

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	SNACK
_____	_____	_____	_____	_____	_____
Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs
<b>CARB:INSULIN Ratios</b> Breakfast = 1u:_____g Lunch = 1u:_____g Dinner = 1u:_____g					

## 1 SERVING = 15g CARBOHYDRATES

BREADS	SERVING SIZE	GRAINS/STARCHES	SERVING SIZE	FRUIT/FRUIT JUICE	SERVING SIZE
Bread	1 slice	Potato	½ medium	Clementine	2 medium
Bagel - Large	¼	Peas	1 cup	Dates	2 medium
Chapati/Paratha (6 inch)	1 pc	Parsnips	1 cup	Dried Fruit	¼ cup
Croissant	1 small	Potato (French Fries)	10 regular	Figs, dried	3
English Muffin	½	Potato (Mashed)	½ cup	Grapes	15
Hamburger/Hotdog Bun	½	Quinoa, <i>cooked</i>	½ cup	Grapefruit	1 small
Kaiser roll	½	Rice- White, Basmati, Brown, <i>cooked</i>	1/3 cup	Guava	3
Naan (6 inch)	¼ pc	Sweet Potato	1/3 cup	Juice, unsweetened	¾ cup
Pita Bread	¼ pc, 6 inch	Tapioca, <i>cooked</i>	3 tbsp	Kiwi	2 medium
Plain Dinner Roll	1	Winter Squash	1 cup	Mango	½ medium
Pancake (4 inch)	1 medium	Yam	½ cup	Melons (Muskmelon, watermelon)	1 cup
CEREALS	SERVING SIZE	CRACKER	SERVING SIZE	Orange	1 medium
All Bran	½ cup	Melba Toast, plain	4 rectangles	Papaya, cubed	1 cup
Cooked Cereal	¾ cup	Rusk	2	Peach	1 large
Cereal – Flaked, unsweetened	½ cup	Soda Crackers	7	Pomegranate	½ large
Cheerios	2/3 cup	Triscuits	5	Plums	2 medium
Corn flakes	½ cup	PASTA	SERVING SIZE	Pear	1 medium
Granola	¼ cup	All Types- <i>cooked</i>	½ cup	Pineapple	¾ cup
Rice Krispies	2/3 cup	BEANS/LENTILS	SERVING SIZE	Raisins	2 tbsp
Shredded Wheat	1 Biscuit	All Beans/Lentils	½ cup	Tangerine	2 medium
GRAINS/STARCHES	SERVING SIZE	Hummus	2/3 cup	Tangelo	1 medium
Barley, <i>cooked</i>	½ cup	FRUIT/FRUIT JUICE	SERVING SIZE	MILK AND ALTERNATIVES	SERVING SIZE
Bulgur, <i>cooked</i>	½ cup	Apple	1 medium	Buttermilk	1 cup
Buckwheat, <i>cooked</i>	½ cup	Apple sauce, unsweetened	½	Frozen Yogurt, non fat	½ cup
Beets	1 1/2 cup	Apricot	8 halves	Milk (1%, 2%, 3.25%)	1 cup
Carrot	1 cup	Berries (blackberry, strawberry, raspberries)	2 cups	Milk, Canned, Evaporated	½ cup
Corn, cob	½ ear	Blueberries	1 cup	Milk, skimmed, powdered	2 tbsp
Couscous, <i>cooked</i>	½ cup	Banana	½ medium	Milk, Chocolate	½ cup
Plantain, <i>cooked</i>	1/3 cup	Cherries	15	Soy milk, unflavoured	1 cup

## 2 | Carb Counting Guide – Food List

MILK AND ALTERNATIVES	SERVING SIZE	OTHER FOODS	SERVING SIZE	MY FOODS	SERVING SIZE
Soy milk, flavoured	½ cup	Granola bar	1 bar		
Soy Yogurt, flavoured	1/3 cup	Honey/Sugar/Icing Sugar	3 tsp		
Yogurt, plain, low fat	¾ cup	Jelly beans	5		
Yogurt, artificially sweetened, low fat	1 cup	Jello, regular	1/3 cup		
<b>OTHER FOODS</b>	<b>SERVING SIZE</b>	Licorice	1 small		
Cookies, Arrowroot	3	Maple syrup	3 tsp		
Cookies, Gingersnap	3	Muffin	½ small		
Cookies, oatmeal	1				
Cola soft drink, regular	1/3 cup				