

# Carb counting and meal planning

Tools to help you manage your blood sugar



**Favorably reviewed by:**



This booklet was developed to be consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to consult your diabetes care team regarding your individual diabetes care plan.

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## Healthy eating basics

Good diabetes self-care means healthy eating, being active, taking your diabetes medicine, and tracking.

Healthy eating means getting a wide variety of foods each day, including:

- ▶ Vegetables
- ▶ Whole grains
- ▶ Fruits
- ▶ Nonfat dairy products
- ▶ Beans
- ▶ Lean meats
- ▶ Poultry
- ▶ Fish

Healthy eating also means watching your portion sizes and choosing foods that are not processed. (Processed foods are any foods that have been altered from their natural state. Processed foods may contain added salt, sugar, or fat. Examples include breakfast cereals, deli meats, and microwavable meals.)

Eating is one of the great pleasures of life, and diabetes doesn't have to change that! You don't need to ban any foods from your meal plan. But you may need to limit the amounts you eat or how often you eat some of them.

Your diabetes care team will work with you to find a meal plan that's right for you. You can also visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find a personal menu planner that you can use to create a meal plan made up of your favorite foods. Your plan comes complete with diabetes-friendly recipes. The first time you visit, you will need to register. Registration is fast and easy!

## Planning healthy meals



The American Diabetes Association's Create Your Plate shows how to manage your portion sizes and eat balanced meals. To Create Your Plate, split your plate down the middle. Then divide one of the halves into two. Put nonstarchy vegetables (like spinach or broccoli) in the big half. Put starchy foods (like potatoes or rice) in one of the small sections. Put meat or protein (like eggs or tofu) in the other small section. You may want to add an 8-ounce glass of fat-free milk or low-fat milk and a piece of fruit, and you're ready to eat!

The goals of your meal plan are to help you:

- ▶ Keep your blood sugar within your goal range
- ▶ Manage your weight
- ▶ Manage blood cholesterol and blood fat levels
- ▶ Manage blood pressure



Ask your diabetes care team to refer you to a registered dietitian (RD) if there is not already one on your team. This person can help you make a meal plan that includes food you enjoy.



## Carb counting and diabetes

The amount of carbohydrate in your meals and snacks can make a big difference in your blood sugar level. That's why it's important to be aware of the amount of carbohydrate you eat. Protein and fat have little effect on blood sugar levels.

Carbohydrate counting, or "carb counting," is a meal planning technique for managing your blood sugar levels. Carb counting helps you keep track of how much carbohydrate you are eating. With your diabetes care team's help, you set a limit for the most carbohydrate to eat for each meal, snack, and beverage.

Your carb count should be set just for you. Finding the right amount of carbohydrate depends on things like how active you are and what medicines you take. You and your diabetes care team can figure out the right amount for you. Once you know how much carbohydrate to eat at each meal, you can choose foods and portion sizes to match that amount. See the list of foods that starts on page 30. It includes carb counts and portion sizes. This list will help you plan your meals.



### A helpful hint

Remember to carefully choose your beverages, too. Beverages such as juice, soda, sports drinks, and milk contain both carbohydrate and calories. Better choices are drinks that contain very few or no calories and carbs, such as water, seltzer water, unsweetened tea, and diet soft drinks.

## Which foods contain carbs?



Foods that contain carbs include:

- ▶ Grains like rice, oatmeal, and barley
- ▶ Grain-based foods like bread, cereal, pasta, and crackers
- ▶ Starchy vegetables like potatoes, peas, and corn
- ▶ Fruit and juice
- ▶ Milk and yogurt
- ▶ Dried beans like pinto beans and soy products like veggie burgers
- ▶ Sweets and snack foods like sodas, juice drinks, cake, cookies, candy, and chips



SONNY C.  
Sonny has type 2 diabetes

## The 3 main types of carbohydrates

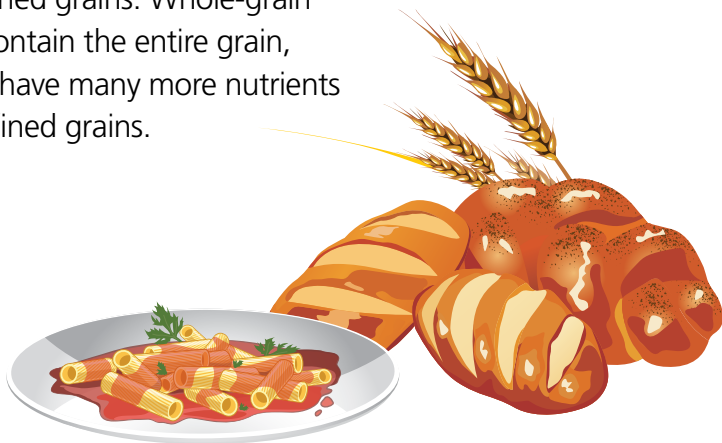
Carbohydrates are made up of starch, sugar, and fiber. On a Nutrition Facts label, the term “total carbohydrate” includes all 3 types. This is the number you should pay attention to if you are counting carbs. You can learn more about reading a Nutrition Facts label on pages 14 and 15.

### Starch

Foods that are high in starch include:

- ▶ Starchy vegetables like peas, corn, lima beans, and potatoes
- ▶ Dried beans, lentils, and peas, such as pinto beans, kidney beans, black-eyed peas, and split peas
- ▶ Grains like oats, barley, rice, and wheat (Most grain products in the United States are made from wheat flour. These include pasta, bread, and crackers)

Grain-containing foods can be divided further into whole grains and refined grains. Whole-grain foods contain the entire grain, so they have many more nutrients than refined grains.



### Sugar

Sugary foods are another type of carbohydrates. There are 2 main kinds:

- ▶ Naturally occurring sugars, like those in milk and fruit
- ▶ Added sugars, like those added to make, for example, cookies, candy, pies, or ice cream



On a Nutrition Facts label, the number of sugar grams includes both natural and added sugars.



### Fiber

Fiber is the part of plant foods (like vegetables, fruits, nuts, beans, and whole grains) that cannot be digested. Fiber helps regulate bowel movements and helps you feel full after eating. It may also reduce cholesterol levels.

The American Diabetes Association says that adults should try to eat 25 to 30 grams of fiber a day. But most of us eat only about half that. It is best to get fiber from food rather than supplements because high-fiber foods contain many important vitamins and minerals.

## How to plan your meals



Good sources of fiber include:

- ▶ Beans and legumes (like black beans, kidney beans, chickpeas, and lentils)
- ▶ Fruits and vegetables, especially those with skins you can eat (like apples) or those with seeds you can eat (like berries)
- ▶ Whole grains, like whole-wheat pasta, whole-grain cereals, and whole-grain breads
- ▶ Nuts (like peanuts, walnuts, or almonds)



### What about sugar alcohols?

Sugar alcohols are one kind of reduced-calorie sweetener. They include sweeteners like maltitol, mannitol, sorbitol, xylitol, and isomalt. Sugar alcohols are used in some sugar-free candy, gum, and desserts. Despite their name, sugar alcohols do not contain alcohol.

Products containing sugar alcohols are not always low in carbs or calories. So it's important to check the label on these products.



Talk with your registered dietitian or another member of your diabetes care team about what healthy meals will look like for you. Some people will be advised to count carbs. Others may be advised to count calories. Decide together what will work best for you.

To give yourself and your diabetes care team a better idea of what you're eating, track your meals and snacks for a day in the spaces on the next page. Include what you drink as well. And write down your portions too. (You can make copies of the blank list if you want to track for more than a day.) Show your list to your diabetes care team or registered dietitian, and talk about what you might be able to change for the better.



DAVID W.  
David has type 2 diabetes



## Your menu plan

### Breakfast

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### Morning snack

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### Lunch

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### Afternoon snack

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### Dinner

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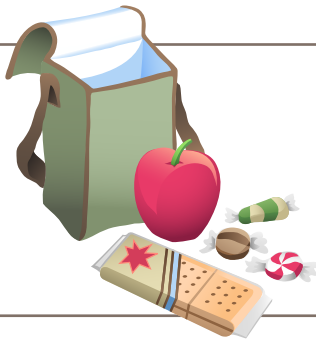
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### Evening snack

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To create a meal plan complete with recipes, go to [Cornerstones4Care.com](https://www.cornerstones4care.com).



## Reading a Nutrition Facts label

For foods that come in packages, the best place to find information about nutrients is on the Nutrition Facts label.

Check the serving size. Information on the label is based on the serving size. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 2.5 servings. But the information provided is for only 1 serving.

Here's where to look if you're counting calories.

Here's where to look if you're counting carbs. Don't worry about counting the sugar and fiber grams. They are included in the total carb number.

Decide whether the food fits into your meal plan.

# Nutrition Facts

Serving Size 1 cup (40g)  
Servings Per Container 2.5

### Amount Per Serving

**Calories** 150      **Calories from Fat** 10  
**% Daily Value\***

<b>Total Fat</b> 3g	4%
Saturated Fat 0.5g	2%
<i>Trans</i> Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	1%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



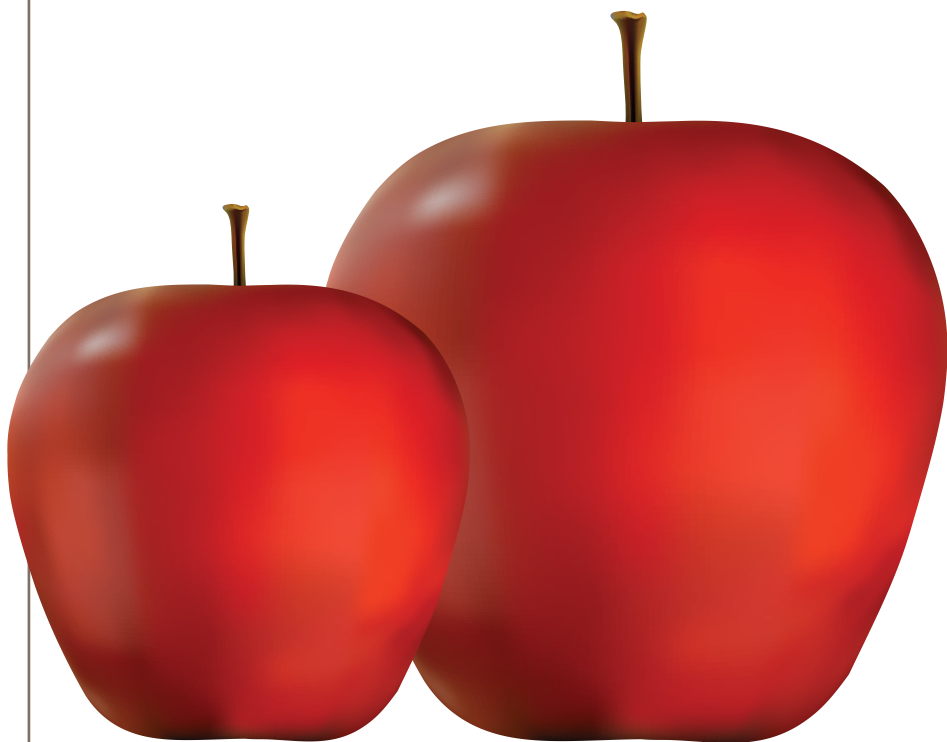


## Portion sizes count!

It's important to eat not only the right types of foods, but also the right amounts. You can eat too much of healthy foods!

