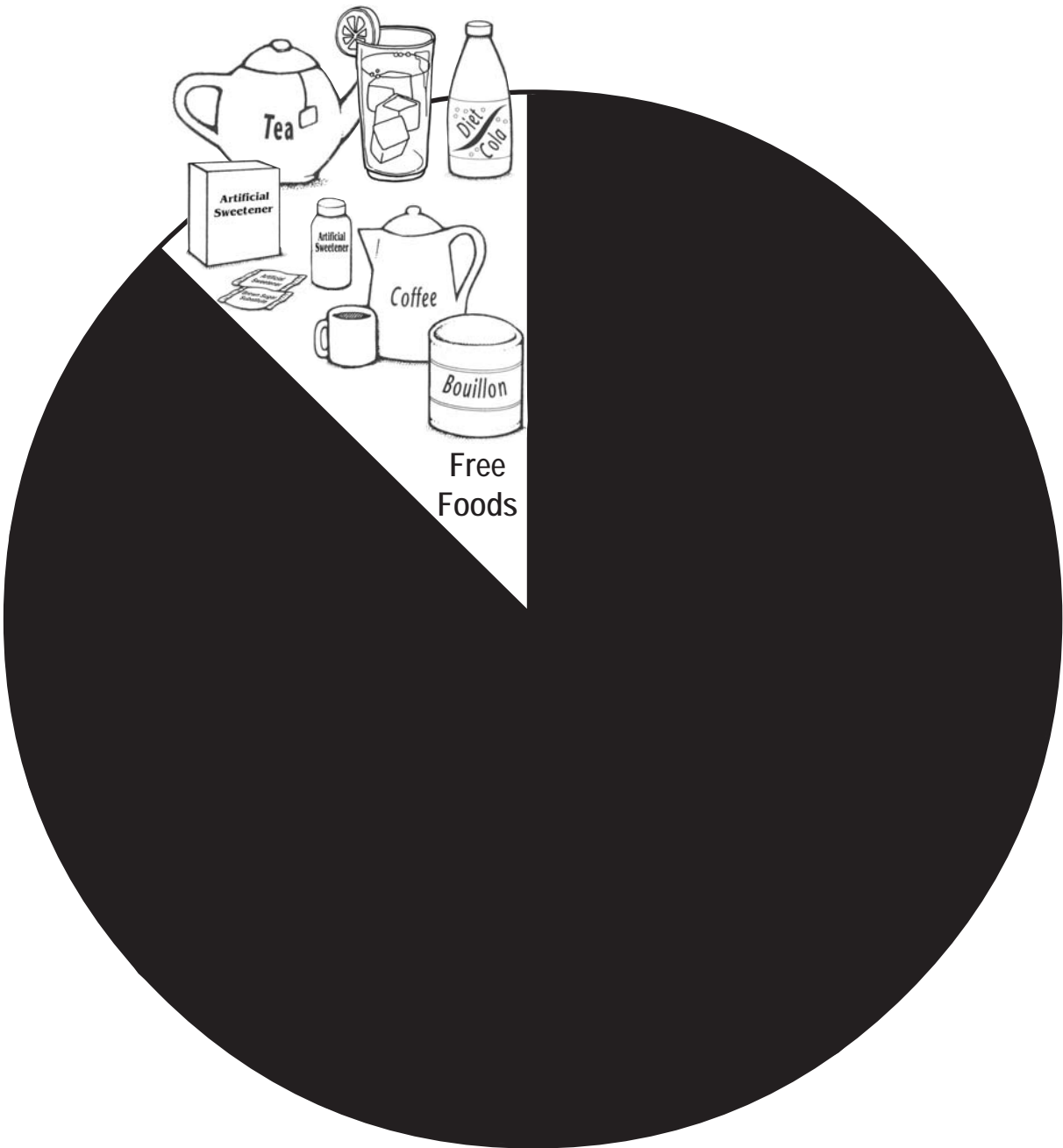


Carbohydrate Food	One Serving (15 g Carbohydrate)
Starches	
bread	1-ounce slice
potato	1 small
hot cereal, corn, peas, mashed potato, beans	1/2 cup
rice, pasta	1/3 cup
unsweetened cold cereal	3/4 cup
tortilla	1 6-inch size
crackers	4-6 small
chips	1 ounce or 10-15 chips
Fruit	
grapes	17 small
strawberries (whole), watermelon (cubes)	1-1/4 cups
cantaloupe and honeydew melon (cubes)	1 cup
apple, orange, banana	1 small
peach	1 medium
unsweetened fruit juice, unsweetened canned fruit	1/2 cup
dried fruit	1/8 cup
Milk and Yogurt	
milk	1 cup (school size carton)
yogurt	6-ounce sugar-free fruit (small carton)
non-fat dry milk	1/3 cup
Sugary Foods	
honey, jam, jelly	1 tablespoon
cookie	2 small
cake or brownie	2-inch square
ice cream	1/2 cup
regular soda/pop	1/2 cup





Free Foods





Carbohydrate in My Food (blank)

Date: _____

Time Started Eating	My Drinks/Foods and How Prepared	How Much?	Carbo-hydrate Grams	Number of Carbo-hydrate Servings	Starches ✓	Fruit ✓	Milk and Yogurt ✓	Sugary Foods ✓	My Blood Sugar

1 carbohydrate serving (portion) = 1 starch, or 1 fruit, or 1 milk/yogurt, or 1 sugary food = 15 grams carbohydrate





Carbohydrate in My Food (with data)

Date: _____

Time Started Eating	My Drinks/Foods and How Prepared	How Much?	Carbo-hydrate Grams	Number of Carbo-hydrate Servings	Starches	Fruit	Milk and Yogurt	Sugary Foods	My Blood Sugar
	hamburger with bun, cheese	1	30	2	✓	✓	✓	✓	
	french fries	large	68	4 1/2	✓				
	regular soda/pop	32 oz	80	5+				✓	
	chocolate chip cookies	2 small	37	2 1/2				✓	
	baked beans	2 cups	60	4	✓				
	fried pork chop	1 - 4 oz							
	homemade potato salad	1 cup	30	2	✓				
	canned fruit salad with whipped cream, gelatin and marshmallows							✓	
	homemade potato salad	1 cup	60	4		✓			
	cake with frosting	1 small 2" x 2"	30	2				✓	
	tea with 3 packets of sugar	20 oz	15	1				✓	

1 carbohydrate serving (portion) = 1 starch, or 1 fruit, or 1 milk/yogurt, or 1 sugary food = 15 grams carbohydrate





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

