























# Carbohydrates & Non-Carbohydrates
















The foods listed on this side of the page are **CARBOHYDRATE CONTAINING** foods.

**1 SERVING = 15g**

## Grains & Starches

Bread  1 slice	Oatmeal  ¾ c. cooked	Cereal  ½ c.	Bagel  ¼ large	Rice  ½ c. cooked	Pancakes  1 (4in.)	Bun  ½ reg size	Pasta or Couscous  ½ c. cooked
Taco Shells  2 (5 inch)	Pita  ½ (6inch)	Crackers  6	Rice cakes  2 large	Soup, Thick  1 c.	Potato  ½ medium or ½ cup	Corn Kernel  ½ cup	Bannock  1 small (2 inch)
Wild Rice  ½ c. cooked	Quinoa  ½ c. cooked	Sweet Potato  ½ medium or ½ cup	French Fries  10 fries				

## Fruits

Apple  1 medium	Banana  ½ medium	Melon  1 c.	Blueberries  1 c.	Strawberries  2 c.	Cherries or Grapes  15	Juice  ½ c.	Watermelon  1 c.
Pineapple  ¾ c.	Kiwi  2 medium	Pear  1 medium	Orange  1 medium	Mango  ½ medium	Peach  1 Large	Dried Fruit  ¼ c.	

## Milk and Alternatives

Low Fat Milk  1 c.	Chocolate Milk  ½ c.	Soy Milk  1 c.	Sweetened or Greek Yogurt  ⅓ c. or 100g
Sugar Free Yogurt  ¾ c.	Sweetened Almond Milk  1 cup	Unsweetened Almond Milk  No carbs	

## Treats

Muffin  ¼ regular	Granola Bars  1	Popcorn  3 c.	Cookies  3 small
Jam or Jelly  1 Tbsp.	Pudding, low calorie  ½ c.	Cake, unfrosted  2" square	Chips  10 chips

### Carbohydrate Goals














For women, it is recommended to consume 100-130g of carbohydrate per day, this is equal to 7-9 carbohydrate servings. For men, it is recommended to consume 130-160g of carbohydrate per day, this is equal to 9-11 carbohydrate servings.















# Carbohydrates & Non-Carbohydrates

The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates.








## Vegetables

Carrots 	Celery 	Broccoli 	Cucumber 	Tomato 	Beets 	Peppers 	Eggplant 
Mushroom 	Cauliflower 	Squash 	Asparagus 	Peas 			

## Meat and Alternatives

Egg  1 medium	Low Fat Cheese  1 oz.	Cottage Cheese  1c.	Legumes*  ¼ c.	Peanut Butter  2 Tbsp.	Fish  3 oz.	Canned Fish, Drained  ⅓ can	Poultry  3 oz.
Meat  3 oz.	Egg white  ¼ c.	Tofu  3 oz.	Hummus  2 Tbsp.				

## Fats

Margarine  1 tsp.	Butter  1 tsp.	Olive Oil  1 tsp.	Mayonnaise  1 Tbsp.	Salad Dressing  1 Tbsp.	Nuts  ¼ c.	Avocado  ⅓	Bacon  1 slice cooked
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## Nutrition Facts

### Valeur nutritive

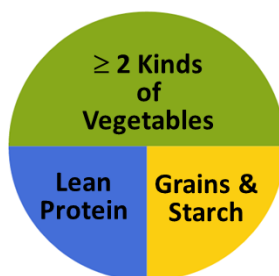
Per 1 cup (122 g)  
pour 1 tasse (122 g)

<b>Calories 140</b>	% Daily Value *
	% valeur quotidienne *
<b>Fat / Lipides 8 g</b>	11 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 19 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 14 g	14 %
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 5 mg</b>	1 %
<b>Potassium 200 mg</b>	4 %
<b>Calcium 20 mg</b>	2 %
<b>Iron / Fer 0.5 mg</b>	3 %

### Healthy Snack



### Balanced Plate



### Nutrition Recommendations: