Counting Carbohydrates (Starch) *Portion control of foods that raise blood sugar*

(805) 682-7638 x 214

The following portion sizes are equal to $\underline{15 \ grams}$ of carbohydrates/starch:

Fruits	Grains	Vegetables
IIIINNN	1/3 Cup 1 Taco 1/3 Cup Rice 1 Corn Tortilla	1/2 Cup Peas Potato 1/2 Cup Potato 1/2 Cup Corn
1 Small 1 Small 1 Kiwi Orange Apple 1 Nectarine 1 Peach 1 Plum	4-6 Saltine 1/2 Cup 1 Slice Crackers Cereal of Bread	1 Cup 1 Cup Pumpkin Beets Dairy
1/2 1/2 1/2 1/2 Mango Banana Grapefruit Pear	1/4 Concha (Sweet roll)1/2 Cup Beans1 Waffle1/2 Cup Beans1 Waffle1 Enchilada1/2 Cup 1/2 Cup 1/2 Cup1/2 Muffin	1 Cup Milk 1/2 Cup Yogurt 1/2 Cup I/2 Cup I/2 Cup Ice cream
1/2 Cup 15 Grapes 1/2 Cup Pineapple 3/4 Cup Berries 12 Cherries	Oatmeal Oatmeal 1/2 Cup Pasta Noodles Oatmeal Oatmeal I/2 Cup Popped Popped Popcorn	15 Potato 10 French 1/2 Slice Pizza
1 Portion= 15 grams2 Portions= 30 grams3 Portions= 45 grams	<u>Goals:</u> Breakfast Each Meal	= 15-30 grams = 30-45 grams _ess than 15 grams

S:SBDI/Handouts/Carbohydrate Portions English

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