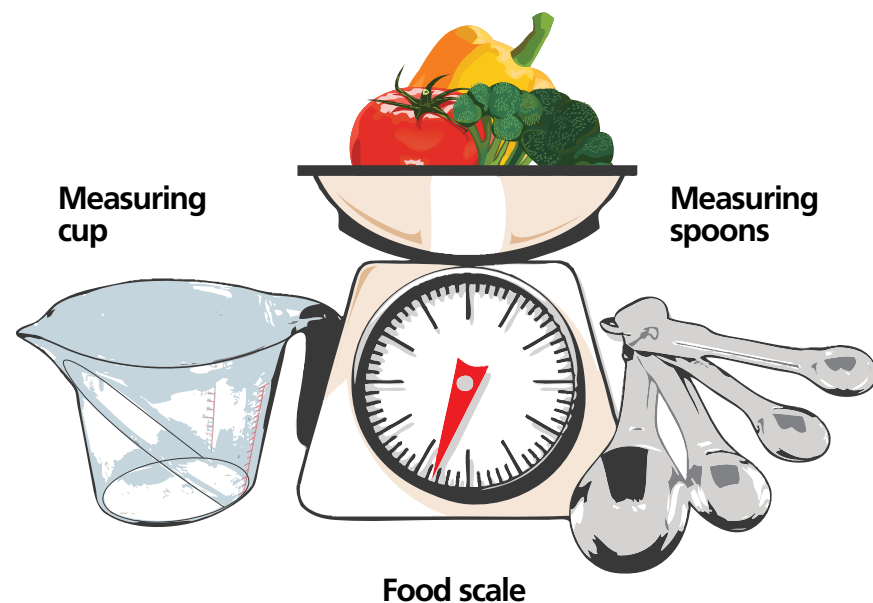
For example, a small 4-ounce apple (the size of a small fist) has about 15 carb grams. A large apple has about 30 carb grams. That's a big difference!

**Small apple: 15 carb grams    Large apple: 30 carb grams**



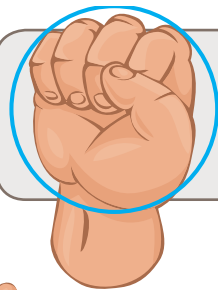
Apples shown are actual size.

To make sure your portions are right, you need to weigh and measure your foods after they are cooked. Do you need to do this every time you eat? No. But it's helpful if you weigh and measure your foods when you first start watching your portion sizes. It's also helpful to continue weighing and measuring your foods every once in a while, just to make sure your portions haven't grown over time.

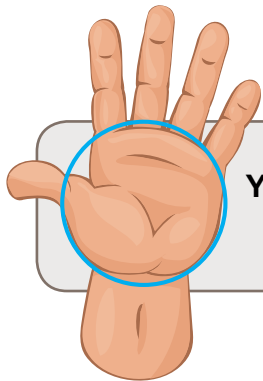


## When you can't measure, you can estimate!

If you are dining out or you're unable to use measuring cups and spoons or a scale, you can use your hand to estimate portion sizes. (Note: Hand sizes vary. These estimates are based on the size of a small hand. They are intended to be guides only.)



**Your (loose) fist equals about 1 cup**



**Your palm equals about 3 ounces**



**Your thumb equals about 1 tablespoon**

For more meal planning tools, visit [Cornerstones4Care.com](https://www.cornerstones4care.com).

## Sample meal plans



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find tools that make meal planning easy! The personalized meal planner lets you plan meals that include the foods you like best. The planner comes complete with recipes.



MICHELE T. AND LAWRENCE E.  
Michele and Lawrence have type 2 diabetes

### Sample meal plan: 1200 calories

Food	Carb grams
<b>Breakfast</b>	
1 slice whole-grain toast	15
1 tbsp peanut butter	3
½ banana, medium	15
1 cup fat-free milk	12
<b>Meal total: 320 Calories</b>	<b>45</b>
<b>Lunch</b>	
Grilled chicken on a salad:	
1 cup lettuce and 1 cup assorted raw vegetables	5
3 oz boneless, skinless chicken breast	0
1 tbsp Caesar dressing	0
½ cup croutons	15
1 tbsp grated Parmesan cheese	0
1 medium peach	15
<b>Meal total: 390 Calories</b>	<b>35</b>
<b>Dinner</b>	
3 oz broiled salmon	0
½ cup sweet potato (½ medium sized)	15
1 tsp oil	0
1 cup steamed vegetables (broccoli, snow peas, carrots)	10
1 cup melon	15
<b>Meal total: 400 Calories</b>	<b>40</b>
<b>Evening snack</b>	
6 oz yogurt, light (6 oz)	12
<b>Snack total: 80 Calories</b>	<b>12</b>
<b>Total for day: 1190 Calories, 132 carb grams</b>	

### Sample meal plan: 1500 calories

Food	Carb grams
<b>Breakfast</b>	
1 cup bran flakes	30
1 cup fat-free milk	12
½ banana	15
<b>Meal total: 270 Calories</b>	<b>57</b>
<b>Lunch</b>	
Sandwich of: 2 oz roast beef, lean	
1 oz cheese (low fat)	0
2 slices whole-wheat bread	30
1 tbsp mayonnaise, reduced fat	0
½ cup each baby carrots and grape tomatoes	5
with 2 tbsp low-fat dressing	0
1 large apple (8 oz)	30
<b>Meal total: 568 Calories</b>	<b>65</b>
<b>Dinner</b>	
1 cup winter squash	15
1 small whole-wheat bread roll	15
2 tsp margarine, regular tub	0
½ cup broccoli, steamed with lemon	5
1 cup salad: greens, cucumber, red pepper	5
1 tbsp Italian dressing	0
3 oz broiled flounder with lemon	0
<b>Meal total: 480 Calories</b>	<b>40</b>
<b>Evening snack</b>	
⅔ cup yogurt, plain, fat-free (6 oz)	12
½ oz pistachio nuts (23)	3
<b>Snack total: 160 Calories</b>	<b>15</b>
<b>Total for day: 1478 Calories, 177 carb grams</b>	

### Sample meal plan: 1800 calories

Food	Carb grams
<b>Breakfast</b>	
½ cup oatmeal (cooked) made with	15
4 oz soy milk or nonfat milk	6
7 walnut halves	0
1 slice of whole-grain toast	15
1 egg or ½ cup egg substitute	0
1 tsp margarine	0
1 cup sliced strawberries	15
<b>Meal total : 475 Calories</b>	<b>51</b>
<b>Lunch</b>	
3 oz lean pork	0
1 cup rice noodles	45
2 tsp oil, soy sauce	0
½ cup each of cooked Napa cabbage and mustard greens	10
5 kumquats	15
<b>Meal total: 560 Calories</b>	<b>70</b>
<b>Dinner</b>	
Stir-fry made with:	
4 oz tofu	0
⅔ cup brown rice	30
1 tbsp oil, soy sauce	0
½ cups each cooked bok choy, Chinese broccoli, eggplant	15
½ cup lychee	15
<b>Meal total: 575 Calories</b>	<b>60</b>
<b>Evening snack</b>	
1 cup soy milk or soy yogurt, plain (8 oz)	12
1 peach	15
<b>Snack total: 190 Calories</b>	<b>27</b>
<b>Total for day: 1800 Calories, 208 carb grams</b>	

### Sample meal plan: 2000 calories

Food	Carb grams
<b>Breakfast</b>	
Huevos rancheros: 2 corn tortillas	30
1 oz cheese, low fat	0
1 egg (or ½ cup egg substitute)	0
2 tbsp salsa or pico de gallo	<5
1½ cups pineapple	30
<b>Meal total: 395 Calories</b>	<b>60</b>
<b>Lunch</b>	
Bean wrap: medium-sized flour tortilla	30
½ cup black beans	20
½ cup peppers, onions, chopped and cooked	5
1 tbsp oil	0
Mango and avocado salsa (½ small mango, ¼ avocado)	15
<b>Meal total: 604 Calories</b>	<b>70</b>
<b>Afternoon snack</b>	
1 oz nuts (24 almonds)	6
<b>Snack total: 160 Calories</b>	<b>6</b>
<b>Dinner</b>	
½ cup pinto beans	20
⅔ cup rice, brown	30
5 oz lean pork	0
½ cup butternut squash	7
1 cup salad: greens, cucumber, red pepper	5
2 tsp oil and lemon juice	0
1 cup papaya	15
<b>Meal total: 713 Calories</b>	<b>77</b>
<b>Evening snack</b>	
Smoothie: 8 oz nonfat yogurt or nonfat milk, plus	12
¾ cup berries	15
<b>Snack total: 140 Calories</b>	<b>27</b>
<b>Total for day: 2012 Calories, 240 carb grams</b>	

## Sample meal plan: 2200 calories

Food	Carb grams
<b>Breakfast</b>	
1 cup grits	30
1 egg (or ½ cup egg substitute)	0
1 slice whole-wheat toast	15
1 cup cubed cantaloupe	15
2 tsp margarine	0
<b>Meal total: 460 Calories</b>	<b>60</b>
<b>Lunch</b>	
4 oz burger, lean ground beef with 1 slice cheese, 1 oz	0
Hamburger bun, whole wheat	30
1 cup salad: greens, cucumber, red pepper	5
2 tbsp Italian dressing	0
¾ oz baked potato chips or snack chips	15
<b>Meal total: 730 Calories</b>	<b>50</b>
<b>Afternoon snack</b>	
Banana	30
with 1 tbsp peanut butter	3
<b>Snack total: 220 Calories</b>	<b>33</b>
<b>Dinner</b>	
5 oz baked chicken breast, skinless	0
1 cup black-eyed peas	30
1 piece cornbread (2 oz)	30
1 cup collard greens	10
½ cup onions, sautéed	5
1 tbsp oil	0
<b>Meal total: 625 Calories</b>	<b>75</b>
<b>Evening snack</b>	
3 cups air-popped popcorn	15
1 medium nectarine	15
<b>Snack total 140 Calories</b>	<b>30</b>
<b>Total for day: 2175 Calories, 248 carb grams</b>	

## Advanced carb counting



TOM C.  
Tom has type 2 diabetes

Do you use insulin to manage your blood sugar? Then you might want to think about asking your diabetes care team about advanced carb counting.

Advanced carb counting can be useful for people who use an insulin pump or take rapid-acting insulin at mealtimes along with a daily dose of longer-acting insulin to allow for changes in blood sugar. If this is how you manage your blood sugar, you might be able to have more flexibility in your meals and snacks and better control of your blood sugar with advanced carb counting.

## Planning your meals

When you do advanced carb counting, you won't have to eat the same amount of carbohydrate at each meal. Instead, you calculate the amount of carbohydrate you eat and adjust your mealtime rapid-acting insulin dose to match. While it does give you more flexibility in your meal plan, you do have to spend some time to learn how to do it.

If you think you might be interested, ask your diabetes care team if advanced carb counting is right for you. If there isn't already a registered dietitian on your team, ask your team to refer you to one. A dietitian can teach you how to do advanced carb counting.



To learn more about insulin, ask your diabetes care team for a copy of the booklet *Diabetes Medicines*. You can also visit [Cornerstones4Care.com](http://Cornerstones4Care.com) for more information.

### Did you know...

Any food that comes from a plant source contains carbohydrates. So that muffin you ate at breakfast contains flour (from wheat) and sugar. Therefore, the muffin contains carbs. By the way, milk and yogurt, while animal products, also contain carbs.

### These food lists can help

You can take a variety of approaches to create a healthy meal plan. Your dietitian or diabetes care team can help you decide which method will work best for you. Two of the most common methods are **exchange lists** and **carbohydrate counting**.

