







Healthy Eating









Consistent Carbohydrates for Blood Sugar Management

Eat the right amounts













- Have about the same amount of carbohydrate (“carbs”) at each meal.
- A carb controlled meal could have 2 to 4 carb servings
- A carb controlled snack could have 1 to 2 carb servings.
- 1 carb serving = 15 grams of carbohydrate
- Keep a blood sugar and food log so you can see how many carbs work for you
- Medications and your activity level can change how many carbs you should have
- Carbohydrate Servings – example of 1 carb servings:

Basic Carbohydrate Servings

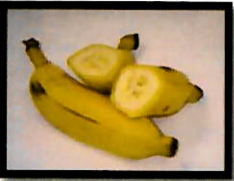











| Milk 1 carb serving | | | |
|---|--|---|---|
| Milk or Soy Milk 1 cup  | Chocolate milk* ½ cup  | Low-Sugar Yogurt ¾ cup (6 ounces)  | Greek Yogurt 1 ¾ cup  |













| Starches/ Starchy Vegetables/ Grains 1 carb serving | | | |
|---|--|--|--|
| Whole Wheat Bread* 1 slice (1 oz.)  | Oatmeal* ½ cup  | Pancake* 4" diameter  | Unsweetened Cereal* ¾ cup  |
| Pasta* ⅓ cup  | White Rice* ⅓ cup  | Brown Rice* ⅓ cup  | Saimin Noodles ⅓ cup  |

Starches/ Starchy Vegetables/ Grains continued
1 carb serving

| | | | |
|--|---|---|---|
| Legumes* $\frac{1}{3}$ cup  | Corn* $\frac{1}{2}$ cup  | Peas* $\frac{1}{2}$ cup  | Baked Potato* $\frac{1}{2}$ medium  |
| Popcorn 3 cups  | Breadfruit $\frac{1}{4}$ cup  | Macaroni Salad* $\frac{1}{2}$ cup  | Crackers 5 crackers  |
| Mashed Potato $\frac{1}{2}$ cup  | Sweet potato $\frac{1}{2}$ cup  | Poi $\frac{1}{2}$ cup  | Taro $\frac{1}{3}$ cup  |

Fruit
1 carb serving

| | | | |
|---|--|---|--|
| Banana* Small apple banana  | Blueberries $\frac{3}{4}$ cup  | Apple 1 small or $\frac{1}{2}$ medium  | Grapes 15 medium (3 ounces)  |
| Orange* 1 small  | Papaya $\frac{1}{2}$ medium  | Mango $\frac{1}{2}$ medium  | Pineapple $\frac{3}{4}$ cup  |
| Canned fruit (no sugar added)* $\frac{1}{2}$ cup  | Raisins 2 tablespoons  | Juice $\frac{1}{2}$ cup  | Cantaloupe 1 cup, cubed  |

| Other 1 carb choice | | | |
|--|---|--|--|
| Brownie* Unfrosted 2"  | Cookie* Unfrosted 2"  | Guava Jam 1 tablespoon  | Vanilla Ice Cream ½ cup  |
| Cake* Unfrosted 2"  | Potato Chips 1 ounce (about 1 cup)  | Chocolate bar* 2 mini bars  | Mochi 1"x1"x3"  |
| Arare About ¼ cup  | Smoothie ¼ cup  | Malasada* 1 item  | Honey 1 tablespoon  |

| Combination Foods* | Read Nutrition Labels for carbohydrate content and serving size |
|--|--|
| <ul style="list-style-type: none"> • 1 cup Portuguese bean soup 1carb • 1 cup beef stew 1 carb • 1 slice medium thin crust pizza 2 carbs • 1 cup oyaku donburi 2 carbs • 1 cup chili with beans 2 carbs • 1 cup spaghetti with meat sauce 2 carbs • 1 pork manapua 3 carbs • 1 cup lasagna 3 carbs <p>*Carb counts vary depending on portion size and preparation.</p> | <ul style="list-style-type: none"> • 1 carb serving = 15 grams of carbohydrate • Choose foods with at least 3 grams of fiber per serving |
| <p>For more nutrition information:</p> <ul style="list-style-type: none"> • kp.org/diabetes • diabetes.org • eatright.org <p>*Food photos from hawaiifoods.hawaii.edu</p> | <div> <p>Nutrition Facts</p> <p>Serving Size (74g) Servings Per Container</p> <hr/> <p>Amount Per Serving</p> <p>Calories 170 Calories from Fat 60</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 7g 11%</p> <p>Saturated Fat 0.5g 3%</p> <p>Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 180mg 8%</p> <p>Total Carbohydrate 25g 8%</p> <p>Dietary Fiber 3g 12%</p> <p>Sugars 10g</p> <p>Protein 4g</p> </div> |

Foods with very little carbohydrates

Protein

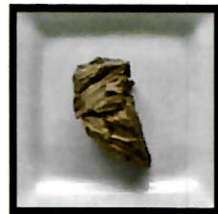
Chicken



Fish



Lean Beef



Lean Pork



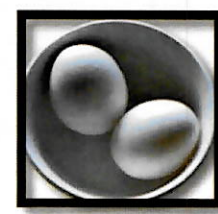
Tofu



Cheese



Eggs



Peanut butter



Healthy Fat

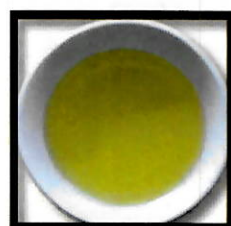
Avocado



Nuts



Vegetable oil or dressing



Light mayonnaise or buttery spread



Examples of carbohydrate choices in a meal



2 Carbohydrate Servings



3 Carbohydrate Servings



4 Carbohydrate Serving