

# Building a Balanced Meal

## Carbohydrates

These foods make your blood sugar go up. Each of the following equals 15 grams of carbohydrate:

### Starch

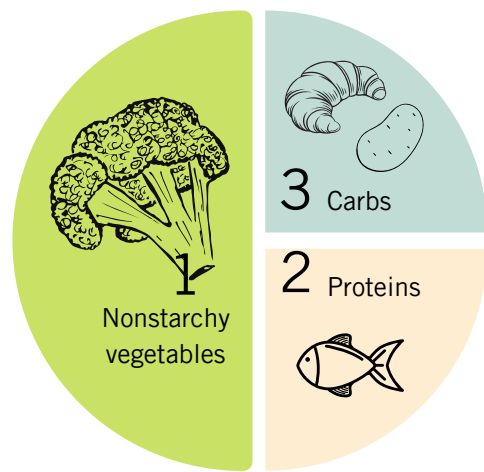
- 1/3 cup cooked noodles or pasta
- 1 slice bread (1oz)
- 1/4 bagel
- 1/2 hamburger bun
- 1/2 English muffin
- 1 chapati or 3/4 roti (6")
- 1/2 injera (12")
- 1 small tortilla (6")
- 1/3 cup cooked rice (brown or white)
- 1/2 cup beans/lentils
- 1/2 cup cooked hot cereal
- 1/4 - 1/2 cup cold cereal
- 1/2 cup corn
- 1/2 cup potatoes
- 1 cup acorn or butternut squash
- 1/2 cup peas
- 1/3 cup plantain (green or ripe)
- 1 tapioca rice sheet (6")

### Milk and Yogurt

- 1 cup (8 oz.) 1% or non-fat milk
- 1 cup plain yogurt

### Fruit and Fruit Juice

- 1/2 piece of med/large fruit or one small piece of fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice
- 1 cup berries or melon
- 2 Tbsp raisins
- 1/2 banana



Water or  
Zero Calorie  
Drink

## Protein

- Meat: chicken, fish, lean beef, pork, turkey, game meat of any kind
- Nuts and nut butters (peanut butter, almond butter, etc.)
- Seeds (sunflower, pumpkin, flax, chia)
- Cheese, Curd, and Paneer
- Eggs
- Tofu and other soy-based meat alternatives (Beyond/Impossible beef, Boca burger, veggie sausage/patties)

Fill 1/2 of your plate with  
**Non-starchy Vegetables**

- |               |               |
|---------------|---------------|
| • Green beans | • Bell pepper |
| • Broccoli    | • Carrots     |
| • Cauliflower | • Celery      |
| • Cucumber    | • Lettuce     |
| • Tomato      |               |

## Guidelines for Carbohydrates

- 30-60 grams or less per meal
- 0-20 grams per snack



\*These are general guidelines. Please ask your diabetes educator about your specific carbohydrate goals.

### Fats

- Oils
- Avocado
- Olives
- Butter
- Mayonnaise
- Sour Cream



### Other Guidelines

- Avoid beverages with added sugar
- Zero-calorie beverages such as unsweetened coffee/tea, diet soda, and Crystal Light won't raise your blood sugar
- Spices and seasonings are okay



## Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

### Amount Per Serving

**Calories** 230

Calories from Fat 72

### % Daily Value\*

**Total Fat** 8g **12%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

**Protein** 3g



Use food label if available. Look at "Total Carbohydrate" when counting carbohydrates.



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