The **exchange lists** group foods together because they are similar based on their nutritional content. Foods in each list have about the same amount of carbohydrate, protein, fat, and calories, so they should have a similar effect on your blood sugar. For this reason, each food on any list can be traded—or exchanged—for any other. The exchange lists are grouped into 3 main categories:

- ▶ The carbohydrate group, which includes the starch, fruit, milk, other carbohydrates, and vegetable lists
- ▶ The meat and meat substitute list
- ▶ The fat group

For more information about the exchange lists and to read the lists themselves, see the American Diabetes Association's *Choose Your Foods: Exchange Lists for Diabetes*.

You can work with your dietitian or diabetes care team to plan how many exchanges of each food category you should have for each meal and snack. For example, a typical plan may include 3 servings of meat or other protein, 3 servings of starch, 1 serving of fruit, 1 serving of milk, 2 servings of vegetables, and 1 serving of fat. You can use the exchange lists as a guide to help you decide which foods to eat and what the portion size should be.



JASON M.  
Jason has  
type 2 diabetes

**Carbohydrate counting** is a more flexible approach. Since carbohydrates break down into sugar, they have the biggest impact on your blood sugar. You and your dietitian or diabetes care team can plan how many grams of carbohydrate you can eat at meals and snacks. Then you can choose which carbohydrate-containing foods you would like to eat at those times. When using this plan, it's important to read food labels and pay attention to portion sizes. You can find the carbohydrate count of many foods in the lists on the next several pages.

If you currently use the exchange system, you can easily convert to carbohydrate counting simply by noting the carbohydrate grams in each exchange in your meal plan:

Food exchange	Carb grams
1 starch, fruit, other carbohydrate	15
1 milk	12
1 vegetable	5
1 meat	0
1 fat	0

Talk with your diabetes care team about your meal plan goals. Write your goals here:

**My meal plan goals:**

*Example: I will switch to drinking water instead of juice.*

Then talk with your team about how to get to your goals. For example, should you be counting carbs? Calories? Something else? Decide on a plan together. Then write the plan here:

**My meal plan:**

*Example: My target calorie total for each day is 1800.*

# Starch



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Bread</b>						
Bagel, plain (includes onion, poppy, sesame)	¼ medium (1 oz)	72	0	14	1	3
Bread, chapati or roti, plain	½ piece (approx 1 oz)	101	3	16	2	4
Bread, Italian	1 slice, large (approx 1 oz)	81	1	15	1	3
Bread, multi-grain	1 slice (1 oz)	69	1	11	2	3
Bread, naan, plain	1 piece (approx 3 oz)	262	5	45	2	9
Bread, pita, white	1 small (4 inch diameter; 1 oz)	77	0	16	1	3
Bread, pumpernickel	1 slice regular (1 oz)	65	1	13	2	2
Bread, raisin	1 slice, medium (1 oz)	71	1	14	1	2
Bread, rye	1 slice, thin	65	1	12	1	2
Bread, white	1 slice (1 oz)	77	1	14	1	3
Bread, whole-wheat	1 slice (1 oz)	81	1	14	2	4
Corn bread prepared with 2% milk	1 piece (approx 2 oz)	198	6	33	1	4
English muffin, wheat	1 muffin	127	1	26	3	5
Hot dog or hamburger roll, plain	½ roll	67	1	11	0	2
Pancake, plain, prepared	1 pancake (4 inches; approx 1 oz)	74	1	14	1	2
Taco shell, baked	2 taco shells (5 inches; 1 oz)	127	6	17	2	2
Tortilla, corn	1 tortilla (approx 1 oz)	52	1	11	2	1
Roll, plain	1 small roll (1 oz)	78	2	13	1	3
Waffle, plain	1 waffle round (4 inch)	103	3	16	1	2



## Starch (continued)

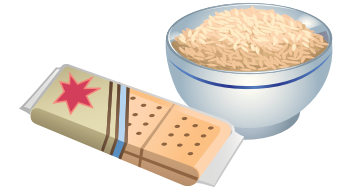


Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Cereals</b>						
Bran flakes	1 cup	130	1	34	7	4
Cheerios <sup>a</sup>	1 cup	105	2	21	3	3
Cornflakes	1 cup	100	0	25	1	2
Granola cereal	¼ cup	149	7	16	3	5
Grits, cooked	½ cup	91	1	19	1	2
Oatmeal, cooked, quick and regular	½ cup	83	2	14	2	3
Oatmeal, instant, apple flavored	1 packet	157	2	33	4	4
Puffed rice cereal	1½ cup	84	0	19	0	1
Raisin bran	1 cup	191	1	47	8	4
Rice Krispies <sup>b</sup>	1 cup	158	2	34	0	2
Shredded wheat	½ cup	86	1	20	3	3
Ready-to-eat cereal, Kellogg's Special K <sup>c</sup>	¾ cup	88	0	17	0	4

<b>Grains (including pasta and rice)</b>						
Barley, cooked	⅓ cup	64	0	15	2	1
Bran, oat, dry	¼ cup	58	2	16	4	4
Bran, wheat, dry	½ cup	63	1	19	12	5
Buckwheat, roasted, cooked	½ cup	77	1	17	2	3
Bulgur, cooked	½ cup	76	0	17	4	3
Couscous, cooked	⅓ cup	59	0	12	1	2
Millet, cooked	⅓ cup	69	1	14	1	2

<sup>a</sup>Cheerios® is a registered trademark of General Mills Inc.  
<sup>b</sup>Rice Krispies® is a registered trademark of Kellogg NA Co.  
<sup>c</sup>Special K® is a registered trademark of Kellogg NA Co.

## Starch (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Noodles, egg, cooked	1/3 cup	74	1	13	1	2
Pasta: macaroni, spaghetti, cooked	1/3 cup	74	0	14	1	3
Quinoa, cooked	1/3 cup	74	1	13	2	3
Rice, brown, cooked	1/3 cup	73	1	15	1	2
Rice, white, cooked	1/3 cup	81	0	18	0	1
Wheat germ, dry	3 tbsp	75	2	11	3	5
Wild rice, cooked	1/2 cup	83	0	18	2	3

### Crackers and Snacks

Crackers, animal	8 crackers	89	3	15	0	1
Crackers, crispbread, rye	2 pieces (approx 3/4 oz)	73	0	16	3	2
Crackers, graham, plain or honey	1 large rectangular piece or 2 squares or 4 small rectangular pieces	60	1	11	1	1
Crackers, oyster	20 crackers	84	2	15	1	2
Crackers, round, butter-type	6 crackers	94	4	12	0	1
Crackers, saltine-type	6 crackers	75	2	13	1	2
Crackers, wheat, sandwich, with cheese filling	1 cracker	35	2	4	0	1
Crackers, whole-wheat, baked	1 cracker	20	1	3	1	0
Granola bar, plain	1 bar (3/4 oz)	99	4	14	1	2
Matzoh, plain	3/4 oz	84	0	18	1	2
Melba toast, plain	4 pieces (about 1 oz)	78	1	15	1	2
Pita crisps	About 8 crisps (approx 3/4 oz)	86	2	16	3	2

## Starch (continued)

Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Popcorn, air-popped, white	3 cups	92	1	19	4	3
Popcorn, oil-popped, white	3 cups	165	9	19	3	3
Potato chips, regular	About 13 chips (approx ½ oz)	89	6	8	1	1
Pretzels, hard, plain, salted	¾ oz	82	1	17	1	2
Rice cakes, brown rice, plain	2 cakes	70	1	15	1	1
Tortilla chips, plain	1 oz	134	6	19	2	2

## Beans, Peas, and Lentils

Baked beans, canned, vegetarian	⅓ cup	80	0	18	4	4
Beans, black, cooked	½ cup	114	0	20	8	8
Beans, garbanzo, cooked	½ cup	134	2	22	6	7
Beans, kidney, cooked	½ cup	112	0	20	6	8
Beans, lima, cooked	½ cup	108	0	20	7	7
Beans, navy, cooked	½ cup	127	1	24	10	7
Beans, pinto, cooked	½ cup	122	1	22	8	8
Black eyed peas	½ cup	80	0	17	4	3
Lentils, cooked	½ cup	115	0	20	8	9
Refried beans, canned, vegetarian	½ cup	100	1	16	6	6

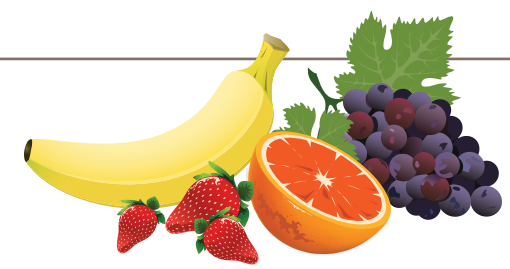


### Cutting down on carbs but still love bread?



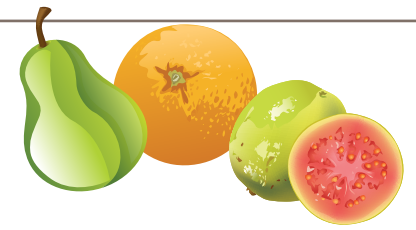
Choose 100% whole-wheat pitas, bread, or wraps. Just look for the carb count on the Nutrition Facts label. If you're counting carbs, make sure the food fits your plan.

# Fruit



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Apples, dried	4 rings	62	0	17	2	0
Apple, unpeeled, small	1 small (approx 5 oz)	77	0	21	4	0
Applesauce, canned, unsweetened	½ cup	51	0	14	1	0
Apricots, canned, light syrup pack	½ cup	80	0	21	2	1
Apricots, canned, water pack	½ cup	33	0	8	2	1
Apricots, dried	8 halves	67	0	18	2	1
Apricots, fresh	4 whole (5 oz)	67	1	16	3	2
Banana	1 extra small, less than 6 inches long (approx 3 oz)	72	0	19	2	1
Blackberries	¾ cup (approx 4 oz)	46	1	10	6	2
Blueberries	¾ cup (approx 4 oz)	63	0	16	3	1
Cantaloupe	1 cup diced (5½ oz)	53	0	13	1	1
Cherries, dried, tart, sweetened	¼ cup	133	0	32	1	1
Cherries, sweet, canned, light syrup pack	½ cup	84	0	22	2	1
Cherries, sweet, canned, water pack	½ cup	57	0	15	2	1
Cherries, sweet, fresh	12 (3½ oz)	62	0	16	2	1
Clementine	1 fruit	35	0	9	1	1
Cranberries, dried, sweetened	⅛ cup	47	0	12	1	0
Dates, Deglet Noor	3 small	60	0	16	2	1
Dates, Medjool	1 large	66	0	18	2	0
Figs, dried	3 small	63	0	16	3	1
Figs, fresh	2 medium (3½ oz)	74	0	19	3	1

**Fruit** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Fruit cocktail, canned, juice pack	½ cup	55	0	14	1	1
Grapes, red or green	17 small (approx 3 oz)	57	0	15	0	1
Grapefruit, fresh	½ large (approx 6 oz)	53	0	13	2	1
Grapefruit, sections, canned, juice pack	¾ cup (6½ oz)	69	0	17	1	1
Grapefruit, sections, canned, light syrup pack	¾ cup (6½ oz)	114	0	29	1	1
Guava	2 fruit (approx 4 oz)	75	1	16	6	3
Honeydew melon	1 cup diced (6 oz)	61	0	15	1	1
Kiwi fruit	½ cup, sliced	55	0	13	3	1
Loquat	¾ cup, cubed	53	0	14	2	0
Mandarin oranges, canned, juice pack	¾ cup	69	0	18	1	1
Mandarin oranges, canned, light syrup pack	¾ cup	115	0	31	1	1
Mango	½ cup (approx 3 oz)	50	0	12	1	1
Nectarine	1 medium (5 oz)	62	0	15	2	2
Orange	1 large (6½ oz)	86	0	22	4	2
Papaya	1 cup (approx 5 oz)	62	0	16	3	1
Peaches, fresh	1 medium (approx 5 oz)	58	0	14	2	1
Peaches, canned, juice pack	½ cup (4 oz)	55	0	14	2	1
Peaches, canned, light syrup pack	½ cup (approx 4 oz)	68	0	18	2	1
Pears, fresh	½ large (4 oz)	66	0	18	4	0
Pears, canned, juice pack	½ cup	62	0	16	2	0
Pears, canned, light syrup pack	½ cup	72	0	19	2	0

**Fruit** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Pineapple, canned, light syrup pack	½ cup	66	0	17	1	0
Pineapple, fresh	¾ cup	62	0	16	2	1
Plantain, raw	½ cup (2½ oz)	90	0	24	2	1
Plums, canned, juice pack	½ cup	73	0	19	1	1
Plums, dried (prunes)	3 (1 oz)	68	0	18	2	1
Plums, fresh	2 small (approx 5 oz)	61	0	15	2	1
Pomegranate seeds (arils)	½ cup	72	1	16	4	1
Raisins	1 oz	85	0	22	1	1
Raspberries	1 cup (4 oz)	64	1	15	8	1
Strawberries	1¼ cups whole berries (6 oz)	58	1	14	4	1
Tangerines	1 large (4 oz)	64	0	16	2	1
Watermelon	1¼ cups diced (7 oz)	57	0	14	1	1

**Fruit Juice**

Apple juice, unsweetened	½ cup	57	0	14	0	0
Cranberry juice cocktail, bottled	½ cup	68	0	17	0	0
Grape juice, unsweetened	½ cup	51	0	12	0	0
Grapefruit juice	½ cup	48	0	11	0	1
Orange juice	½ cup	56	0	13	0	1
Pineapple juice, unsweetened	½ cup	66	0	16	0	0
Pomegranate juice, bottled	½ cup	67	0	16	0	0
Prune juice, canned	⅓ cup	61	0	15	1	1
Vegetable and fruit juice blends, 100% juice	1 cup	113	0	27	0	1

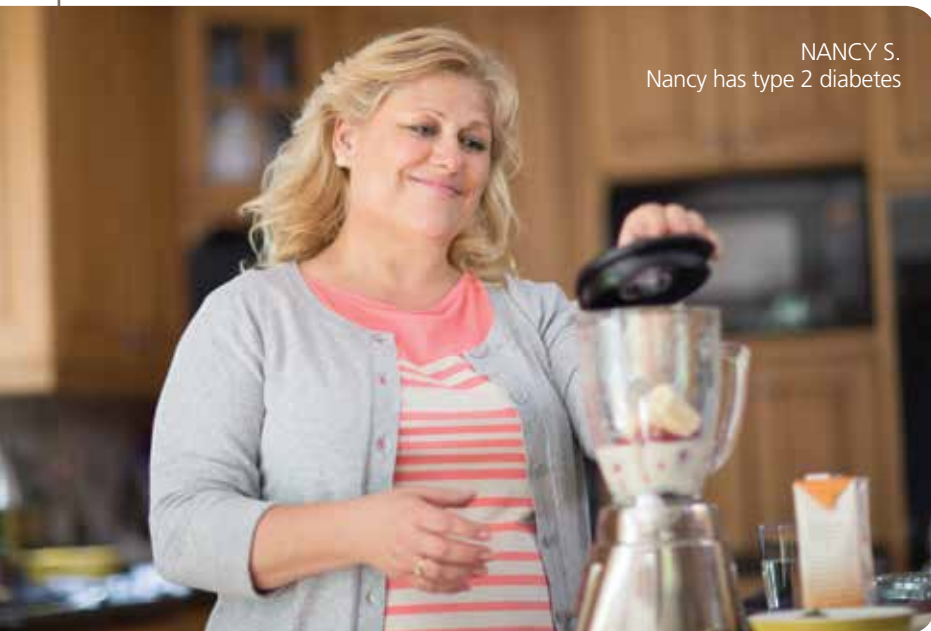
# Milk and Yogurts



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Dairy - Milk</b>						
Buttermilk, low-fat (1%)	1 cup	98	2	12	0	8
Buttermilk, whole	1 cup	152	8	12	0	8
Chocolate milk, low-fat	1 cup	178	3	32	1	8
Chocolate milk, whole	1 cup	208	8	26	2	8
Condensed milk, sweetened	½ cup	491	13	83	0	12
Evaporated milk	½ cup	169	10	13	0	9
Evaporated milk, nonfat	½ cup	100	0	15	0	10
Goat's milk	1 cup	168	10	11	0	9
Milk, low-fat (1%)	1 cup	105	2	12	0	9
Milk, reduced-fat (2%)	1 cup	125	5	12	0	9
Milk, whole	1 cup	149	8	12	0	8
<b>Dairy - Yogurt</b>						
Yogurt, fruit, low-fat	1 (6 oz container)	168	2	32	0	7
Yogurt, Greek, plain, nonfat	6 oz	100	1	6	0	17
Yogurt, Greek, nonfat, strawberry	5 oz	113	0	16	1	11
Yogurt, plain, low-fat	8 oz	143	4	16	0	12
Yogurt, plain, whole	8 oz	138	7	11	0	8

## Milk and Yogurts (continued)

Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Non-dairy</b>						
Almond milk	1 cup	60	3	8	1	1
Almond milk, chocolate	1 cup	120	3	23	1	2
Almond milk, sweetened, vanilla	1 cup	91	3	16	1	1
Coconut milk	¼ cup	138	14	3	1	1
Coconut water	1 cup	46	0	9	3	2
Eggnog	⅓ cup	75	4	7	0	4
Rice drink, unsweetened	1 cup	113	2	22	1	1
Soy milk, light, plain	1 cup	70	2	8	1	6
Soy milk, plain	1 cup	100	4	8	1	7



NANCY S.  
Nancy has type 2 diabetes

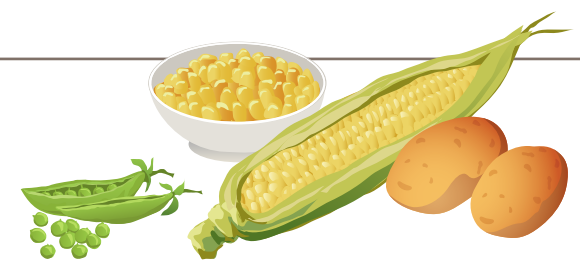


### Choosing a yogurt?

Plain is best, whether it's regular or Greek. Flavored yogurts pack a lot more carbs.



# Vegetables



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Starchy Vegetables</b>						
Breadfruit	¼ fruit (3 oz)	99	0	26	5	1
Cassava, raw	¼ cup (approx 2 oz)	82	0	20	1	1
Corn, cooked	½ cup	72	1	16	2	3
Corn, sweet, yellow, frozen, kernels on cob, unprepared	1 ear	122	1	30	4	4
Hominy, canned, white	¾ cup (4 oz)	89	1	18	3	2
Mixed vegetables with corn, peas, lima beans, carrots, green beans	1 cup	67	0	13	6	3
Parsnips, cooked	½ cup	55	0	13	3	1
Peas, green, cooked	½ cup	67	0	13	4	4
Plantain, cooked	⅓ cup	60	0	16	1	0
Potato, baked with skin	1 small (approx 5 oz)	128	0	29	3	3
Potato, boiled, all kinds	½ cup (approx 3 oz)	68	0	16	1	1
Potato, French fried (oven-baked)	2 oz	109	4	17	2	2
Potato, mashed, with milk and butter	½ cup (approx 4 oz)	119	4	18	2	2
Pumpkin, canned	¾ cup	62	1	15	5	2
Squash, winter, all varieties, baked	1 cup	76	1	18	6	2
Succotash	½ cup	110	1	23	4	5
Sweet potato, plain	½ cup (3½ oz)	90	0	21	3	2
Yam, cooked	½ cup (2½ oz)	79	0	19	3	1
Yucca, raw	½ cup	165	0	39	2	1

## Vegetables (continued)



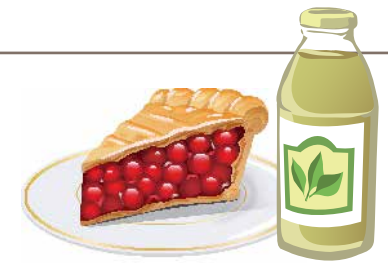
Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Nonstarchy Vegetables</b>						
Artichokes, cooked	1 cup	76	1	15	8	5
Asparagus, cooked	½ cup	20	0	4	2	2
Bamboo shoots, cooked	1 cup	13	0	2	1	2
Beans, green or yellow, raw	1 cup	31	0	7	3	2
Bean sprouts (mung)	1 cup	24	0	4	1	3
Beets, cooked	½ cup	37	0	8	2	1
Bitter melon, cooked	1 cup	24	0	5	3	1
Broccoli, cooked	½ cup	27	0	6	3	2
Brussels sprouts, cooked	½ cup	28	0	6	2	2
Cabbage, cooked	½ cup	17	0	4	1	1
Carrots, slices, cooked	½ cup	27	0	6	2	1
Cauliflower, cooked	½ cup	14	0	3	1	1
Celery, cooked	1 cup	27	0	6	2	1
Chayote, cooked	1 cup	38	1	8	5	1
Collard greens, cooked	1 cup	63	1	11	8	5
Cucumber, slices, raw	½ cup	8	0	2	0	0
Eggplant, cooked	1 cup	35	0	9	3	1
Fennel, bulb, raw slices	1 cup	27	0	6	3	1
Green onions or scallions, chopped	½ cup	16	0	4	1	1
Hearts of palm, canned	1 cup	41	1	7	4	4
Jicama, raw	1 cup	49	0	11	6	1
Kale, cooked	1 cup	36	1	7	3	2

## Vegetables (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Kohlrabi, cooked	1 cup	48	0	11	2	3
Leeks, cooked	1 cup	32	0	8	1	1
Lettuce, green leaf	1 cup shredded	5	0	1	1	0
Mixed vegetables (without starchy vegetables, legumes, or pasta)	½ cup	59	0	12	4	3
Mushrooms, stir-fried	½ cup pieces	14	0	2	1	2
Okra, cooked	½ cup	18	0	4	2	2
Onions, cooked	½ cup	46	0	11	2	1
Pea pods, cooked	1 cup	67	0	11	5	5
Peppers (green and red varieties), cooked	1 cup	38	0	9	2	1
Radishes	½ cup	9	0	2	1	0
Rutabaga, cooked	½ cup	26	0	6	2	1
Sauerkraut, canned	½ cup	13	0	3	2	1
Spaghetti squash	1 cup	31	1	7	2	1
Spinach, cooked	1 cup	41	0	7	4	5
Squash, summer, all varieties, raw	½ cup	9	0	2	1	1
Swiss chard, cooked	½ cup	18	0	4	2	2
Tomatoes, canned	½ cup	39	0	9	2	2
Tomato, ripe, chopped	1 cup	32	0	7	2	2
Turnips, cooked	½ cup	17	0	4	2	1
Water chestnuts, canned	½ cup	35	0	9	2	1

## Sweets, Desserts, and Other Carbohydrates



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Beverages, Soda Pop, and Sports Drinks</b>						
Chocolate hot cocoa mix	1 envelope (approx 1 oz)	80	3	15	1	1
Energy drink	8 fl oz	108	0	27	0	0
Iced tea, sweetened, commercial	1 can (12 oz)	132	0	33	0	0
Lemonade	1 cup (8 fl oz)	37	0	9	0	0
Soft drink (soda), regular	1 can (12 fl oz)	152	0	39	0	0
Tomato/vegetable juice	½ cup	27	0	6	1	1
Tonic water	1 can (12 fl oz)	124	0	32	0	0
Waters with added vitamins and minerals, sweetened, flavored	1 bottle (20 oz)	130	0	33	0	0
<b>Brownies, Cake, Cookies, Gelatin, Pie, and Pudding</b>						
Brownies	About 1 oz	115	5	18	1	1
Cake, angel food	About 1 oz	72	0	16	0	2
Cake, frosted	About 1 oz	111	5	16	0	1
Cake, unfrosted	1 piece (2½ oz)	264	9	42	1	4
Cookies, 100-calorie pack	1 pouch	95	3	16	1	1
Cookies, chocolate chip	2 cookies (2¼ inches across)	118	5	16	0	1
Flan	3 oz	111	3	17	0	3
Gelatin, regular	2 oz	42	0	10	0	1
Gingersnaps	3 small, 1½ inches across	87	2	16	1	1
Large cookie, raisin, soft	1 cookie	60	2	10	0	1
Pie, blueberry, commercially prepared	1 piece (1/6 of 8-inch pie)	271	12	41	1	2
Pie, pecan, commercially prepared	1 slice	541	22	79	3	6

## Sweets (continued)

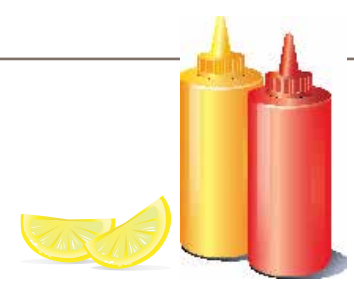


Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Pie, pumpkin, commercially prepared	1 slice	323	13	46	2	5
Pudding, fat-free	3½ oz	88	0	20	0	2
Pudding, regular (made with 2% milk)	5 oz	129	2	24	0	4
Sandwich cookies with cream filling	2 small (about 1 oz)	111	5	17	1	1
Sugar-free oatmeal cookies	About 1 oz	106	5	16	1	1
Vanilla wafer	5 cookies	87	3	14	0	1

### Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings

Agave, syrup	1 tbsp	64	0	16	0	0
Blended sweeteners (mixtures of artificial sweeteners and sugar)	1 tbsp	58	0	14	0	0
Candy, chocolate, dark or milk type	1 oz	156	9	17	2	1
Candy, hard	3 pieces	71	0	18	0	0
Cream substitute, powdered	1 tbsp	33	2	3	0	0
Coffee creamer, liquid, flavored	2 tbsp	40	2	6	0	0
Fruit snacks, chewy	1 packet (¾ oz)	75	1	17	0	0
Honey	1 tbsp	64	0	17	0	0
Jam and preserves	1 tbsp	56	0	14	0	0
Jam and preserves with low-calorie sweetener	1 tbsp	18	0	8	0	0
Maple syrup	2 tbsp	104	0	27	0	0
Pancake syrup	2 tbsp	94	0	25	0	0
Sugar	1 tsp	16	0	4	0	0

Sweets (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Syrup, chocolate	2 tbsp	109	0	25	1	1
Syrup, reduced-calorie (pancake type)	2 tbsp	50	0	13	0	0

**Condiments and Sauces**

Balsamic vinegar	1 tbsp	14	0	3	0	0
Barbecue sauce	3 tbsp	88	0	21	1	0
Chili sauce, sweet, tomato-type	¼ cup	71	0	14	4	2
Cranberry sauce, jellied	¼ cup	105	0	27	0	0
Gravy, dry	¼ cup	22	1	4	0	1
Hoisin sauce	1 tbsp	35	1	7	0	1
Horseradish, prepared	1 tsp	2	0	1	0	0
Hot pepper sauce	1 tsp	1	0	0	0	0
Ketchup	1 tbsp	17	0	5	0	0
Lemon juice	2 tbsp	7	0	2	0	0
Marinara, pasta, or spaghetti sauce	½ cup	66	2	10	2	2
Mustard	1 tsp	3	0	0	0	0
Plum sauce	1 tbsp	35	0	8	0	0
Salad dressing, Caesar, fat-free	1 tbsp	22	0	5	0	0
Salad dressing, Italian, fat-free	1 tbsp	7	0	1	0	0
Salad dressing, ranch, fat-free	1 tbsp	17	0	4	0	0
Salsa	2 tbsp	10	0	2	1	1
Soy sauce	1 tbsp	11	0	1	0	2
Sweet and sour sauce	3 tbsp	79	0	20	0	0
Taco sauce	1 tbsp	8	0	2	0	0

## Sweets (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Teriyaki sauce	1 tbsp	16	0	3	0	1
Tomato sauce, unsweetened	½ cup	29	0	7	2	1
Worcestershire sauce	1 tbsp	13	0	3	0	0

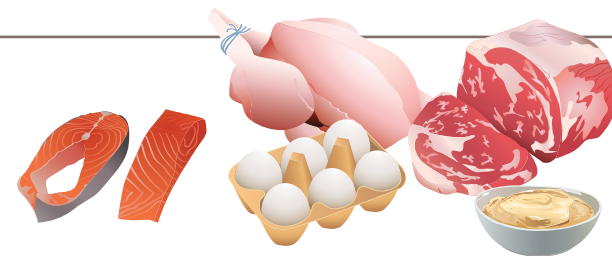
### Doughnuts, Muffins, Pastries, and Sweet Breads

Banana bread	1 slice (approx 2 oz)	196	6	33	1	3
Croissant, butter	1 medium (2 oz)	231	12	26	2	5
Doughnut, cake-type, plain	1 medium (2 oz)	234	13	25	1	3
Doughnut, hole	2 doughnuts (1 oz)	109	6	12	1	2
Doughnut, yeast-type, glazed	1 doughnut, 3¾ inches (approx 2 oz)	253	14	29	1	4
Muffin, low-fat	1 small (2½ oz)	181	3	36	3	3
Muffin, regular	1 medium (4 oz)	424	18	60	1	5
Sweet roll or Danish	1 pastry (2 oz)	262	15	29	1	5

### Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

Frozen pops	1 (1¾ fl oz)	42	0	10	0	0
Frozen pops, sugar free	1 (1¾ fl oz)	12	0	3	0	0
Fruit juice bars, frozen	1 bar (3 fl oz)	80	0	19	1	1
Ice cream, fat-free	½ cup	92	0	20	1	3
Ice cream, light	½ cup	137	4	22	0	4
Ice cream, no sugar added	½ cup	115	5	15	0	3
Ice cream, rich	½ cup	266	17	24	0	4
Sherbet, orange	½ cup	107	1	23	1	1
Yogurt, frozen, nonfat	⅓ cup	47	0	9	1	2
Yogurt, frozen, regular	½ cup	114	4	17	0	3

# Protein



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Lean</b>						
Beef, ground, 90% lean meat/ 10% fat, cooked, pan-browned	1 oz	65	3	0	0	8
Beef jerky	½ oz	58	4	2	0	5
Beef, liver, raw	1 oz	38	1	1	0	6
Buffalo, cooked, roasted	1 oz	37	1	0	0	8
Cheese, nonfat or fat-free	About 1 oz	24	0	2	0	4
Chicken, liver, raw	1½ oz	52	2	0	0	7
Chicken, roasted	¼ cup	66	3	0	0	10
Chicken, ground, cooked, pan-browned	1 oz	54	3	0	0	7
Clams, raw	1 oz	24	0	1	0	4
Cod, raw	1 oz	23	0	0	0	5
Cornish hen, cooked	1 oz	38	1	0	0	7
Cottage cheese, 1% milkfat	¼ cup (2 oz)	41	1	2	0	7
Crab, raw	1 oz	24	0	0	0	5
Domestic duck, cooked	¼ cup (1 oz)	70	4	0	0	8
Egg substitutes, fat-free	¼ cup	29	0	1	0	6
Egg whites	2	34	0	0	0	7
Fish, whiting, cooked	1 oz	33	0	0	0	7
Lamb, kidneys, raw	1 oz	27	1	0	0	4
Lobster, raw	1 oz	22	0	0	0	5
Oysters, fresh	6 medium	43	1	2	0	5
Pork, Canadian bacon, uncooked	1 oz	31	1	0	0	6
Pork, cured, lean, ham	1 oz	45	2	1	0	5



**Protein** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Pork, loin, cooked	1 oz	42	1	0	0	7
Processed sandwich meats with 3 grams of fat or less per oz: beef pastrami	1 oz	41	2	0	0	6
Processed sandwich meats with 3 grams of fat or less per oz: turkey ham, sliced, extra lean	About 1 oz (¼ cup pieces)	43	1	1	0	7
Rabbit, cooked	1 oz	56	2	0	0	8
Ricotta with part-skim milk	¼ cup (approx 2 oz)	86	5	3	0	7
Roast beef, deli style	1 slice (½ oz)	16	1	0	0	3
Sardines, canned in oil	2 (approx 1 oz)	50	3	0	0	6
Shrimp, raw	1 oz	20	0	0	0	4
Smoked salmon (lox)	1 oz	33	1	0	0	5
Tilapia, raw	1 oz	28	0	0	0	6
Trout, raw	1oz	42	2	0	0	6
Tuna, canned in water, drained	1 oz	24	0	0	0	6
Turkey, ground, cooked, pan-browned	1 oz	43	1	0	0	9
Turkey, pork, and beef sausage, low-fat	1 oz	29	1	3	0	2
Veal cutlet, boneless	1 oz	30	1	0	0	6
Venison, deer, lean, cooked	1 oz	40	1	0	0	8
Wieners (beef franks, fat-free)	1 (1¾ oz)	39	0	3	0	7

**Need some quick protein?**

Whisk 2 eggs together and fry or microwave them. They're ready in a matter of minutes!

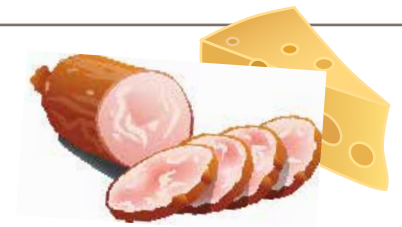


**Protein** (continued)



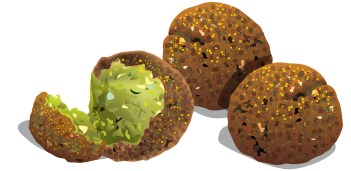
Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Medium fat</b>						
Bacon, turkey	3 slices (1 oz each before cooking)	66	5	1	0	5
Beef, ground, 85% lean/15% fat, cooked	1 oz	71	4	0	0	7
Beef, tongue	1 oz	69	5	0	0	5
Cheese with 4–7 grams of fat per oz: feta	1 oz	75	6	1	0	4
Cheese with 4–7 grams of fat per oz: mozzarella	1 oz	72	5	1	0	7
Cheese with 4–7 grams of fat per oz: pasteurized processed cheese spread	1 oz	85	6	3	0	5
Chicken with skin	1 oz	84	5	0	0	10
Corned beef	1 oz	71	4	0	0	8
Egg	1 large	72	5	0	0	6
Fish fillet, battered or breaded, and fried	About 1 oz	53	3	4	0	3
Lamb: chop, leg, or roast, cooked	1 oz	67	4	0	0	7
Lamb, ground, cooked, broiled	1 oz	80	6	0	0	7
Pork, ground	1 oz	84	6	0	0	7
Salmon, Atlantic, cooked	1 oz	58	4	0	0	6
Turkey, with skin, cooked	1 oz	85	5	0	0	9

