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The Mediterranean-Style Diet

What is the Mediterranean-Style Diet?

The Mediterranean-style diet is not a specific diet. It is an eating pattern that is considered “heart healthy”. It is based on research of the diets of people in Mediterranean countries that have lower rates of heart disease.

This Diet Emphasizes	Additional Features
Eating mostly plant-based foods, such as vegetables and fruits, whole grains, legumes and nuts	Vegetable, fruit and seafood intake is generally higher than in other eating patterns
Replacing butter with healthy fats such as olive oil and canola oil	Dairy intake is lower than in many eating patterns
Using herbs and spices instead of salt to flavor foods	Total fat intake may be higher than other meal patterns, but most fat is from oils and nuts
Limiting red meat to no more than a few times a month	Saturated fat intake is low
Eating fish and poultry at least twice a week	Sodium intake is low, partly because processed foods aren't used
Drinking red wine in moderation (optional)	Vegetables and fruits are usually fresh and seasonal
Getting plenty of exercise	Grains are whole grain, eaten plain or with olive oil instead of butter/margarine



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The Mediterranean-style Diet

Your doctor has recommended this eating pattern which is “heart healthy”. Use this as a guide for 3 balanced meals and up to 3 snacks daily:

Food	Foods to Choose*	Foods to Avoid
Protein Foods (fish, seafood, lean meat, poultry, eggs, dry beans/peas/lentils, soy products, nuts, etc.) 5-6 ounces/day	Fish, especially fatty fish, seafood, poultry Legumes \geq 3 servings/week Tree nuts and peanuts \geq 3 servings per week Eggs 0-4 times per week	Red meats Processed Meats Visible fat on meat
Dairy \geq 3 servings per day	Low fat cheese, yogurt, and milk	Butter, cream, whole-fat dairy
Fruits (usually fresh) \geq 3 servings per day	Fruits of all kinds, especially fresh fruits	Limit fruits canned in sugar syrups
Vegetables \geq 2 servings daily	All kinds, especially green and root vegetables Sofrito (a cooked mixture of onions, garlic, and tomato) is commonly used	Limit use of butter and cream sauces on vegetables
Grains \geq 3 servings per day	Minimally processed breads, cereals, rice and pasta. Whole grains preferred	Commercial baked goods
Fluids Based on individual needs	Wine with meals (optional, not recommended for those who don't or can't drink alcohol)	
Liquid Fats and Oils \geq 2 Tbsp/day	Olive oil, canola oil, includes that used in cooking and food preparation	Limit use of other oils
Solid Fats and Added Sugars (SoFAS)	Sweet fruits Sweets home-made with oils, not solid fats Margarines blended with oils	Commercial baked goods, sweets, pastries Fried foods

*Foods to choose based on a study of the benefits of a Mediterranean-style diet
The symbol \geq means “greater than or equal to”

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Notes

- Limit animal fats, saturated fats, cholesterol
- Use a wide variety of nutrient dense foods (vegetables, fruits, whole grains, dairy products, etc.) rich in vitamins, minerals & dietary fiber
- Your health care provider may recommend a multivitamin, calcium, vitamin D, an/or B₁₂
- People with chewing or swallowing problems may not be able to tolerate nuts, seeds, nut butters

Sample Daily Meal Plan for the Mediterranean-Style Diet

Breakfast	Lunch	Dinner
¾ c Orange Juice ½ c Oatmeal ¼ c Scrambled Egg 1 Slice Whole Wheat Toast 1 Tbsp Jelly 1 tsp Margarine* 1 c Skim or 1% Milk Beverage of Choice	2 oz Baked Chicken ½ c Seasoned Quinoa ½ c Seasoned Peas 1 c Green Salad with ¼ c Garbanzo Beans and 1 Tbsp Salad Dressing 1 Whole Wheat Roll ½ c Fruit Sorbet with 1 c Strawberries 1 c Skim or 1% Milk Beverage of Choice	4 oz Red wine (optional) 6 oz Vegetable Soup 3 oz Baked Fish with 1 tsp olive oil ½ c Mashed Potatoes ½ c Cooked Spinach 1 Baked Apple 1 c Skim or 1% Milk Beverage of Choice
P.M. Snack		
½ Peanut Butter Sandwich on Whole Grain Bread ½ Banana Beverage of Choice		

