



For many people with diabetes, the hardest part of a treatment plan is deciding what to eat. There is no such thing as a "Diabetes Diet." But you can work with someone on your diabetes care team to figure out what eating plan makes the most sense for you and your treatment goals. That person might be a dietitian, diabetes care and registered nurse.

The goal of healthy eating is to help manage your:



Blood glucose levels



Cholesterol levels



Weight



Blood pressure

When these things are managed, you may prevent or slow down the chance of getting other health problems.

Types of eating plans

Many different eating patterns can help you manage your diabetes. Here are some common eating patterns that have shown benefits for people with type 2 diabetes.

Carb counting

The amount of carbohydrates (*carbs*) in your meals and snacks can make a big difference in your blood glucose level. That's why it's good to be aware of how many carbs you eat.

Carb counting is one of many meal planning options. With this plan, you count the amount of carbs you eat and drink at each meal and snack. You and your diabetes care team will set the right amount of carbs for you.

Carb counting gives you many choices and lots of flexibility when planning meals.

If you take insulin, counting carbs can help you know how much insulin to take.

Carb counting tips

- Eat 3 meals a day about 4 to 6 hours apart
- Do not skip meals
- Try to eat the same amount of carbs at each meal



Visit [NovoCare.com](https://www.novocare.com) for ideas to help make it easier to start and follow a healthy eating plan.

DASH

DASH stands for “Dietary Approaches to Stop Hypertension.” It is an eating plan that is high in fiber and suggests eating more vegetables, fruits, whole grains, nuts, seeds, plus low-fat dairy products, poultry, and fish. The DASH diet limits red meat and sugary and salty foods.

Following this eating plan can help to lower blood pressure in people with high blood pressure. It may also help you manage your weight.

Low carb

A low-carb eating plan is when only 26-45% of total calories come from carbohydrates. It limits foods that are high in carbs, such as grains, sweets, and starchy vegetables. With a low-carb plan, you eat mostly non-starchy vegetables, healthy fats, and protein. This type of plan is not recommended for some people with diabetes. Be sure to talk to your diabetes care team before you choose a low-carb approach.

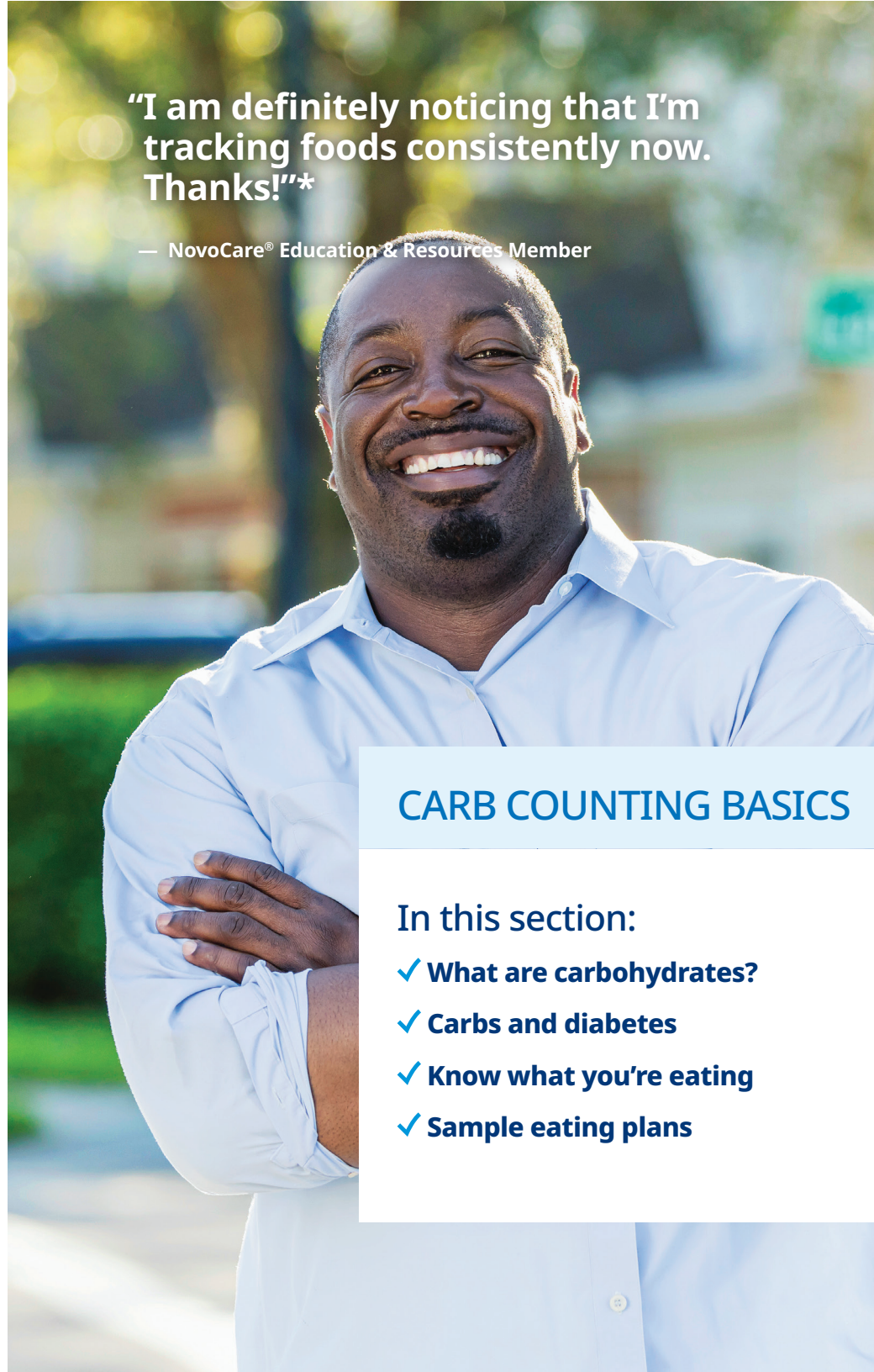
Following a low-carb eating plan may help lower your A1C, blood pressure, and triglycerides. It may also help you manage your weight.



Many different kinds of eating plans help manage diabetes. Work with your diabetes care team to find a plan that's right for you.

“I am definitely noticing that I’m tracking foods consistently now. Thanks!”*

— NovoCare® Education & Resources Member



CARB COUNTING BASICS

In this section:

- ✓ **What are carbohydrates?**
- ✓ **Carbs and diabetes**
- ✓ **Know what you're eating**
- ✓ **Sample eating plans**

What are carbohydrates?

There are 3 main types of carbohydrates (*carbs*) in the foods you eat. They are **starch**, **fiber**, and **sugar**. Each type of carb affects your blood glucose in a different way.