**Protein** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>High fat</b>						
Bacon, pork	2 slices (1 oz each before cooking)	234	22	1	0	7
Bologna, pork	1 slice, medium (1 oz)	69	6	0	0	4
Cheese, regular, brie	1 oz	95	8	0	0	6
Cheese, regular, cheddar	1 oz	115	10	0	0	7
Cheese, regular, hard, goat	1 oz	128	10	1	0	9
Cheese, regular, Parmesan	1 oz	111	7	1	0	10
Cheese, regular, queso asadero	1 oz	101	8	1	0	6
Cheese, regular, Swiss	1 oz	108	8	2	0	8
Frankfurter: beef and pork	1½ oz	137	12	1	0	5
Frankfurter: turkey	2 oz	126	10	2	0	7
Italian pork sausage	4 oz	391	35	1	0	16
Kielbasa	2 oz	127	10	2	0	7
Polish sausage	1 oz	92	8	0	0	4
Pork: spareribs, lean, cooked	1 oz	112	9	0	0	8
Processed sandwich meats with 8 grams of fat or more per oz: hard salami	1 oz	119	10	0	0	6
Sausage with pork and beef	1 oz	91	8	1	0	3
Sausage with 8 grams fat or more per oz: bratwurst, cooked	3 oz	283	25	2	0	12
Sausage with 8 grams fat or more per oz: chorizo, pork and beef	1 oz	129	11	1	0	7
Short ribs, beef, cooked, braised	1 oz	81	6	0	0	7

**Protein** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Plant-Based Proteins</b>						
Baked beans, canned, plain or vegetarian	1/3 cup	80	0	18	4	4
Beans: black, cooked or canned, drained and rinsed	1/2 cup	114	0	20	8	8
Beans: garbanzo, cooked or canned, drained and rinsed	1/2 cup	134	2	22	6	7
Beans: kidney, cooked or canned, drained and rinsed	1/2 cup	108	1	19	6	7
Beans: navy, cooked or canned, drained and rinsed	1/2 cup	127	1	24	10	7
Edamame, frozen	1/2 cup	65	3	5	3	6
Falafel	3 patties (about 2 1/4 inches across)	170	9	16	2	7
Hummus	1/3 cup	136	8	12	5	6
Lentils, cooked	1/2 cup	115	0	20	8	9
Meatless bacon	2 strips ( approx 1/2 oz)	31	3	1	0	1
Meatless burger, vegan	1 patty (about 2 1/2 oz)	94	2	6	4	12
Meatless chicken	1/3 cup	125	7	2	2	13
Meatless frankfurter	1 (2 1/2 oz)	163	10	5	3	14
Meatless luncheon slices	1 slice (1/2 oz)	26	2	1	0	2
Meatless sausage	1 slice (1 oz)	72	5	3	1	5
Split peas cooked	1/2 cup	116	0	21	8	8
Refried beans, canned, vegetarian	1/2 cup	100	1	16	6	6
Tofu, firm	1 slice	52	2	2	0	6

# Fats

Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Unsaturated Fats</b>						
Almonds	6	42	4	2	1	2
Avocado, fresh	1 (approx 5 oz)	227	21	12	9	3
Brazil nuts	2	66	7	1	1	1
Cashew nuts, dry roasted	1 tbsp	49	4	3	0	1
Flaxseeds, ground	1½ tbsp	56	4	3	3	2
Filberts (hazelnuts)	5	44	4	1	1	1
Macadamia nuts, dry roasted	¼ oz	51	5	1	1	1
Margarine-like, vegetable oil spread, trans fat-free	1 tbsp	6	0	0	0	0
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle	1 tbsp	75	8	0	0	0
Mayonnaise, regular	1 tbsp	103	12	0	0	0
Mayonnaise, reduced-fat, with olive oil	1 tbsp	54	6	0	0	0
Mayonnaise-style salad dressing, fat-free	1 tbsp	13	0	2	0	0
Mayonnaise-style salad dressing, regular	1 tbsp	94	10	0	0	0

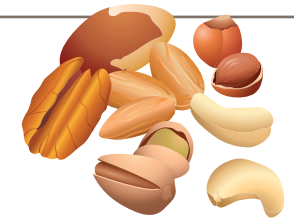


### Eating out? Here's an ordering tip.

Ask for sauces, gravy, and salad dressing on the side. Dip your fork in those first, and then spear your food.

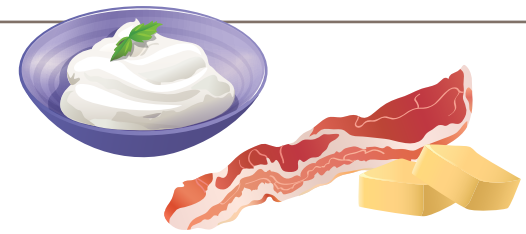


Fats (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Mixed nuts with peanuts, dry roasted	¼ oz	42	4	2	1	1
Nuts, pignolia (pine nuts)	10 nuts	11	1	0	0	0
Nut butters (trans fat-free): almond butter, cashew butter, peanut butter	1 tbsp	97	8	5	1	2
Oil: canola, corn, cottonseed, grape seed, olive, peanut, safflower, soybean, sunflower	1 tsp	40	5	0	0	0
Olives, canned	8 large	40	4	2	1	0
Olives, green, pickled	10	39	4	1	1	0
Peanuts, dry roasted	10	59	5	2	1	2
Pecans	¼ oz	49	5	1	1	1
Pistachios, dry roasted	16	64	5	3	1	2
Pumpkin seeds	½ oz	63	3	8	3	3
Salad dressing, blue cheese, regular	1 tbsp	73	8	1	0	0
Salad dressing, Caesar, regular	1 tbsp	80	9	0	0	0
Salad dressing, French, regular	1 tbsp	73	7	2	0	0
Salad dressing, Italian, regular	1 tbsp	35	3	2	0	1
Tahini or sesame paste	1 tbsp	89	8	3	1	3
Vegetable oil-butter spread, reduced calorie	1 tbsp	60	7	0	0	0
Walnuts, English	½ oz	93	9	2	1	2

Fats (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Saturated Fats</b>						
Butter, light, stick	1 tsp	23	3	0	0	0
Butter, whipped	1 tbsp	67	8	0	0	0
Chitterlings, cooked, simmered	2 tbsp (½ oz)	33	3	0	0	2
Coconut milk, canned, thick, regular	1½ tbsp	44	5	1	0	0
Coconut, sweetened, shredded	2 tbsp	47	3	4	0	0
Coconut water	1 cup	44	0	10	0	1
Cream, half and half	2 tbsp	39	3	1	0	1
Cream, heavy	1 tbsp	52	6	0	0	0
Cream, light	1½ tbsp	66	7	1	0	0
Cream, whipped	2 tbsp	15	1	1	0	0
Cream cheese, fat-free	1½ tbsp (1 oz)	28	0	2	0	4
Cream cheese, regular	1 tbsp (½ oz)	50	5	1	0	1
Lard	1 tsp	38	4	0	0	0
Margarine-butter blend, soybean oil and butter	1½ tsp	51	6	0	0	0
Oil: coconut, palm	1 tsp	39	5	0	0	0
Salt pork, cured	¼ oz	53	6	0	0	0
Shortening, lard and vegetable oil	1 tsp	38	4	0	0	0
Sour cream, cultured	2 tbsp	46	5	1	0	1
Sour cream, reduced-fat	3 tbsp	65	5	3	0	3

## Combination Foods

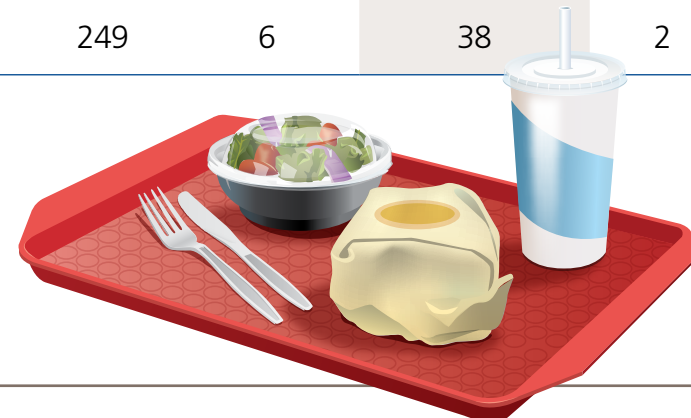


Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Entrees</b>						
Beef stew, canned	7 oz	194	11	15	2	9
Chili with meat and beans	About 5 oz	214	13	6	2	17
Lasagna with meat	8 oz	423	24	26	3	25
Mac and cheese with cheese sauce	7 oz	310	9	44	2	13
Spaghetti with meatballs	About 5 oz	228	11	21	2	11
<b>Salads (Deli-Style)</b>						
Coleslaw	½ cup	146	9	14	2	1
Potato salad	½ cup	179	10	14	2	3
Tuna salad	½ cup (3½ oz)	192	10	10	0	16
<b>Soups</b>						
Black bean soup, canned	1 cup (8 fl oz)	234	3	40	18	12
Beef and barley soup	1 cup (about 8½ oz)	159	2	26	4	9
Chicken noodle soup	1 cup (about 8 oz)	100	3	9	2	8
Clam chowder (made with low-fat milk)	1 cup (about 8½ oz)	154	5	19	1	8
Egg drop soup	1 cup (about 8½ oz)	65	1	10	1	3
Mushroom, cream soup (made with water)	1 cup (about 8 oz)	97	6	8	1	2
Split pea soup	1 cup (about 9 oz)	180	2	30	5	10
Tomato soup (made with water)	1 cup (about 8½ oz)	74	1	16	2	2



# Fast Foods

Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Main Dishes/Entrees</b>						
Burrito, beef and bean	1 (5 oz)	332	13	43	6	10
Chicken breast, meat only	1 piece (about 4 oz)	164	5	0	0	30
Chicken breast or wing, breaded and fried	1 piece (about 3 oz)	247	15	10	0	18
Chicken drumstick, breaded and fried	1 (about 3 oz)	200	13	6	0	16
Chicken drumstick, meat only	1 (about 2 oz)	69	3	0	0	11
Chicken nuggets, frozen	6 pieces (about 4 oz)	281	17	18	1	13
Chicken parmesan without pasta	About 5 oz	307	16	16	1	24
Chicken, pot pie	½ pie (about 5 oz)	308	18	29	2	8
Chicken thigh, breaded and fried	2 pieces (about 5 oz)	431	27	16	0	30
Chicken thigh, meat only, fried	1 piece	117	6	0	0	15
Chicken wing, meat only, fried	1 wing	42	2	0	0	6
Ham and cheese stuffed sandwich, frozen	1 (4½ oz)	306	12	39	2	12
Hush puppies	1 piece (about 1 oz)	65	3	9	1	1
Salad, vegetable, with chicken, no dressing	1½ cup (about 8 oz)	105	2	4	0	17
Tortellini, pasta with cheese filling	¾ cup (about 3 oz)	249	6	38	2	11



**Fast foods** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Pizza</b>						
Pizza, cheese, regular crust	1/8 of a 14-inch pizza (about 4 oz)	284	10	36	3	12
Pizza, cheese, thin crust	1/8 of a 14-inch pizza (about 3 oz)	223	10	23	2	9
Pizza, meat and vegetable, regular crust	1/8 of a 14-inch pizza (about 5 oz)	356	16	37	3	16
Pizza, pepperoni, regular crust	1/8 of a 14-inch pizza (about 4 oz)	315	13	36	3	13
Pizza, pepperoni, thin crust	1/8 of a 14-inch pizza (about 3 oz)	247	13	22	2	10
Pizza, sausage, regular crust	1/8 of a 14-inch pizza (about 4 oz)	326	14	36	3	13
Pizza, sausage, thin crust	1/8 of a 14-inch pizza (about 3 oz)	269	15	23	2	11

