

# Legend



1 cup (250 mL)



1 tablespoon (15 mL)



Choose more often



1/2 cup (125 mL)



1 teaspoon (5 mL)



1/4 cup (60 mL)



measure after cooking



Choose less often



1 ounce (30 grams) by weight

INCHES

1

2

3

4

5

6

7

8

## CARBOHYDRATE CONTAINING FOOD

1 serving=15 g available carbohydrates or 1 carbohydrate choice:

### GRAINS & STARCHES



Bannock, whole grain baked



Barley, bulgur



Bread, whole grain



Cereal, hot



Bagel



Bagel



Bannock, fried

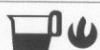


Bread, white



Bun, hamburger or hotdog

1.5x2.5 in



1 slice

3/4 cup



1/4 large

1/2 small

1.5x2.5 in

1 slice

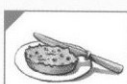
1/2



Chapati, roti, tortilla, whole wheat



Corn, kernel



English muffin, whole grain



Pasta, couscous



Cereal, flaked unsweetened



Crackers, soda type



Croutons



French fries



Naan bread

1 (6 in)



1/2



7





















3/4 cup

10

1/4 (6 in)

 Plantain washed, sweet potato	 Pita bread, whole wheat	 Potatoes, boiled, baked	 Rice, millet	 Soup, thick type			 Pancake, waffle	 Pita bread, white	 Pizza crust	 Taco shells
1/3 cup	1/2 (6 in)	1/2 medium	1/3 cup				1 (4 in)	1/2 (6 in)	1/2 (12 in)	2 (5 in)

## FRUITS

 Apple	 Applesauce, unsweetened	 Banana	 Blackberries, strawberries	 Blueberries	 Cherries	 Grapes	 Kiwi			 Mixed dried fruit
1 medium		1 small	2 		15	15	2 medium			
 Mango	 Melon	 Orange	 Peach	 Pear	 Pineapple	 Plum	 Canned fruit, in juice			 Juice
1/2 medium		1 medium	1 large	1 medium	3/4 cup	2 medium				

## MILK & ALTERNATIVES

 Chocolate milk, 1%	 Evaporated milk, canned	 Milk, low fat	 Milk powder, skim	 Soy beverage, flavoured	 Soy beverage, plain	 Soy yogourt, flavoured	 Yogourt, low fat plain	 Yogourt, artificially sweetened		
			4 			1/3 cup	3/4 cup	3/4 cup		

## OTHER CHOICES (sweet foods and snacks)

 Milk pudding, skim no sugar added	 Popcorn, air-popped low fat			 Arrowroot, gingersnap cookies	 Brownie or cake, unfrosted	 Jam, jelly, honey	 Muffin	 Oatmeal granola bar	 Pretzels, low fat	 Sugar
	3  			3	2 in square		1/2 small	1 bar (28 g)	7 large/30 sticks	3 