Additional Notes:

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Steps to Help Manage High Blood Pressure (HBP)

1. Take medication as directed by your doctor

- Do not stop taking HBP medication without talking to your doctor
- A healthy diet and regular exercise may help increase your medication's effectiveness

2. Be physically active most of the week

- If you have a chronic health problem, talk with your doctor before starting any physical activity
- Set a schedule and stick to it: It can be as simple as a 15-minute walk each morning and evening
- Gradually build up the amount of exercise you do
- Alternate between different activities to avoid injuries
- Set goals and then celebrate your successes

3. Maintain a healthy weight

- Talk to your health care provider/dietitian if you need to lose weight

4. Eat a healthy diet

- People with HBP may benefit from following a healthy diet that is low in sodium (salt)
- Focus on vegetables, fruits, whole grains and low-fat dairy foods, poultry, fish, legumes, non-tropical vegetable oils, and nuts
- Limit sweets, sugar-sweetened beverages, and red meats
- Eat no more than 2300 milligrams (mg) sodium, or reduce to 1500 mg if recommended by your doctor

5. If you drink alcohol, drink in moderation (no more than 1 drink a day for women, 2 drinks a day for men)

Salt Facts	
1 teaspoon of table salt has about 2300 mg of sodium	Salt is found naturally in foods & added to many processed foods



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The Dietary Approaches to Stop Hypertension Eating Plan

A healthy eating plan, losing weight if needed, getting regular physical activity, and reducing alcohol intake can reduce risk of heart disease by helping to prevent and/or control high blood pressure (HBP) and lower LDL-cholesterol. The DASH eating plan emphasizes low saturated fat, cholesterol and total fat; and increasing potassium from food, especially fruits and vegetables. A potassium-rich diet may help to lower HBP. Use these guidelines to provide 3 balanced meals and up to 3 snacks daily:

Food Group (Nutrients)	Servings/Day*	Serving Sizes	Examples and Notes
Grains (energy and fiber)	6	1 slice bread 1 oz dry cereal** ½ cup cooked rice, pasta, or cereal**	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn
Vegetables (potassium, magnesium and fiber)	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, potatoes, spinach, squash, sweet potatoes, tomatoes
Fruits (potassium, magnesium and fiber)	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines
Milk/milk products (calcium and protein)	2-3 Fat free or low fat	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt

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Food Group (Nutrients)	Servings/Day*	Serving Sizes	Examples and Notes
Meats, poultry, fish (protein and magnesium)	6 or less Lean	1 oz cooked meats, poultry, or fish 1 egg***	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry
Nuts, seeds, legumes (energy, magnesium, protein, & fiber)	4/week	1/3 cup or 1 1/2 oz nuts 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds 1/2 cup cooked legumes	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, legumes (dry beans and peas: kidney beans, lentils, split peas, etc.)
Fats/Oils (omega 3s)	2-3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing
Sweets/ Sugars (extra)	5 or less/week	1 Tbsp sugar, jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

*These are the servings for 1800 calories per day. Adjust as needed.

Notes:

- Avoid salty foods and snacks
- Use a wide variety of nutrient dense foods (vegetables, fruits, whole grains, dairy products, etc.) rich in vitamins, minerals and dietary fiber
- Your health care provider may recommend a multivitamin, calcium, vitamin D, and/or B₁₂
- People with chewing or swallowing problems may not be able to tolerate nuts, seeds, nut butters

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2000 mg (2 Gram) Sodium Diet

Your doctor wants you to follow a 2 gram sodium diet. This diet limits the use of very high sodium foods along with eliminating salt at the table. Use these guidelines to plan 3 balanced meals and up to 3 snacks daily:

Food	Amount Each Day*
Vegetables (include more dark green, leafy, red/orange vegetables; dry beans/peas/lentils) low in salt (no brined vegetables (i.e. sauerkraut, pickles))	≥ 2½ cups or equivalent
Fruits (include a variety; with more whole fruit than juice as appropriate)	≥ 2 cups or equivalent
Grains (include as much whole grain/enriched as possible; at least half of grains should be whole) low in salt (no salty grains such as crackers or chips)	≥ 6 oz or equivalent
Dairy (fortified with vitamins A and D) Encourage fat free or low fat as appropriate	Limit to 2 cups or equivalent
Protein Foods (fish, seafood, lean meat, poultry, eggs, dry beans/peas/lentils, soy products, etc.). No high sodium meats (bacon, hot dogs, sausage, lunch meats, ham, etc.)	Limit to 6 oz daily or equivalent Encourage 8 oz of cooked seafood per week
Sodium, Saturated Fat, Added Sugars Limit added sugars/saturated fats, reduce sodium (Salt substitute may be used if ordered by physician) Less than 10% of calories from sugar daily Most fat should come from healthy oils	Use in limited quantities to round out the menu for pleasing appearance and satisfying meals No salt at the table Avoid or limit alcohol
Fluids (especially water)	Based on individual needs

*Based on a 2000 calorie meal plan by ChooseMyPlate.gov

The symbol ≥ means “greater than or equal to”

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Foods Allowed on 2 Gram Sodium Diet	Foods to Avoid on 2 Gram Sodium Diet
<p>Protein Foods (low sodium as appropriate) Fresh chicken, turkey, beef, pork, veal, or fish Low sodium canned tuna fish, low sodium cheeses, low sodium processed meats Meat Alternatives, nut butters in limited amounts</p>	<p>High sodium meats, fish, poultry (bacon, hot dogs, sausage, lunch meats, corned beef, ham, etc.), canned meat/poultry/fish, processed cheeses, aged cheese, imitation crab or lobster Any frozen dinner that has more than 400-600 mg sodium in the entire dinner</p>
<p>Dairy (Fat free or low fat as appropriate) Skim, 1%, 2% or whole milk, chocolate milk, lactose treated milks, soy milk, and yogurt</p>	<p>Buttermilk, commercial milkshakes, or malted milk Note: Limit milk and milk products to 2 cups/day</p>
<p>Fruits Fresh raw, frozen, canned, dried fruits, or juice</p>	
<p>Vegetables (Prepared without added salt) Fresh raw or cooked vegetables without added salt (beans, beets, broccoli, cauliflower, corn, green or wax beans, greens, lettuce, peas, or squash). <i>Low sodium tomato or vegetable juices.</i> Instant mashed potatoes without added salt.</p>	<p>Any vegetable with more than 250 mg sodium per ½ cup Boxed potato mixes (scalloped, au gratin, etc.) Limit regular tomato and vegetable juice, tomato, spaghetti and other sauces Pickles, olives, sauerkraut, other vegetables packed in salt brine</p>

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Foods Allowed on 2 Gram Sodium Diet	Foods to Avoid on 2 Gram Sodium Diet
<p>Grains (Low salt and/or fat as appropriate)</p> <p>Regular bread, buns, rolls, bagels, English muffins, tortilla or taco shells</p> <p>Cooked cereals made without salt</p>	<p>Any with added salt</p> <p>Biscuits, cornbread</p> <p>Boxed rice, noodle or stuffing mixes, macaroni dishes or bread stuffing, instant cooked cereals</p>
<p>Sodium, Saturated Fats, Added Sugars, Alcohol and Miscellaneous</p> <p>Low sodium soups, broths and bouillions (or reduce sodium in soup by mixing 1 regular can of soup with 1 can of low sodium soup)</p> <p>Limit regular salad dressing, mustard, and chili sauce</p> <p>Reduced sodium gravy</p> <p>Low sodium salad dressings; oil & vinegar, lemon juice</p>	<p>Regular canned or frozen soups or broths, bouillions, and gravies</p> <p>Pickles, relish, sauerkraut, olives, pickled vegetables, or any food packed in salt brine</p> <p>Canned gravy, Worcestershire, barbeque, steak, soy or teriyaki sauce, etc.</p> <p>High sodium drinks (Gatorade, instant cocoa, etc.)</p> <p>Limit alcohol: 1-2 drinks/day with doctor's approval</p>
<p>Snacks and Desserts (Low salt)</p> <p>Unsalted crackers, tortilla chips</p> <p>Puddings, custards, cakes, cookies</p>	<p>Salted snacks (crackers, potato chips, or other snack chips, nuts, etc.)</p> <p>Crackers with salted tops, cheese crackers, other snack crackers</p>
<p>Additional Information</p> <p>Read food labels carefully</p> <p>Use herbs and spices for cooking</p>	<p>Do not add salt at the table or on trays.</p> <p>Do not use salt substitute without doctor's permission</p> <p>Avoid anything that tastes "salty"</p>

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Notes:

- Do not use salt at the table. Avoid high sodium (salty) foods
- Use a wide variety of nutrient dense foods (vegetables, fruits, whole grains, dairy products, etc.) rich in vitamins, minerals and dietary fiber
- Your health care provider may recommend a multivitamin, calcium, vitamin D, and/or B₁₂
- People with chewing or swallowing problems may not be able to tolerate nuts, seeds, nut butters

Sample Daily Meal Plan for a Well Balanced Diet

Breakfast	Lunch	Dinner
¾ c Orange Juice ½ c Oatmeal* ¼ c Scrambled Egg 1 Slice Whole Wheat Toast 1 Tbsp Jelly or Fruit Spread 1 tsp Margarine* 1 c Low Fat Milk Sugar, Pepper* Beverage of Choice	2 oz Roast Beef ½ c Buttered Rice* ½ c Green Peas with Mushrooms* 1 c Green Salad with 1 Tbsp Low Sodium Salad Dressing 1 Whole Wheat Roll ½ c Fruit Sorbet with ¼ c Strawberries Sugar, Pepper* Beverage of Choice	6 oz Reduced Sodium Vegetable Soup 3 oz Baked Fish* ½ c Mashed Potato* ½ c Green Beans with Almonds* 1 Slice Whole Wheat Bread 1 Baked Apple 1 c Low Fat Milk Sugar, Pepper* Beverage of Choice
P.M. Snack		
2 Squares Graham Crackers Beverage of Choice		

*No salt; food prepared without salt

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Warfarin Precautions

Consult your healthcare provider before taking any new medication (prescription or over the counter). Warfarin can interact with vitamins, herbal products, foods, and other medications (including antacids, laxatives, aspirin, ibuprofen, naproxen). These interactions may reduce or enhance the anticoagulant effects of warfarin and/or increase risk of bleeding.



Tell your doctor before starting or stopping any vitamin, herbal or botanical products. Many of these can interact with warfarin, including: bromelains, coenzyme Q10, danshen, dong quai, Echinacea, fenugreek, garlic, Ginkgo biloba, ginseng, green tea, goldenseal, St. John's wort, vitamin E, and others.

Foods and Drinks That Might Interact with Warfarin

Certain foods and drinks may interact with warfarin. Alcohol can affect how the body metabolizes warfarin and increase risk of major bleeding. Avoid drinking alcohol on a daily basis. Check with your doctor to see if an occasional drink is safe for you.

Some foods may interfere with warfarin's effectiveness. Eat a normal, healthy diet and avoid making any major changes in your diet without consulting your healthcare provider. It is best to keep the level of vitamin K in your diet consistent each week, rather than avoiding vitamin K-rich foods altogether. Foods that may be of concern include black licorice, cranberries or cranberry juice, and garlic. Foods high in vitamin K such as green and leafy vegetables (kale, greens, spinach, broccoli, lettuce, brussels sprouts) may make warfarin less effective, potentially increasing risk of blood clots. Certain vegetable oils may also contain vitamin K. Talk to your doctor about whether it is OK to eat grapefruit or drink grapefruit juice while taking warfarin.