<b>Asian</b>						
Beef and vegetables	1/2 order (10 oz)	301	15	21	4	20
Eggroll	1 (about 3 oz)	222	11	24	2	7
Fortune cookies	1 cookie	30	0	7	0	0
Fried rice, meatless	1 cup (about 5 oz)	238	4	45	2	6
Hot-and-sour soup	1 cup (about 8 oz)	91	3	10	1	6
Japanese soba noodles, cooked	1 cup (4 oz)	113	0	24	0	6
Noodles, flat, crunchy	1 cup (about 1 1/2 oz)	234	14	23	1	5

## Fast foods (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Soup, ramen noodle, beef flavor, dry	1 package (3 oz)	387	16	53	3	9
Sweet and sour chicken	6 oz	441	22	42	2	18
Vegetable lo mein	1 cup (about 5 oz)	165	3	27	2	6
Vegetable soup	1 cup (about 8 oz)	90	1	18	3	3



### Mexican

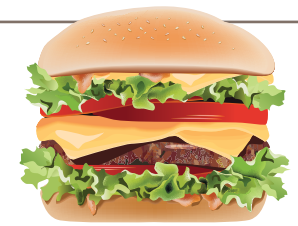
Burrito with beans and cheese	1 burrito (about 6½ oz)	379	11	58	8	14
Chicken and rice	1 cup (5 oz)	245	7	28	2	17
Empanadas	1 piece (about 3 oz)	298	16	28	2	10
Nachos with cheese	1 serving (about 3 oz)	274	17	28	3	3
Quesadilla, cheese only	1 quesadilla, 5-6 inch diameter (about 3 oz)	342	21	22	2	15
Rice and black beans	1 cup (5 oz)	220	6	36	5	7
Taco, hard shell, with beef, cheese, and lettuce	1 small taco (about 2½ oz)	156	9	14	3	6
Taco salad	1 salad (3½ oz)	170	9	15	3	7



#### At a restaurant? Here's a quick tip.

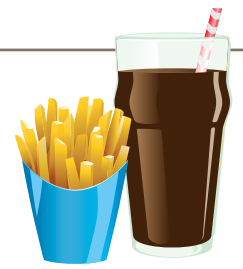
Order foods that aren't breaded or fried. The breading adds to your carb count and your calorie count.

**Fast foods** (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Sandwiches</b>						
Biscuit with egg, cheese, and bacon	1 sandwich (about 5 oz)	436	25	35	0	17
Biscuit with sausage	1 sandwich (about 4 oz)	412	27	33	0	11
Burrito with sausage	1 burrito (about 4 oz)	296	17	24	1	13
Cheese burger, single, regular, with condiments	1 burger (about 4½ oz)	343	16	32	2	17
Crispy chicken fillet sandwich, with lettuce and mayo	1 sandwich (about 5½ oz)	420	21	42	2	17
English muffin with egg, cheese, and sausage	1 sandwich (about 6 oz)	472	30	29	0	22
Fish sandwich with tartar sauce and cheese	1 sandwich (about 5 oz)	374	20	35	1	15
Grilled chicken fillet sandwich with lettuce, tomatoes, and spread	1 sandwich (about 8 oz)	419	11	39	2	40
Hamburger, regular, with condiments	1 burger (about 3 oz)	255	10	29	2	13
Hot dog plain with bun	1 hot dog (about 3½ oz)	242	15	18	0	10
Hot dog with bun with chili	1 chili dog (about 4 oz)	296	13	31	0	14
Submarine sandwich, cold cut on white bread with lettuce and tomato	1 (6-inch sub; 7 oz)	417	20	40	2	21
Tuna submarine sandwich on white bread	1 (6-inch sub; about 8½ oz)	517	29	38	2	29

## Fast foods (continued)



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Sides/Appetizers</b>						
French fries	1 small order (about 2½ oz)	229	11	30	3	2
	1 medium order (about 4 oz)	378	18	50	5	4
	1 large order (about 5½ oz)	497	24	66	6	5
Fish sticks	1 stick (1 oz)	78	5	6	0	3
Hash browns	1 cup (about 5½ oz)	413	20	55	5	5
Onion rings, breaded and fried	18 rings (about 4 oz)	481	30	51	3	5
Side salad without dressing	1 salad (about 3 oz)	17	0	4	1	1
<b>Beverages and Desserts</b>						
Bread pudding	½ cup	270	13	33	0	5
Hot fudge sundae	1 (about 6 oz)	333	11	54	1	7
Milk shake, thick chocolate	1 shake (about 10½ oz)	357	8	63	1	9
Soft-serve ice cream with cone, vanilla	1 (about 4 oz)	196	6	32	0	5



### Only have time for a fast-food meal today?

You can read the Nutrition Facts label there too! You may have to ask for it. Or you can look it up online. Most fast-food restaurants have nutrition information for the items on their menus.

# Alcohol



Food	Serving Size	Calories	Total Fats (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Beer, light	12 fl oz	103	0	6	0	1
Beer, regular	12 fl oz	153	0	13	0	2
Daiquiri	4½ fl oz	253	0	9	0	0
Distilled spirits (80 proof): vodka, rum, gin, whiskey	1½ fl oz	97	0	0	0	0
Dry, red or white wine	5 fl oz	125	0	4	0	0
Liqueur, coffee (53 proof)	1½ fl oz	175	0	24	0	0
Margarita	3 fl oz	153	0	7	0	0
Piña colada	4½ fl oz	246	3	32	0	1
Sake	4 fl oz	156	0	6	0	1
Whiskey sour	4½ fl oz	217	0	21	0	0
Wine, dessert, sweet	3½ fl oz	165	0	14	0	0

JASON M.  
Jason has type 2 diabetes



## Don't forget the basics of healthy eating!



- Eat a variety of foods
- Try to eat non-starchy vegetables at each meal
- Choose whole grains as often as you can
- Banish the “bad” fats—saturated fat and trans fat
- Try to avoid salt
- Watch your portion sizes

# Index

Agave, syrup	56	Biscuit with egg, cheese, and bacon	86	Cauliflower	50	Corn	48	Fennel	50	Hash browns	88
Almond butter	74	Biscuit with sausage	86	Celery	50	Corn bread	30	Figs	38	Hazelnuts	72
Almond milk	46	Bitter gourd	50	Chayote	50	Corned beef	66	Filberts	72	Hearts of palm	50
Almonds	72	Black bean soup	78	Cheerios	32	Cornflakes	32	Fish	62,66	Hoisin sauce	58
Apple	38	Black eyed peas	36	Cheese	62,66,68	Cornish hen	62	Fish sandwich	86	Hominy	48
Apple juice	42	Blackberries	38	Cheese burger	86	Couscous	32	Fish sticks	88	Honey	56
Applesauce	38	Blended sweeteners (mixtures of artificial sweeteners and sugar)	56	Cherries	38	Crab	62	Flan	54	Honeydew melon	40
Apricots	38	Blueberries	38	Chicken	62,66,80	Crackers	34	Flaxseeds	72	Horseradish	58
Artichokes	50	Bologna, pork	68	Chicken and rice	84	Cranberries	38	Fortune cookies	82	Hot dog	86
Asparagus	50	Bran flakes	32	Chicken noodle soup	78	Cranberry juice cocktail	42	Frankfurter	68	Hot fudge sundae	88
Avocado	72	Bran, oat	32	Chicken nuggets	80	Cranberry sauce	58	French fries	88	Hot pepper sauce	58
Bacon, pork	68	Bran, wheat	32	Chicken parmesan	80	Cream	56,76	Fried rice	82	Hot-and-sour soup	82
Bacon, turkey	66	Brazil nuts	72	Chicken, ground	62	Cream cheese	76	Frozen pops	60	Hot dog or hamburger roll	30
Bagel	30	Bread	30	Chicken, pot pie	80	Cream substitute, powdered	56	Fruit cocktail	40	Hummus	70
Baked beans	36,70	Bread pudding	88	Chili sauce	58	Crispy chicken fillet sandwich	86	Fruit juice	42	Hush puppies	80
Balsamic vinegar	58	Breadfruit	48	Chili with meat and beans	78	Croissant	60	Fruit juice bars, frozen	60	Ice cream	60
Bamboo shoots	50	Broccoli	50	Chitterlings	76	Cucumber	50	Fruit snacks	56	Ice cream, soft-serve with cone	88
Banana	38	Brownies	54	Chocolate hot cocoa mix	54	Daiquiri	90	Gelatin	54	Iced tea	54
Banana bread	60	Brussels sprouts	50	Chocolate milk	44	Doughnut	60	Gin	90	Jam	56
Barbecue sauce	58	Buckwheat	32	Clam Chowder	78	Duck	62	Gingersnaps	54	Jicama	50
Barley	32	Buffalo	62	Clams	62	Edamame	70	Goat's milk	44	Kale	50
Bean sprouts (mung)	50	Bulgur	32	Clementine	38	Egg	66	Granola	32	Ketchup	58
Beans (black, garbanzo, kidney, lima, navy, pinto)	36,70	Burrito	80,84,86	Coconut milk	46,76	Egg drop soup	78	Grape juice	42	Kidneys	62
Beans (green or yellow)	48,50	Butter	76	Coconut water	46,76	Egg substitutes	62	Grapefruit	40	Kielbasa	68
Beef and barley soup	78	Buttermilk	44	Coconut, sweetened, shredded	76	Egg whites	62	Grapefruit juice	42	Kiwi fruit	40
Beef and vegetables	82	Cabbage	50	Cod	62	Eggnog	46	Grapes	40	Kohlrabi	52
Beef, ground	62,66	Cake	54	Coffee creamer, liquid, flavored	56	Eggplant	50	Gravy, dry	58	Lamb	66
Beef jerky	62	Candy	56	Coleslaw	78	Eggroll	82	Green onions	50	Lard	76
Beef pastrami	64	Cantaloupe	38	Collard greens	50	Empanadas	84	Grilled chicken fillet sandwich	86	Lasagna	78
Beef stew	78	Carrots	50	Condensed milk, sweetened	44	Energy drink	54	Grits	32	Leeks	52
Beef, tongue	66	Cashew nuts	72	Cookies	54,56	English muffin	30	Guava	40	Lemonade	54
Beer	90	Cashew butter	74			Evaporated milk	44	Ham and cheese stuffed sandwich	80	Lemon juice	58
Beets	50	Cassava	48			Falafel	70	Hamburger	86	Lentils	36,70

Lettuce	52	Nectarine	40	Pizza	82	Rum	90	Special K	32	Tuna salad	78
Liver	62	Noodles, egg	34	Plantain	42,48	Rutabaga	52	Spinach	52	Tuna submarine sandwich	86
Liqueur	90	Noodles, flat	82	Plum sauce	58	Sake	90	Split peas	70	Turkey	66
Lobster	62	Nut butters (almond, cashew, peanut)	74	Plums	42	Salad dressing	58,74	Split pea soup	78	Turkey ham	64
Loquat	40	Oatmeal	32	Pomegranate juice	42	Salad dressing, mayonnaise-style	72	Squash	48,52	Turkey, ground	64
Mac and cheese	78	Oil	74,76	Pomegranate seeds (arils)	42	Salad without dressing	88	Strawberries	42	Turkey, pork, and beef sausage	64
Macadamia	72	Okra	52	Popcorn	36	Salad, vegetable	80	Succotash	48	Turnips	52
Macaroni	34	Olives	74	Pork	62,64,66	Salami	68	Sugar	56	Vanilla wafer	56
Mandarin oranges	40	Onion rings	88	Potato	48	Salmon	66	Sweet and sour chicken	84	Veal cutlet, boneless	64
Mango	40	Onions	52	Potato chips	36	Salsa	58	Sweet and sour sauce	58	Vegetable and fruit juice blends	42
Maple syrup	56	Oranges	40	Potato salad	78	Salt pork, cured	76	Sweet potato	48	Vegetable lo mein	84
Margarine	72,76	Orange juice	42	Pretzels	36	Sandwich (submarine)	86	Sweet roll or Danish	60	Vegetable oil-butter spread	74
Margarita	90	Oysters	62	Prune juice	42	Sardines	64	Swiss chard	52	Vegetable soup	84
Marinara, pasta, or spaghetti sauce	58	Pancake	30	Pudding	56	Sauce (marinara, pasta, or spaghetti)	58	Syrup	56,58	Venison, deer, lean	64
Matzoh	34	Pancake syrup	56	Puffed rice cereal	32	Sauerkraut	52	Taco salad	84	Vodka	90
Mayonnaise	72	Papaya	40	Pumpkin	48	Sausage	64,68	Taco sauce	58	Waffles	30
Meatless bacon	70	Parsnips	48	Pumpkin seeds	74	Scallions	50	Taco shell	30	Walnuts	74
Meatless burger	70	Pasta	34	Quesadilla	84	Sherbet, orange	60	Tahini or sesame paste	74	Water chestnuts	52
Meatless chicken	70	Pea pods	52	Quinoa	34	Short ribs, beef	68	Tangerines	42	Water with added vitamins and minerals	54
Meatless frankfurter	70	Peaches	40	Rabbit	64	Shortening, lard and vegetable oil	76	Teriyaki sauce	60	Watermelon	42
Meatless luncheon slices	70	Peanut butter	74	Radishes	52	Shredded wheat	32	Tilapia	64	Wheat germ	34
Meatless sausage	70	Peanuts	74	Raisin bran	32	Shrimp	64	Tofu	70	Whiskey	90
Melba toast	34	Pears	40	Raisins	42	Smoked salmon (lox)	64	Tomato	52	Whiskey sour	90
Milk	44	Peas	48	Ramen noodle soup	84	Soba noodles	82	Tomato sauce	60	Wieners (beef franks)	64
Milk shake	88	Pecans	74	Raspberries	42	Soda	54	Tomato soup	78	Wild rice	34
Millet	32	Peppers	52	Refried beans	36,70	Soft drink, regular	54	Tomato/vegetable juice	54	Wine	90
Mixed nuts	74	Pie	54,56	Rice	34	Sour cream	76	Tomatoes, canned	52	Worcestershire sauce	60
Mixed vegetables	48,52	Pignolia	74	Rice and black beans	84	Soy milk	46	Tonic water	54	Yam	48
Muffin	60	Piña colada	90	Rice cakes	36	Soy sauce	58	Tortellini	80	Yogurt	44,60
Mushroom, cream soup	78	Pine nuts	74	Rice drink	46	Spaghetti	34	Tortilla chips	36	Yucca	48
Mushrooms	52	Pineapple	42	Rice Krispies	32	Spaghetti squash	52	Tortilla, corn	30		
Mustard	58	Pineapple juice	42	Ricotta	64	Spaghetti with meatballs	78	Trout	64		
Nachos with cheese	84	Pistachios	74	Roast beef	64			Tuna	64		
		Pita crisps	34	Roll, plain	30						



## My agreement

Use this chart to help you decide on your wellness goals and plan how to get to the goals you choose. I, \_\_\_\_\_, agree to achieve the goals below to help improve my overall health and wellness.

Your signature \_\_\_\_\_ Date \_\_\_\_\_

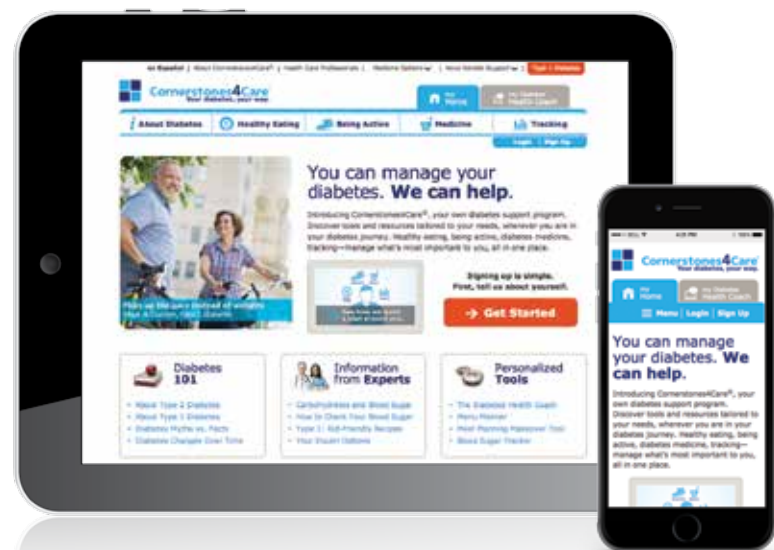
Friend's signature \_\_\_\_\_ Date \_\_\_\_\_

	Example	Goal 1	Goal 2	
What I will do:	<i>I will keep a food diary for 3 days and discuss it with my diabetes care team.</i>			
When I will start:	<i>I will start this coming Monday.</i>			
How I will start:	<i>I will get a pocket-sized notebook that I can carry with me.</i>			
How I will continue:	<i>I will write down everything I eat or drink and show my lists to my diabetes care team.</i>			
My barriers:	<i>I sometimes forget what I've eaten within a few hours after I eat it.</i>			
How I will overcome barriers:	<i>I will write down everything I eat or drink right after each meal and snack so that it will be fresh in my mind.</i>			



Support online

Enjoy the benefits and support of the free **Cornerstones4Care**® program. Simply enroll online at **Cornerstones4Care.com**. You'll be able to take advantage of all sorts of tools for managing your diabetes. Don't miss this chance. **Join today!**



Notes

Four horizontal lines for taking notes.

## Novo Nordisk is dedicated to diabetes

### Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Novo Nordisk first marketed insulin for commercial use in 1923. Today we offer a broad line of medicines for diabetes. Novo Nordisk created the world's first prefilled pen device for injections.

If you are having trouble affording your Novo Nordisk brand medicine, you may qualify for help. Call the Customer Care Center at 1-800-727-6500 to see if you qualify for assistance.

For more information about Novo Nordisk products for diabetes care, call 1-800-727-6500.

Return this card today to join

## Cornerstones4Care®

### 1 Tell us about yourself

Go to [Cornerstones4Care.com](http://Cornerstones4Care.com) to register today. Or fill in the information below. Then tear off this card, fold and seal it, and mail it back to us.

All fields with asterisks (\*) are required.

\*  I have diabetes or  I care for someone who has diabetes

\* First name \_\_\_\_\_ MI \_\_\_\_\_

\* Last name \_\_\_\_\_

\* Address 1 \_\_\_\_\_

Address 2 \_\_\_\_\_

\* City \_\_\_\_\_

\* State \_\_\_\_\_ \* ZIP \_\_\_\_\_

\* Email address \_\_\_\_\_

Phone number \_\_\_\_\_

By providing my phone number above, I AGREE to receive calls from Novo Nordisk.

\* Birth date (mm/dd/yyyy) \_\_\_\_\_

If you are the parent of a child aged 17 years or younger for whom you provide diabetes care, please give the following information for the minor:

First name \_\_\_\_\_

Last name \_\_\_\_\_

Birth date (mm/dd/yyyy) \_\_\_\_\_

### 2 Tell us a little more

\* What type of diabetes do you have? (Check one)

Type 2       Type 1       Don't know

\* What year were you (or the person you care for) diagnosed with diabetes? \_\_\_\_\_

\* What type of diabetes medicine has been prescribed? (Check all that apply)

Insulin  
 Diabetes pills (also called *oral antidiabetic drugs*, or *OADs*)  
 GLP-1 medicine  
 None  
 Other

\* If you checked "diabetes pills," how many types are taken each day?

1 type of diabetes pill       2 types of diabetes pills  
 More than 2 types of diabetes pills

\* If you checked "Insulin," "GLP-1 medicine," or "Other," please fill in the following for each:

Product 1: \_\_\_\_\_

How is this product taken? (Check all that apply)  
 Syringe     Pen     Other delivery system

How long has this product been taken?  
 Prescribed but not taken     7-12 months  
 0-3 months     1-3 years  
 4-6 months     3 or more years

How many injections are taken each day?†  
 1     2     3     More than 3     N/A

Product 2: \_\_\_\_\_

How is this product taken? (Check all that apply)  
 Syringe     Pen     Other delivery system

How long has this product been taken?  
 Prescribed but not taken     7-12 months  
 0-3 months     1-3 years  
 4-6 months     3 or more years

How many injections are taken each day?†  
 1     2     3     More than 3     N/A

Product 3: \_\_\_\_\_

How is this product taken? (Check all that apply)  
 Syringe     Pen     Other delivery system

How long has this product been taken?  
 Prescribed but not taken     7-12 months  
 0-3 months     1-3 years  
 4-6 months     3 or more years

How many injections are taken each day?†  
 1     2     3     More than 3     N/A

†Please talk to your doctor to make sure that the medicine is being taken exactly as prescribed.

### 3 Tell us about your interests

Please select up to **2 topics from the list below** so we can offer you the information and support that's most helpful to you.

Healthy eating

Managing diabetes

Being active

Diabetes medicines

### 4

Novo Nordisk Inc. ("Novo Nordisk") understands protecting your personal and health information is very important. We do not share any personally identifiable or health information you give us with third parties for their own marketing use.

I understand from time to time, Novo Nordisk's Privacy Policy may change and for the most recent version of the Privacy Policy, please visit: [www.C4CPrivacy.com](http://www.C4CPrivacy.com)

I consent that the information I am providing may be used by Novo Nordisk, its affiliates or vendors to keep me informed about products, patient support services, special offers, or other opportunities that may be of interest to me via mail, email, or phone. Novo Nordisk may also combine the information I provide with information from third parties to better match these offers with my interests. These materials may contain information that market or advertise Novo Nordisk products, goods or services. I may opt-out at any time by clicking the unsubscribe link within any email I receive, by calling 1.877.744.2579, or by sending a letter with my request to Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey, 08536 USA. By providing my information to Novo Nordisk and signing and dating below, I certify I am at least eighteen (18) years of age and agree to the terms above.

Signature (required) \_\_\_\_\_

Date (required) \_\_\_\_\_

mm/dd/yyyy

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## FREE tools and resources from Cornerstones4Care®

Cornerstones4Care® gives you information and support tailored to your needs, wherever you are in your diabetes journey. It offers a wide array of diabetes management tools, available whenever you need them, all in one place. Features include:



### Meal planning tools

Easy-to-make recipes for tasty, diabetes-friendly dishes—plus shopping and tracking tools

### Interactive trackers

With A1C, medicine, and blood sugar tracking tools, you can share progress with your diabetes care team



### Supportive newsletters

With timely tips and inspiration every step of the way



### Diabetes books

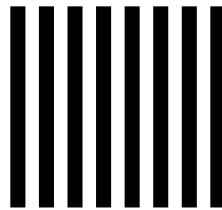
Free, downloadable books designed to help you learn more about important diabetes topics

**Return this card today**



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The **Cornerstones4Care®** educational series is designed to help people with diabetes and their care partners work with the diabetes care team to learn about and manage diabetes.

- ▶ Diabetes and you
- ▶ Your guide to better office visits
- ▶ Diabetes medicines
- ▶ Carb counting and meal planning
- ▶ Staying on track
- ▶ Supporting someone with diabetes

The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

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