When you look at food labels, “total carbohydrate” includes all three types. This is the number you should look at if you are counting carbs.

Starch

Starches are also called *complex carbohydrates*. Try to incorporate whole grains that are minimally processed.

Foods that are high in starch include:

- Starchy vegetables, like corn, squash, plantain, and potatoes
- Beans, lentils, and peas
- Grains, like wheat, oats, rice, barley, and quinoa
- Foods made from wheat, like pasta and bread



Effect on blood glucose levels

Starchy foods raise blood glucose levels, but not as fast as sugary foods.

Fiber

Fiber is the kind of carb found in plant foods, like vegetables, fruits, beans, whole grains, nuts, and seeds. Your body does not digest fiber. Fiber helps you feel full after eating and have regular bowel movements. It may also reduce your cholesterol.

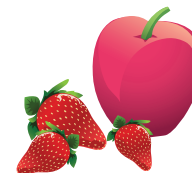
For good health, adults should try to eat 25 to 30 grams of fiber each day. Most of us only eat about half that amount.

Foods that are good sources of fiber include:



Beans and legumes, (like black beans, kidney beans, chick peas, and lentils)

Fruits and vegetables, especially those with skin you can eat (like apples) and those with seeds you can eat (like berries)



Whole grains (like oats, barley, brown rice, whole-grain cereals and breads, and whole-wheat pasta)

Nuts and seeds



Effect on blood glucose levels

Fiber slows down digestion. This means that eating fiber-rich food helps your blood glucose levels rise slowly.



Visit [NovoCare.com](https://www.novocare.com) to learn more about how carbohydrates affect your blood glucose levels.

Sugar

Sugar is also called *simple* or *fast-acting carbohydrate*. There are 2 main types of sugar:



Sugar that occurs naturally in food, like in milk and in fruit



Sugar that is added to food, like in sweet desserts and in many packaged foods and sugar-sweetened drinks

Effect on blood glucose levels

Sugary foods and drinks, such as pastries, desserts, breakfast cereals, fruit juices, and soft drinks, raise blood glucose levels very quickly after you eat them.

Sugar substitutes

There are many products on the market that contain sugar substitutes. You can also buy them as tabletop sweeteners or in packets to add to your food. Some examples are:

- Saccharin (Sweet'n Low)
- Aspartame (NutraSweet, Equal, Sugar Twin)
- Sucralose (Splenda)
- Stevia
- Luo han guo (monk fruit)

Be sure to check the nutrition label. Some foods labeled as "sugar-free" or "no sugar added" may still have carbohydrates in them.

Effect on blood glucose levels

Most sugar substitutes do not effect blood glucose levels. They also have little or no calories.



Visit [NovoCare.com](https://www.novocare.com) to learn more about making healthy food choices to help you manage your diabetes.

Carbs and diabetes

When you digest foods and drinks with carbs, the carbs break down into glucose to fuel your cells. This causes the body's blood glucose level to rise. That doesn't mean you have to stop eating carbs. You just have to be aware of the amount you eat. Carbohydrates are an important part of a balanced diet.

How many carbs should you eat?

A good starting place for people with diabetes is:

- For most women, about 45 to 60 grams of carbs per meal and 15 grams per snack
- For most men, about 60 to 75 grams of carbs per meal and 15 to 30 grams for one or two snacks

This amount depends on how active you are, your weight, and any medicines you might take. Your registered dietitian or diabetes care and education specialist can help you figure out the right amount for you.

Knowing how many carbs you should eat at each meal and snack is important. Why? Because when you know the amount of carbs that is right for you, you can choose foods and portion sizes to help you meet your blood glucose goals.



My recommended carbs

Per day



Per meal



Per snack



Know what you're eating

All packaged foods must show a Nutrition Facts label. The label gives important facts about what's in the food. Use it to compare foods and to help you make decisions about the foods you choose to eat.

These food labels are very helpful if you use carb counting to plan your meals.



Visit [NovoCare.com](https://www.novocare.com) to learn more about carbs and blood glucose. You can also find helpful fact sheets about low and high blood glucose levels.

How to read a Nutritional Facts label

▶ **Check the serving size.** Information on the label is based on 1 serving size. Keep in mind that packages and cans often contain more than 1 serving.

This example label shows that the package contains 8 servings. But the food facts given are for only 1 serving.

▶ **Check how many grams of total carbs** are in each serving.

▶ **Notice how many grams of fiber** are in each serving. Your body doesn't digest fiber, so it doesn't affect your blood glucose. Compare food labels and choose foods with the most fiber.

▶ **Check how many grams of added sugar** the food contains. This is sugar that was added to the food as it was made.



Use the Nutrition Facts label to help you make other healthy choices. The ADA recommends that you:

- Keep saturated fats to less than 10% of total daily calories each day
 - Limit fatty meats and high-fat dairy
- Avoid trans fats
- Restrict cholesterol intake to less than 300 mg/day
- Reduce sodium intake to less than 1800 mg/day

First read the label and know what's in the food. Then decide if the food fits into your eating plan.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

◀ Serving size

◀ Carbs

◀ Fiber

◀ Added sugar

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Visit NovoCare.com for more information about how food labels can help you make healthy food choices.

Some packaged foods may have a label that has 2 columns. This is to show the difference in how much you are eating or drinking if you have one serving or the entire package at one time.

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
<i>Trans</i> Fat	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

◀ Serving size

◀ Portion size

◀ Carbs

◀ Fiber

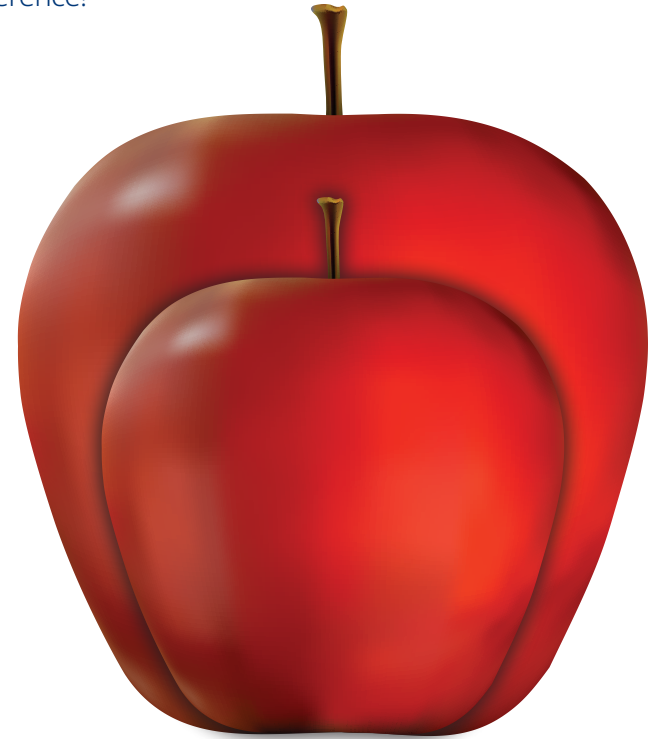
◀ Added sugar

Portion sizes matter!

It's important to eat healthy foods. But eating the right amount of food matters, too. It's even possible to eat too much healthy food!

For example, a small 3-ounce apple (the size of a small fist) has about 15 grams of carbs.

A large apple has about 30 grams of carbs. That's a big difference!

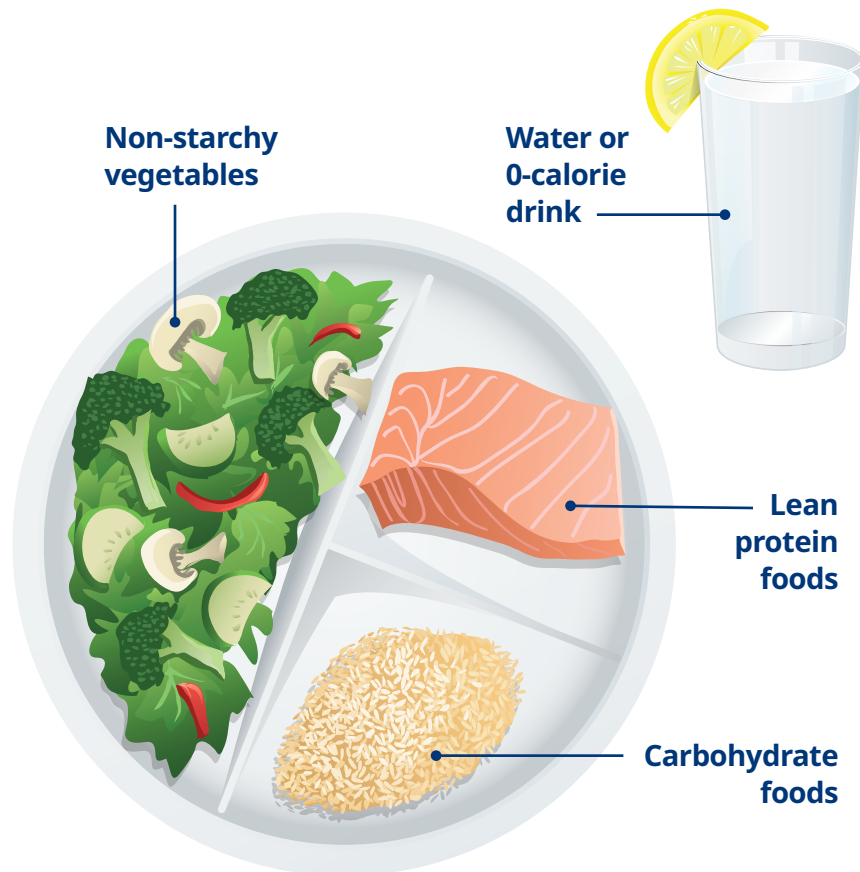


Visit NovoCare.com to learn how small diet adjustments can make a big difference.

The Plate Method

The American Diabetes Association recommends using your plate to create healthy meals. The plate method is a simple way to manage portion sizes and eat balanced meals. You don't need to count anything.

Start with a 9-inch plate and imagine you have split the plate in half. Then divide one of the halves into two. Use the plate below as a guide to help you build a healthy meal.



You can make your own plate with your favorite foods.

Mediterranean

With this kind of eating plan there are fresh vegetables and fruit, whole grains, beans, nuts, and seeds, olive oil is the main source of fat, this plan also includes fish, and poultry **and small amount of dairy**.

Following a Mediterranean eating pattern can help protect your heart. It may also help you lower your A1C and triglycerides (a type of fat in the blood).

Vegetarian

A vegetarian eating plan is when you only eat plant-based foods, such as vegetables, fruit, whole grains, nuts, seeds, and beans. Some plans do not include any animal products, including dairy and eggs. A vegetarian eating plan gives you lots of vitamins, minerals, and fiber.

Following a vegetarian eating plan may help lower your A1C and cholesterol levels. It may also help you manage your weight.



Visit [NovoCare.com](https://www.novocare.com) to "Ask Sophia!" She is a digital assistant that can answer questions about diabetes and so much more!









A serving and a portion are not the same. A serving is a set, measured amount of food. A portion is the amount of a food you choose to eat at any one time. A portion may be more or less than 1 serving. You can find serving sizes for packaged foods on the Nutrition Facts label.

To make sure your portion sizes are right, it's a good idea to weigh and measure your foods after they are cooked. Soon you'll be used to seeing and eating portions that are right for you. Over time you may not need to measure anymore. But it's still helpful to do it every once in a while. Why? Because your portions may have grown without you realizing it.



Use the food look-up tool to see recommended serving sizes of the foods you choose.

How some of your favorite foods have changed over time:

	20 years ago	Today
Bagel	 3 inches across	 6 inches across
Muffin	 1.5 ounces	 4.5 ounces
Soda	 6.5 ounces	 20 ounces
Pasta	 1 cup	 2 cups

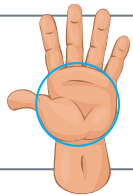
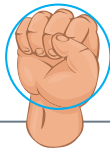


Visit [NovoCare.com](https://www.novocare.com) to learn more about food choices and serving sizes.

When you can't measure, estimate!

Knowing how much you eat at each meal can help you meet your blood glucose goals. When you can't weigh or measure, you can estimate portion sizes. Your hand is a helpful tool. Best of all, it's always with you no matter where you are!

Your loose fist = **about 1 cup**
(milk, yogurt, dry cereal, etc.)



Your palm = **about 3 ounces**
of cooked, boneless meat

Your thumb = **about 1 tablespoon**
of peanut butter or salad dressing



The tip of your thumb = **about 1 teaspoon**
of butter or oil

Your open hand = **about 1 slice**
of whole-wheat bread



Your cupped hand = **about ½ cup**
rice, oatmeal, or nuts

Keep in mind that all hands are different sizes. First compare your fist size to a measuring cup, then start estimating!

Sample eating plans

Now that you know a little more about carbs and portion sizes, it's time to start building balanced meals. Your eating plan may have low, medium, or higher amounts of carbs. Talk with your registered dietitian, diabetes care and education specialist, or another member of your diabetes care team about which eating plan is right for you. See the next pages for some examples of medium-carb meals and snacks to help manage your diabetes.