For more information, download the American Heart Association's quick reference guide to foods that are high and low in vitamin K (pdf):

https://myafibexperience.org/media/38922/71a6b53f3a04feb171843072d98557b7-vp_warfarin-card_030316.pdf

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Foods High in Vitamin K May Make Warfarin Less Effective

Foods That are Low in Vitamin K (35 mcg or less per serving)	Foods That are High in Vitamin K (60 mcg or higher per serving)
<p>Artichoke Avocado (1/2 cup) Bananas Beans: black, garbanzo, green Carrots Cauliflower Celery Cilantro (garnish) Corn Cucumber Green peppers Mushrooms Okra (1/2 cup cooked) Onions Parsnips Peas (1/2 cup) Potatoes Pumpkin Radish Red cabbage Summer squash Sweet potato Tomato Tuna (light, in water) Turnips</p>	<p>Asparagus (1 cup canned) Broccoli Brussels sprouts Coleslaw Canned beef stroganoff soup Green, leafy vegetables: <ul style="list-style-type: none"> • Amaranth leaves • Collard greens • Endive • Garden cress • Kale • Lettuce • Mustard greens • Spinach • Swiss chard • Turnip greens Kiwi fruit (1 cup) Soybeans Tuna fish canned in oil Vegetable drinks made with juiced greens</p>

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Tell Your Doctor If You:

- Have or have ever had diabetes
- Have an infection
- Have a gastrointestinal illness such as diarrhea, or sprue (an allergic reaction to protein found in grains that causes diarrhea)
- Have an indwelling catheter
- Are breast-feeding
- Use tobacco products (cigarette smoking may decrease the effectiveness of this medication)

Possible Side Effects

Tell your doctor if any of these symptoms are severe or do not go away:

Gas

Abdominal pain

Bloating

Change in the way things taste

Call Your Doctor Immediately If You Experience Any of These Side Effects

- Difficulty swallowing
- Swelling of the face, throat, tongue or lips
- Hoarseness
- Swelling of the hands, feet, ankles, or lower legs
- Nausea, vomiting or diarrhea
- Loss of appetite
- Pain in the upper right part of the stomach
- Flu-like symptoms

Warfarin may cause other side effects. Call your doctor if you have any unusual problems while taking this medication.

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General Guidelines for Diabetes

Your goal is to keep your blood sugar levels as close to normal as possible to help prevent health problems related to diabetes. Following the instructions from your health care provider for your medications and/or injections, your diet, and frequency of checking your blood sugars will help you achieve this goal.



Helpful Hints for a Healthy Diet

1. **Eat your meals and snacks at about the same time every day.** Don't skip meals.
2. **Use a wide variety of nutrient dense foods** (vegetables, fruits, whole grains, dairy, cooked dry beans/lentils) rich in vitamins/minerals and fiber.
 - ChooseMyPlate.gov can help guide choices for a healthy diet.
3. **Eat a diet that is consistent in carbohydrate.** Try to have the same amount of carbohydrates at every meal, every day. Read the Nutrition Facts Food Label on foods to learn the carbohydrates per serving.
 - The total amount of carbohydrate at a meal or snack should be consistent each day. Example: For a 2000 calorie diet, eat 30-75 grams for each meal and 15-30 grams for each snack.
 - Total carbohydrates needed each day vary depending on your calorie needs, blood sugars and medications.
4. **Control your portion sizes.**
 - Measuring or weighing the foods you prepare for yourself can help you avoid overeating and help assure your carbohydrate intake is consistent

