

CARBOHYDRATE EQUIVALENTS:

1 carbohydrate serving = 15g of carbohydrate

- Carbohydrates are broken down to glucose and absorbed into the bloodstream.
- Eat a consistence amount throughout the day to keep blood sugars controlled.

GRAINS

1 SLICE BREAD

1/2 CUP COOKED CEREAL

3/4 CUP DRY CEREAL

1/2 CUP BEANS

1/3 CUP COOKED PASTA

1/2 CUP COOKED RICE

1/2 CUP STARCHY VEG.

FRUIT

1 SMALL FRESH FRUIT

1/2 CUP CUT FRESH FRUIT

1/2 CUP CANNED FRUIT

1/4 CUP DRIED FRUIT

1/2 CUP 100% FRUIT JUICE

STARCHY VEGETABLES

CORN

PEAS

LIMA BEANS

POTATOES

1/2 CUP = 15 GRAMS

MILK/YOGURT

8 FLUID OZ MILK

1 CUP YOGURT

Reading a Nutrition Facts Label:

Total Carbohydrate = Fiber + Sugar + Starch