Visit [NovoCare.com](https://www.novocare.com) to learn how to keep making diabetes-friendly food choices that you actually enjoy.

SAMPLE 1: Medium-Carb Eating Plan

Food	Carb grams
Breakfast	
2 slices bread, whole-wheat	28
1 egg, scrambled	0
½ cup blueberries	10
Total meal carbs:	38
Lunch	
Tuna sandwich:	
1 whole-wheat pita pocket, 1 oz	15
6 oz tuna, canned in water	0
1 cup tomatoes and cucumbers, chopped	<5
1 tbsp salad dressing, ranch, fat-free	<5
1 cup peaches, canned, water pack	15
Total meal carbs:	30
Afternoon snack	
1 cup baby carrots	12
¼ cup hummus	9
Total meal carbs:	21
Dinner	
4 oz white fish, such as tilapia, grilled or broiled	0
2 tbsp olive oil	0
½ cup quinoa, cooked	20
1 cup kale, cooked	7
½ cup green peas, frozen, cooked	13
Total meal carbs:	40
Evening snack	
6 oz yogurt, Greek, plain, nonfat	6
½ cup pineapple	11
Total meal carbs:	17
Total daily carbs:	146
Total daily calories:	1,536

<5 means less than 5 grams of carbs. Foods with less than 5 grams of carbs do not get added to your carb total.

SAMPLE 2: Medium-Carb Eating Plan

Food	Carb grams
Breakfast	
½ cup oats, cooked	14
1 cup cantaloupe, sliced	14
¼ cup walnuts, plain, chopped	<5
Total meal carbs:	28
Mid-morning snack	
Smoothie:	
½ cup coconut milk, unsweetened	6
1 cup strawberries	14
½ cup banana slices	17
½ cup crushed ice	0
Total meal carbs:	37
Lunch	
4 oz chicken breast, boneless, skinless	0
1 large roll, 2 oz, whole wheat	25
1 cup green beans, cooked	7
1 cup cauliflower, cooked	5
1 tbsp olive oil	0
Total meal carbs:	37
Dinner	
Pasta with meat and vegetables:	
1 cup flat noodles, whole wheat, cooked	23
1 cup broccoli, cooked	12
1 cup cabbage, cooked	8
4 oz pork loin, cooked and minced	0
1 tbsp olive oil	0
Total meal carbs:	43
Evening snack	
6 oz yogurt, Greek, plain, nonfat	6
1 small orange (2-5/8" diameter)	16
Total meal carbs:	22
Total daily carbs:	167
Total daily calories:	2,072

Dining out

Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat in restaurants and still stay on your eating plan. Here are some tips that may help.

Tips when dining out

Stay on schedule

When you eat may be important if you take diabetes medicines. Plan ahead and make reservations. Try to avoid going at restaurants' busiest times, so you don't have to wait too long to eat.

Pick your portion

Ask for half or "lunch" size portions if that's the right amount of food for you. Or ask for half of your food in a to-go box before you start to eat.



Ask for what you want

Think about how you want your food cooked. Instead of fried, ask for broiled, roasted, grilled, or steamed. You can also ask for egg whites, whole-grains, and skinless poultry to help you stick with your eating plan.

Add color

When you build a colorful plate, you are adding more fruits and vegetables that make up all the colors of the rainbow. This ensures you are getting a variety of different nutrients in your meal.

Watch what you drink

Sweetened sodas, shakes, and alcohol can add hundreds of calories and fat to your meal. Better choices might be water, unsweetened iced tea, or sparkling water.



Visit [NovoCare.com](https://www.novocare.com) to learn how to make dining out healthier.

Fast food options

Sometimes fast food may be your only option. But if you plan ahead, you can make smart choices that fit your eating plan. Many fast-food chains now give nutritional information for all menu items. Check it before you order.

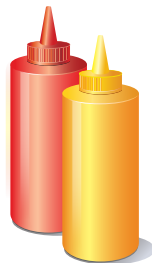
Here are some tips to help you make healthy choices at common types of fast-food restaurants:



Burger chains



- Avoid “double” or “triple” burgers. Try single patties instead
- Add vegetable toppings like lettuce and tomato to help fill you up
- Choose grilled chicken, not crispy fried
- Head to the salad bar, but choose your toppings and dressing wisely
- If you really want the fries, split a small order with someone else
- Mustard is better than ketchup, and both are better than mayonnaise



Pizza

- Order thin-crust pizza and top it with vegetables
- Avoid high-fat meats, such as pepperoni and sausage, and extra cheese
- Add a side salad for a more balanced meal
- Order cauliflower crust, if available



Sandwich shops

- Order a turkey breast, roast beef, or vegetable sandwich on whole-wheat bread or a wrap
- Avoid over-sized sandwiches
- Choose vegetable toppings for your sandwich, like lettuce and tomato or salsa
- Stay away from high-fat sauces, dressings, and mayonnaise



Ask for nutritional information before you order or look online before you go. Use it to help you make healthy food choices, including:

- Choose whole grains
- Minimize salt
- Stick to moderate portion sizes



Visit NovoCare.com for help with sticking to your diabetes eating plan.

Mexican

- Tacos, burritos, and wraps can be added to most eating plans
- Avoid all foods that are supersized, stuffed, or fried
- Try adding lots of vegetables
- Request a whole-wheat wrap when possible
- Use salsa, but go easy on cheese, sour cream, and guacamole



Asian

- Try sushi with brown rice
- Ask to have your chicken, veggies, or fish steamed or stir-fried
- Avoid fried foods and tempura
- Skip sweet and sour foods



Indian

- Order tandoori or kebabs
- Avoid anything fried
- Skip curries with coconut milk or cream
- Choose salads with fresh vegetables



Drinking alcohol

Be sure to talk to your diabetes care team about drinking alcohol with any of the medicines you may take. Then if your diabetes is managed and your doctor says it's okay, go ahead and enjoy an alcoholic drink with a meal once in a while. But keep in mind that alcohol adds empty calories and can cause your blood glucose level to drop. Don't skip meals or drink on an empty stomach.

If you drink alcohol, choose options with fewer calories and carbohydrates, such as:

- Light beer
- Dry wines
- Mixed drinks made with sugar-free mixers, such as club soda or seltzer



If you choose to drink, follow the guidelines recommended for adults with diabetes or prediabetes:

Women:

1 drink or less
per day

Men:

2 drinks or less
per day

One drink is equal to a 12 oz beer, 5 oz glass of wine, or 1½ oz distilled spirits (vodka, whiskey, gin).



Visit [NovoCare.com](https://www.novocare.com) to see how your food choices play a part in diabetes management.

