

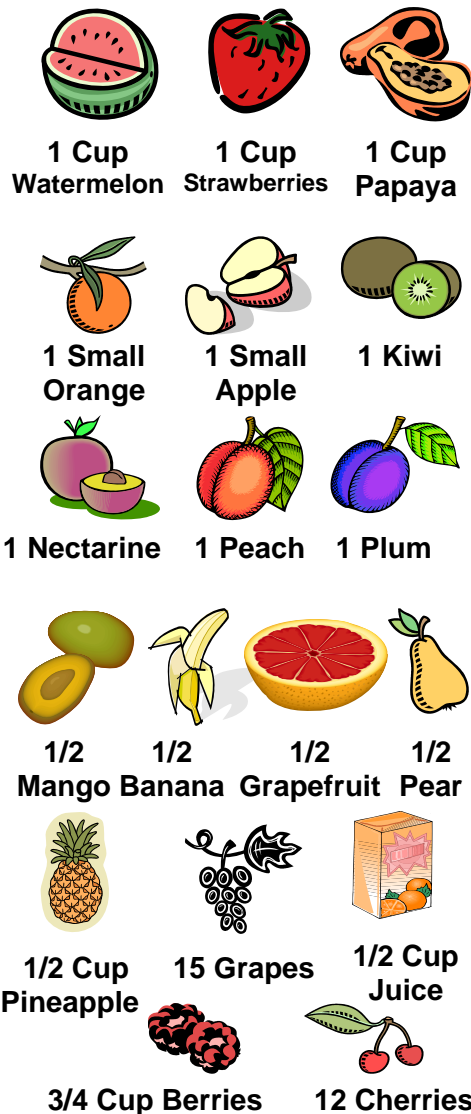
Counting Carbohydrates (Starch)

Portion control of foods that raise blood sugar

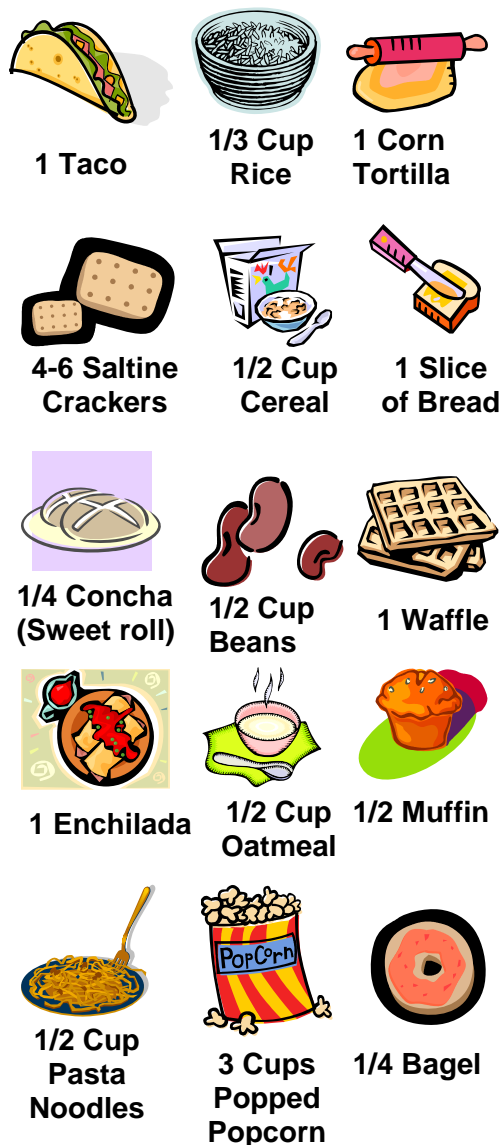
(805) 682-7638 x 214

The following portion sizes are equal to **15 grams** of carbohydrates/starch:

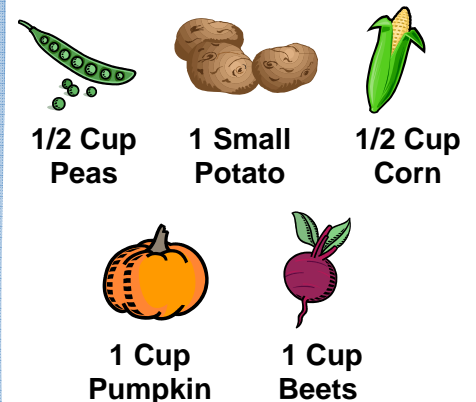
Fruits



Grains



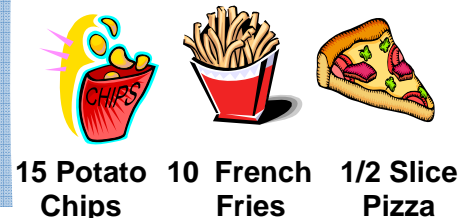
Vegetables



Dairy



"Junk" Food



1 Portion = 15 grams
2 Portions = 30 grams
3 Portions = 45 grams

Goals: Breakfast = 15-30 grams
Each Meal = 30-45 grams
Snacks = Less than 15 grams

S:SBDI/Handouts/Carbohydrate Portions English

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