

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
CARB:INSULIN Ratios Breakfast = 1u: _____g Lunch = 1u: _____g Dinner = 1u: _____g					

1 SERVING = 15 g CARBOHYDRATES

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

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