Starch

Starchy foods, such as bread, pasta, rice and cereal, provide carbohydrate, the body's energy source. Choose starchy foods that are whole grain and high in fiber for overall good nutrition.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Bread					
<input type="checkbox"/> Bagel, plain (includes onion, poppy, sesame)	¼ medium (1 oz)	72	14	1	3
<input type="checkbox"/> Bread, naan, plain	1 piece (approx 3 oz)	262	45	2	9
<input type="checkbox"/> Bread, pita, white	1 small (4 inch diameter; 1 oz)	77	16	1	3
<input type="checkbox"/> Bread, white	1 slice (1 oz)	77	14	1	3
<input type="checkbox"/> Bread, whole-wheat	1 slice (1 oz)	81	14	2	4
<input type="checkbox"/> Corn bread prepared with 2% milk	1 piece (approx 2 oz)	198	33	1	4
<input type="checkbox"/> English muffin	1 muffin	127	26	3	5
<input type="checkbox"/> Hot dog or hamburger roll, plain	½ roll (approx 1 oz)	67	11	0	2

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Pancake, plain, prepared	1 pancake (4 inches; approx 1 oz)	74	14	1	2
<input type="checkbox"/> Taco shell, baked	2 taco shells (5 inches; 1 oz)	127	17	2	2
<input type="checkbox"/> Tortilla, corn	1 tortilla (approx 1 oz)	52	11	2	1
<input type="checkbox"/> Roll, plain	1 small roll (1 oz)	78	13	1	3
Cereals					
<input type="checkbox"/> Bran flakes	1 cup	130	34	7	4
<input type="checkbox"/> Granola cereal	¼ cup	149	16	3	5
<input type="checkbox"/> Grits, cooked	½ cup	91	19	1	2
<input type="checkbox"/> Oatmeal, cooked, quick and regular	½ cup	83	14	2	3
<input type="checkbox"/> Raisin bran	½ cup	95	23	4	2
<input type="checkbox"/> Shredded wheat	½ cup	86	20	3	3



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Grains (including pasta and rice)						
<input type="checkbox"/>	Barley, cooked	1/3 cup	64	15	2	1
<input type="checkbox"/>	Bran, oat, dry	1/4 cup	58	16	4	4
<input type="checkbox"/>	Bran, wheat, dry	1/2 cup	63	19	12	5
<input type="checkbox"/>	Buckwheat, roasted, cooked	1/2 cup	77	17	2	3
<input type="checkbox"/>	Couscous, cooked	1/3 cup	59	12	1	2
<input type="checkbox"/>	Millet, cooked	1/3 cup	69	14	1	2
<input type="checkbox"/>	Noodles, egg, cooked	1/3 cup	74	13	1	2
<input type="checkbox"/>	Pasta: macaroni, spaghetti, cooked	1/3 cup	74	14	1	3
<input type="checkbox"/>	Quinoa, cooked	1/3 cup	74	13	2	3
<input type="checkbox"/>	Rice, brown, cooked	1/3 cup	73	15	1	2
<input type="checkbox"/>	Rice, white, cooked	1/3 cup	81	18	0	1
<input type="checkbox"/>	Wild rice, cooked	1/2 cup	83	18	2	3

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Crackers and Snacks						
<input type="checkbox"/>	Crackers, crispbread, rye	2 pieces (approx 3/4 oz)	73	16	3	2
<input type="checkbox"/>	Crackers, oyster	20 crackers	84	15	1	2
<input type="checkbox"/>	Crackers, saltine-type	6 crackers	75	13	1	2
<input type="checkbox"/>	Matzoh, plain	3/4 oz	84	18	1	2
<input type="checkbox"/>	Popcorn, air-popped, white	3 cups	92	19	4	3
<input type="checkbox"/>	Rice cakes, brown rice, plain	2 cakes	70	15	1	1
<input type="checkbox"/>	Tortilla chips, plain	1 oz	134	19	2	2
Beans, Peas, and Lentils						
<input type="checkbox"/>	Baked beans, canned, vegetarian	1/3 cup	80	18	4	4
<input type="checkbox"/>	Beans, black, cooked	1/2 cup	114	20	8	8
<input type="checkbox"/>	Beans, garbanzo, cooked	1/2 cup	134	22	6	7
<input type="checkbox"/>	Beans, pinto, cooked	1/2 cup	122	22	8	8
<input type="checkbox"/>	Lentils, cooked	1/2 cup	115	20	8	9
<input type="checkbox"/>	Refried beans, canned, vegetarian	1/2 cup	100	16	6	6

Fruit

Fruit contains carbohydrate, so you need to count it as part of your eating plan. Fresh fruit or fruit salad is a perfect choice for a healthy sweet dessert. Fruit is full of vitamins, minerals, and fiber just like vegetables.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Fruit (Fresh)					
<input type="checkbox"/> Apple, unpeeled, small	1 small (approx 5 oz)	77	21	4	0
<input type="checkbox"/> Banana	1 extra small, less than 6 inches long (approx 3 oz)	72	19	2	1
<input type="checkbox"/> Blackberries	¾ cup (approx 4 oz)	46	10	6	2
<input type="checkbox"/> Blueberries	¾ cup (approx 4 oz)	63	16	3	1
<input type="checkbox"/> Cantaloupe	1 cup diced (5½ oz)	53	13	1	1
<input type="checkbox"/> Cherries, sweet, fresh	12 (3½ oz)	62	16	2	1
<input type="checkbox"/> Clementine	1 fruit	35	9	1	1
<input type="checkbox"/> Figs, fresh	2 medium (3½ oz)	74	19	3	1
<input type="checkbox"/> Grapes, red or green	17 small (approx 3 oz)	57	15	0	1
<input type="checkbox"/> Grapefruit, fresh	½ large (approx 6 oz)	53	13	2	1

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Guava	2 fruit (approx 4 oz)	75	16	6	3
<input type="checkbox"/> Honeydew melon	1 cup diced (6 oz)	61	15	1	1
<input type="checkbox"/> Kiwi fruit	½ cup, sliced	55	13	3	1
<input type="checkbox"/> Mango	½ cup (approx 3 oz)	50	12	1	1
<input type="checkbox"/> Orange	1 large (6½ oz)	86	22	4	2
<input type="checkbox"/> Papaya	1 cup (approx 5 oz)	62	16	3	1
<input type="checkbox"/> Peach, fresh	1 medium (approx 5 oz)	58	14	2	1
<input type="checkbox"/> Pear, fresh	½ large (4 oz)	66	18	4	0
<input type="checkbox"/> Pineapple, fresh	¾ cup	62	16	2	1
<input type="checkbox"/> Plantain, raw	½ cup (2½ oz)	90	24	2	1
<input type="checkbox"/> Plums, fresh	2 small (approx 5 oz)	61	15	2	1
<input type="checkbox"/> Pomegranate seeds (arils)	½ cup	72	16	4	1
<input type="checkbox"/> Raspberries	1 cup (4 oz)	64	15	8	1
<input type="checkbox"/> Strawberries	1¼ cups whole berries (6 oz)	58	14	4	1
<input type="checkbox"/> Tangerine	1 large (4 oz)	64	16	2	1
<input type="checkbox"/> Watermelon	1¼ cups diced (7 oz)	57	14	1	1

