

CARBOHYDRATE COUNTING: MEAL IDEAS

30-45 GRAMS OF CARBOHYDRATE PER MEAL

Two carb servings/choices = 30 grams | Three carb servings/choices = 45 grams

Each * designates one serving/choice of a food with carbohydrate = 15 grams = 1 starch/grain or 1 fruit or 1 milk

BREAKFAST	LUNCH	DINNER
2-3 CARBOHYDRATES (STARCH, FRUIT, MILK) Protein: 1-2 oz. Fat: 1-2 servings	2-3 CARBOHYDRATES (STARCH, FRUIT, MILK) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings	2-3 CARBOHYDRATES (STARCH, FRUIT, MILK) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings
1 poached egg 1 slice wheat toast* 1/2 banana* 8oz. skim milk* Coffee or tea with artificial sweetener	1/2 cup low-fat cottage cheese 1 cup salad with 1 tbsp. dressing 12 saltine crackers** 1/2 cup canned fruit, light* Sugar-free drink or water	3 oz. skinless chicken breast 1 cup corn** 1 cup green beans Small roll* with 1-2 tsp. tub margarine Sugar-free drink or water
1 hard boiled egg 1 cup oatmeal** 1-2 tsp. tub margarine 8 oz. skim milk* Coffee or tea with artificial sweetener	Tuna salad sandwich with 2 slices of bread** lettuce and tomato Small orange* Sugar-free drink or water	3 oz. sirloin steak, grilled 1 cup mashed potatoes** 1 cup asparagus, steamed 1/2 cup canned fruit, light* Sugar-free drink or water
1/2 cup cream of wheat* 1-2 tsp. tub margarine 1 cup cantaloupe, cubed* 8 oz. skim milk* Coffee or tea with artificial sweetener	3-4 oz. skinless chicken breast Medium baked potato** 1-2 tsp. tub margarine 1 cup steamed vegetables 3/4 cup fresh pineapple* Sugar-free drink or water	1 cup spaghetti noodles*** 1/2 cup lean ground beef/tomato sauce 2 tbsp. parmesan cheese 1 cup tossed salad with 1 tbsp. dressing Sugar-free drink or water
1 scrambled egg 2 slices toast** 1-2 tsp. tub margarine and sugar-free jelly Small orange* Coffee or tea with artificial sweetener	Turkey sandwich with 2 slices of bread** lettuce and tomato Tomato and cucumber salad 1 tbsp. dressing 1/2 banana* Sugar-free drink or water	3 oz. center-cut pork chop, broiled 1/2 cup black-eyed peas* 1/3 cup rice* 1 cup fruit salad, unsweetened* Sugar-free drink or water
1 scrambled egg 1 whole wheat English muffin** 2 strips turkey bacon 8 oz. skim milk* Coffee or tea with artificial sweetener	3 oz. hamburger (lean ground meat) Small hamburger bun** Lettuce, tomato, 1-2 tsp. mayonnaise 15-20 baked chips* Sugar-free drink or water	3 oz. grilled fish Medium baked potato** 1 cup steamed broccoli 1/2 cup sugar-free pudding* Sugar-free drink or water
3/4 cup Cheerios* 8 oz. skim milk* 1/2 banana* Coffee or tea with artificial sweetener	Beef and broccoli stir fry 1 cup steamed brown rice*** Sugar-free drink or water	Meat loaf 1 cup mashed potatoes** 1/2 cup green peas* Green salad with 1 tbsp. dressing Sugar-free drink or water

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