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Fruit Juice						
<input type="checkbox"/>	Apple juice, unsweetened	½ cup	57	14	0	0
<input type="checkbox"/>	Cranberry juice cocktail, bottled	½ cup	68	17	0	0
<input type="checkbox"/>	Orange juice	½ cup	56	13	0	1
<input type="checkbox"/>	Vegetable and fruit juice blends, 100% juice	1 cup	113	27	0	1

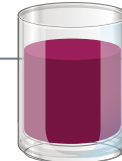


Many fruits are high in fiber, especially those with the skin or pulp. Fruits can also satisfy a sweet tooth without having candy and other desserts.

✓ Choose fresh or frozen fruits

✗ Avoid processed fruits in a can or jar

✗ Avoid fruit juices with added sugar



Milk and Yogurts

Including low-fat dairy products in your eating plan is a great way to get calcium and high-quality protein.



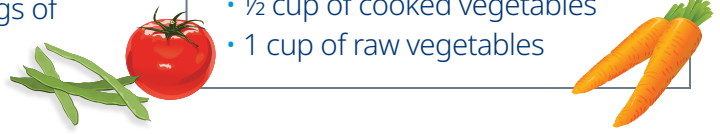
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Dairy - Milk						
<input type="checkbox"/>	Milk, low-fat (1%)	1 cup	105	12	0	9
<input type="checkbox"/>	Milk, reduced-fat (2%)	1 cup	125	12	0	9
<input type="checkbox"/>	Milk, whole	1 cup	149	12	0	8
Dairy - Yogurt						
<input type="checkbox"/>	Yogurt, Greek, plain, nonfat	6 oz	100	6	0	17
<input type="checkbox"/>	Yogurt, plain, low-fat	8 oz	143	16	0	12
Non-dairy						
<input type="checkbox"/>	Almond milk	1 cup	60	8	1	1
<input type="checkbox"/>	Coconut milk	¼ cup	138	3	1	1
<input type="checkbox"/>	Oat milk	1 cup	60	5	0	1
<input type="checkbox"/>	Soy milk, plain	1 cup	100	8	1	7

Vegetables

For good health, try to eat at least 3 to 5 servings of non-starchy vegetables a day. More is better!

A serving of vegetables is:

- ½ cup of cooked vegetables
- 1 cup of raw vegetables



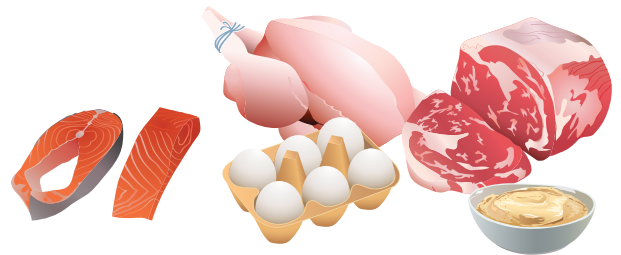
✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Starchy Vegetables					
<input type="checkbox"/> Corn, cooked	½ cup	72	16	2	3
<input type="checkbox"/> Corn, sweet, yellow, frozen, kernels on cob, unprepared	1 ear	122	30	4	4
<input type="checkbox"/> Peas, green, cooked	½ cup	67	13	4	4
<input type="checkbox"/> Plantain, cooked	⅓ cup	60	16	1	0
<input type="checkbox"/> Potato, baked with skin	1 small (approx 5 oz)	128	29	3	3
<input type="checkbox"/> Potato, boiled, all kinds	½ cup (approx 3 oz)	68	16	1	1
<input type="checkbox"/> Potato, mashed, with milk and butter	½ cup (approx 4 oz)	119	18	2	2
<input type="checkbox"/> Squash, winter, all varieties, baked	1 cup	76	18	6	2

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Sweet potato, plain	½ cup (3½ oz)	90	21	3	2
<input type="checkbox"/> Yam, cooked	½ cup (2½ oz)	79	19	3	1
Non-starchy Vegetables					
★ <input type="checkbox"/> Asparagus, cooked	½ cup	20	4	2	2
<input type="checkbox"/> Beans, green or yellow, raw	1 cup	31	7	3	2
<input type="checkbox"/> Beets, cooked	½ cup	37	8	2	1
★ <input type="checkbox"/> Bitter melon, cooked	1 cup	24	5	3	1
<input type="checkbox"/> Broccoli, cooked, chopped	½ cup	27	6	3	2
<input type="checkbox"/> Brussels sprouts, cooked	½ cup	28	6	2	2
★ <input type="checkbox"/> Cabbage, cooked, shredded	½ cup	17	4	1	1
<input type="checkbox"/> Carrots, slices, cooked	½ cup	27	6	2	1
★ <input type="checkbox"/> Cauliflower, cooked, chopped	½ cup	14	3	1	1
<input type="checkbox"/> Celery, cooked	1 cup	27	6	2	1
<input type="checkbox"/> Collard greens, cooked	1 cup	63	11	8	5
★ <input type="checkbox"/> Cucumber, slices, raw	½ cup	8	2	0	0

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)	
Non-starchy Vegetables (continued)							
<input type="checkbox"/>	Eggplant, cooked	1 cup	35	9	3	1	
<input type="checkbox"/>	Kale, cooked	1 cup	36	7	3	2	
★	<input type="checkbox"/>	Lettuce, green leaf	1 cup shredded	5	1	1	0
★	<input type="checkbox"/>	Mushrooms, stir-fried	½ cup pieces	14	2	1	2
★	<input type="checkbox"/>	Okra, cooked	½ cup	18	4	2	2
<input type="checkbox"/>	Onions, cooked, chopped	½ cup	46	11	2	1	
<input type="checkbox"/>	Pea pods, cooked	1 cup	67	11	5	5	
<input type="checkbox"/>	Peppers (green and red varieties), cooked	1 cup	38	9	2	1	
<input type="checkbox"/>	Spaghetti squash	1 cup	31	7	2	1	
<input type="checkbox"/>	Spinach, cooked	1 cup	41	7	4	5	
★	<input type="checkbox"/>	Squash, summer, all varieties, raw	½ cup	9	2	1	1
★	<input type="checkbox"/>	Swiss chard, cooked	½ cup	18	4	2	2
<input type="checkbox"/>	Tomato, ripe, chopped	1 cup	32	7	2	2	
★	<input type="checkbox"/>	Turnips, cooked	½ cup	17	4	2	1

Protein

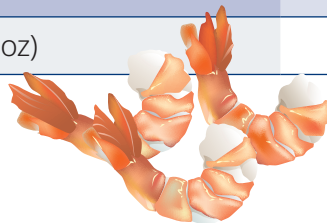
Choose poultry without the skin for less saturated fat and cholesterol. Choose round and loin cuts of beef and pork.



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)	
Lean (Approximately 0-4 grams of fat per serving)							
★	<input type="checkbox"/>	Beef, ground, 90% lean meat/10% fat, cooked, pan-browned	1 oz	65	0	0	8
★	<input type="checkbox"/>	Beef, liver, raw	1 oz	38	1	0	6
★	<input type="checkbox"/>	Buffalo, cooked, roasted	1 oz	37	0	0	8
★	<input type="checkbox"/>	Cheese, nonfat or fat-free	About 1 oz	24	2	0	4
★	<input type="checkbox"/>	Chicken, liver, raw	1½ oz	52	0	0	7
★	<input type="checkbox"/>	Chicken, roasted	¼ cup	66	0	0	10
★	<input type="checkbox"/>	Chicken, ground, cooked, pan-browned	1 oz	54	0	0	7
★	<input type="checkbox"/>	Clams, raw	1 oz	24	1	0	4
★	<input type="checkbox"/>	Cod, raw	1 oz	23	0	0	5

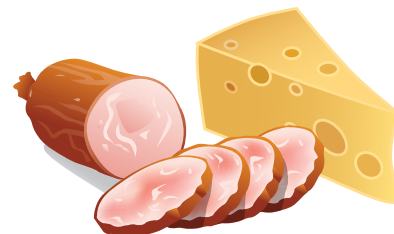
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Lean Protein (continued)						
★	<input type="checkbox"/> Cornish hen, cooked	1 oz	38	0	0	7
★	<input type="checkbox"/> Crab, raw	1 oz	24	0	0	5
★	<input type="checkbox"/> Domestic duck, cooked	¼ cup (1 oz)	70	0	0	8
★	<input type="checkbox"/> Egg whites	2	34	0	0	7
★	<input type="checkbox"/> Fish, whiting, cooked	1 oz	33	0	0	7
★	<input type="checkbox"/> Lamb, kidneys, raw	1 oz	27	0	0	4
★	<input type="checkbox"/> Lobster, raw	1 oz	22	0	0	5
★	<input type="checkbox"/> Oysters, fresh	6 medium	43	2	0	5
★	<input type="checkbox"/> Pork, Canadian bacon, uncooked	1 oz	31	0	0	6
★	<input type="checkbox"/> Pork, cured, lean, ham	1 oz	45	1	0	5
★	<input type="checkbox"/> Pork, loin, cooked	1 oz	42	0	0	7
★	<input type="checkbox"/> 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	0	7

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
★	<input type="checkbox"/> Rabbit, cooked	1 oz	56	0	0	8
★	<input type="checkbox"/> Ricotta with part-skim milk	¼ cup (approx 2 oz)	86	3	0	7
★	<input type="checkbox"/> Roast beef, deli style	1 slice (½ oz)	16	0	0	3
★	<input type="checkbox"/> Shrimp, raw	1 oz	20	0	0	4
★	<input type="checkbox"/> Smoked salmon (lox)	1 oz	33	0	0	5
★	<input type="checkbox"/> Tilapia, raw	1 oz	28	0	0	6
★	<input type="checkbox"/> Trout, raw	1 oz	42	0	0	6
★	<input type="checkbox"/> Turkey, ground, cooked, pan-browned	1 oz	43	0	0	9
★	<input type="checkbox"/> Turkey, pork, and beef sausage, low-fat	1 oz	29	3	0	2
★	<input type="checkbox"/> Veal cutlet, boneless	1 oz	30	0	0	6
★	<input type="checkbox"/> Venison, deer, lean, cooked	1 oz	40	0	0	8
★	<input type="checkbox"/> Wieners (beef franks, fat-free)	1 (1¾ oz)	39	3	0	7



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Medium Fat (Approximately 4-6 grams of fat per serving)						
★	<input type="checkbox"/> Bacon, turkey	3 slices (1 oz each before cooking)	66	1	0	5
★	<input type="checkbox"/> Beef, ground, 85% lean/15% fat, cooked	1 oz	71	0	0	7
★	<input type="checkbox"/> Beef, tongue	1 oz	69	0	0	5
★	<input type="checkbox"/> Chicken with skin	1 oz	84	0	0	10
★	<input type="checkbox"/> Corned beef	1 oz	71	0	0	8
★	<input type="checkbox"/> Egg	1 large	72	0	0	6
★	<input type="checkbox"/> Fish fillet, battered or breaded, and fried	About 1 oz	53	4	0	3
★	<input type="checkbox"/> Lamb: chop, leg, or roast, cooked	1 oz	67	0	0	7
★	<input type="checkbox"/> Lamb, ground, cooked, broiled	1 oz	80	0	0	7
★	<input type="checkbox"/> Pork, ground	1 oz	84	0	0	7
★	<input type="checkbox"/> Salmon, Atlantic, cooked	1 oz	58	0	0	6
★	<input type="checkbox"/> Turkey, with skin, cooked	1 oz	85	0	0	9

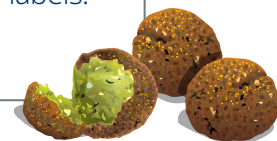
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
High Fat (Approximately 7 or more grams of fat per serving)						
★	<input type="checkbox"/> Bacon, pork	2 slices (1 oz each before cooking)	234	1	0	7
★	<input type="checkbox"/> Cheese, regular, cheddar	1 oz	115	0	0	7
★	<input type="checkbox"/> Cheese, regular, Swiss	1 oz	108	2	0	8
★	<input type="checkbox"/> Pork: spareribs, lean, cooked	1 oz	112	0	0	8
★	<input type="checkbox"/> Processed sandwich meats with 8 grams of fat or more per oz: hard salami	1 oz	119	0	0	6
★	<input type="checkbox"/> Sausage with 8 grams fat or more per oz: chorizo, pork and beef	1 oz	129	1	0	7



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Plant-Based Proteins						
<input type="checkbox"/>	Beans: black, cooked or canned, drained and rinsed	½ cup	114	20	8	8
<input type="checkbox"/>	Beans: garbanzo, cooked or canned, drained and rinsed	½ cup	134	22	6	7
<input type="checkbox"/>	Beans: kidney, cooked or canned, drained and rinsed	½ cup	108	19	6	7
<input type="checkbox"/>	Beans: navy, cooked or canned, drained and rinsed	½ cup	127	24	10	7
★	<input type="checkbox"/> Edamame, frozen	½ cup	65	5	3	6
<input type="checkbox"/>	Falafel	3 patties (about 2¼ inches across)	170	16	2	7
<input type="checkbox"/>	Hummus	⅓ cup	136	12	5	6
<input type="checkbox"/>	Lentils, cooked	½ cup	115	20	8	9
★	<input type="checkbox"/> Meatless bacon	2 strips (approx ½ oz)	31	1	0	1
<input type="checkbox"/>	Meatless burger, vegan	1 patty (about 2½ oz)	94	6	4	12
★	<input type="checkbox"/> Meatless chicken	⅓ cup	125	2	2	13

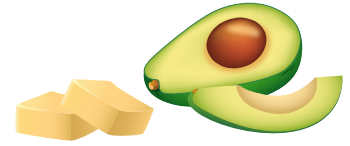
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
★	<input type="checkbox"/> Meatless frankfurter	1 (2½ oz)	163	5	3	14
★	<input type="checkbox"/> Meatless luncheon slices	1 slice (½ oz)	26	1	0	2
★	<input type="checkbox"/> Meatless sausage	1 link (1 oz)	72	3	1	5
<input type="checkbox"/>	Split peas cooked	½ cup	116	21	8	8
★	<input type="checkbox"/> Tofu, firm	1 slice	52	2	0	6

Plant-based protein foods provide quality protein, healthy fats, and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels.



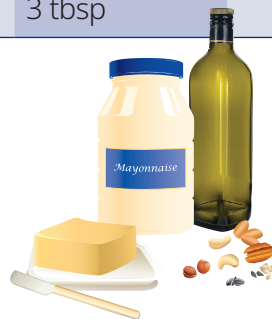
Fats

To lower your risk for heart disease, try to eat less saturated and trans fat — the unhealthy fats. Less than 10% of your total daily calories should come from saturated fat.



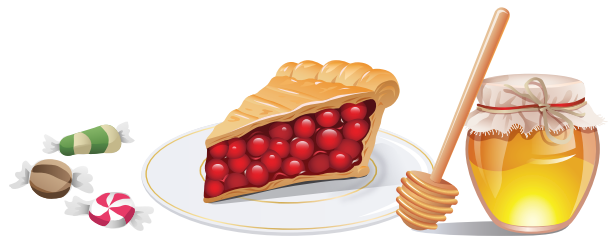
✓	Food	Serving Size	Total fats (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)
Unsaturated Fats							
★	<input type="checkbox"/> Almonds	6	4	42	2	1	2
	<input type="checkbox"/> Avocado, fresh	1 (approx 5 oz)	21	227	12	9	3
★	<input type="checkbox"/> Flaxseeds, ground	1½ tbsp	4	56	3	3	2
★	<input type="checkbox"/> Mayonnaise, regular	1 tbsp	12	103	0	0	0
	<input type="checkbox"/> Mayonnaise-style salad dressing, regular	1 tbsp	10	94	0	0	0
★	<input type="checkbox"/> Nut butters (trans fat-free): almond butter, cashew butter, peanut butter	1 tbsp	8	97	5	1	2
★	<input type="checkbox"/> Oil: canola, corn, cottonseed, grape seed, olive, peanut, safflower, soybean, sunflower	1 tsp	5	40	0	0	0

✓	Food	Serving Size	Total fats (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)
★	<input type="checkbox"/> Olives, green, pickled	10	4	39	1	1	0
★	<input type="checkbox"/> Pecans	¼ oz	5	49	1	1	1
★	<input type="checkbox"/> Walnuts, English	½ oz	9	93	2	1	2
Saturated Fats							
★	<input type="checkbox"/> Butter, light, stick	1 tsp	3	23	0	0	0
★	<input type="checkbox"/> Cream, half and half	2 tbsp	3	39	1	0	1
★	<input type="checkbox"/> Cream cheese, fat-free	1½ tbsp (1 oz)	0	28	2	0	4
★	<input type="checkbox"/> Oil: coconut, palm	1 tsp	5	39	0	0	0
★	<input type="checkbox"/> Shortening, lard and vegetable oil	1 tsp	4	38	0	0	0
★	<input type="checkbox"/> Sour cream, reduced-fat	3 tbsp	5	65	3	0	3



Sweets and desserts

It is important to remember that most sweets have a lot of calories and carbs in a small portion. Be sure to be mindful of the serving size.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
Desserts					
<input type="checkbox"/> Brownies	About 1 oz	115	18	1	1
<input type="checkbox"/> Cake, unfrosted	1 piece (2½ oz)	264	42	1	4
<input type="checkbox"/> Cookies, chocolate chip	2 cookies (2¼ inches across)	118	16	0	1
<input type="checkbox"/> Cupcake, chocolate, with frosting, low fat	1 cupcake	131	30	0	2
<input type="checkbox"/> Large cookie, raisin, soft	1 cookie	60	10	0	1
<input type="checkbox"/> Frozen pops, sugar free	1 (1¾ fl oz)	12	3	0	0
<input type="checkbox"/> Ice cream, fat-free	½ cup	92	20	1	3
<input type="checkbox"/> Ice cream, no sugar added	½ cup	115	15	0	3
<input type="checkbox"/> Pie, blueberry, commercially prepared	1 piece (1⁄6 of 8-inch pie)	271	41	1	2

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Pie, pecan, commercially prepared	1 slice	541	79	3	6
<input type="checkbox"/> Pie, pumpkin, commercially prepared	1 slice	323	46	2	5
<input type="checkbox"/> Sandwich cookies with cream filling	2 small (about 1 oz)	111	17	1	1
<input type="checkbox"/> Yogurt, frozen, nonfat	1⁄3 cup	47	9	1	2
Candy and Toppings					
<input type="checkbox"/> Agave, syrup	1 tbsp	64	16	0	0
<input type="checkbox"/> Candy, chocolate, dark or milk type	1 oz	156	17	2	1
<input type="checkbox"/> Honey	1 tbsp	64	17	0	0
<input type="checkbox"/> Jam and preserves	1 tbsp	56	14	0	0
<input type="checkbox"/> Maple syrup	2 tbsp	104	27	0	0
<input type="checkbox"/> Sugar	1 tsp	16	4	0	0
<input type="checkbox"/> Syrup, chocolate	2 tbsp	109	25	1	1
<input type="checkbox"/> Syrup, reduced-calorie (pancake type)	2 tbsp	50	13	0	0



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