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5. **Limit high-sugar foods and drinks.** If you have these on occasion, only consume small amounts with a meal - not between meals. High sugar foods can raise your blood sugar quickly, and can be dangerous for people with diabetes if eaten in large amounts
 - Examples include white or brown sugar, honey, jam, jelly, syrup, molasses, soda and other beverages that contain sugar, cake, pie, cookies, doughnuts, candy, and foods with added sugar
 - All carbohydrates must be counted in the total daily amount of carbohydrate allowed
 - You may want to use a sugar substitute
 6. **Limit intake of foods high in saturated fat** such as foods from animal sources and full-fat dairy foods
 - Choose lean meats and reduced-fat or fat free dairy foods
 - Limit added fat such as butter, margarine, salad dressing, gravy, and sauces
 - Avoid fried foods
 7. **Include high-fiber foods every day.** Whole grain cereals and breads, vegetables, and fruits are good sources of fiber
 - Fiber can help maintain bowel regularity and help maintain blood sugar levels
 - Try to include 25-50 grams of dietary fiber in the diet each day
 8. **Maintain a reasonable weight.** Following a diet for diabetes should help prevent weight gain and may lead to weight loss
 9. **Exercise if you are able.** Exercise can help decrease blood glucose levels, improve the body's response to insulin and other medications and help you maintain a reasonable weight. Talk to your health care professional about how much and what type of exercise is safe for you

Talk to your Registered Dietitian Nutritionist (RDN) who can develop an individualized meal plan to help control your blood glucose levels and help you achieve your goals for good health

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Hypoglycemia and Hyperglycemia

To prevent high and low blood sugars, take your medicines or injections as ordered by your doctor, monitor your blood glucose levels, and balance your diet. Below are some helpful suggestions to help manage your blood sugars if they are too low (hypoglycemia) or too high (hyperglycemia).

Symptoms	Hypoglycemia Anger Confusion Headache Lack of coordination Palpitations Sweating Tremors	Hyperglycemia Dehydration Desire to drink fluids frequently Dry mouth Excessive urination Fatigue Low blood pressure Low grade fever Weight loss
Solutions	Low blood sugar (≤ 70 mg/dL) Treat immediately. At the first sign of hypoglycemia, test your blood glucose. If it is less than 80 mg/dL, eat or drink food or fluid to provide at least 15 grams of carbohydrate. Then retest your blood glucose level in 15 minutes to determine if another 15 grams of carbohydrate is needed	High blood sugar of > 140 is sometimes hard to detect in older adults. Monitor your blood sugar levels carefully, and be sure to drink enough fluids to remain hydrated. High blood sugar may need to be corrected with insulin; follow guidelines provided by your health care professional

The symbol \leq means "less than or equal to" and $>$ means "greater than"

15 grams of carbohydrates equals:

- 4 ounces of fruit juice
- 3 glucose tablets or 4 dextrose tablets
- 4 ounces (about 1/2 cup) of regular soda pop
- 1 Tablespoon of sugar or regular jelly



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Carbohydrate Counting

Your doctor wants you to count carbohydrates as part of a healthy eating plan. This can help balance your food intake to keep blood sugar levels within the target range set by your doctor or dietitian, which helps prevent diabetes complications. Carbohydrate counting can be used to help you choose what and how much to eat. If you take insulin, carbohydrate counting can also help you decide how much insulin to use.



Foods that are mostly carbohydrate affect blood sugar levels more than other foods.

These foods include grains (such as bread, cereal, chips, crackers, rolls), starchy vegetables (like corn, peas, potatoes), fruits, milk and milk products, and sweets (cakes, cookies, candy, sweetened drinks, etc.) which contain few beneficial nutrients. Lower carbohydrate foods include meat and meat alternates (like eggs, soy foods, nuts), non-starchy vegetables (such as green beans, carrots, and broccoli), and fats like butter, margarine, and oils.

Many foods that contain carbohydrates also contain other nutrients, so it is important to use them wisely and not totally cut them out of your diet.

How much carbohydrate do I need? The number of servings of carbohydrate you need for each meal and snack is based on your weight, activity level, diabetes medications/insulin, and goals for target blood sugar levels. Most people do well on 3 to 4 servings of carbohydrate foods at each meal and 1 to 2 servings at each snack, if snacks are recommended.

For good health, meals and snacks need to include a variety of foods from all of the food groups.

One carbohydrate serving = 15 grams (g) of carbohydrate. For example:

- **Fruit:** Each serving contains 15 grams of carbohydrate
- **Bread/grain:** Each serving contains 15 grams of carbohydrate

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- **Dairy foods:** Each serving contains 12 grams, which is rounded up to 15 grams and counted as one serving of carbohydrate
- **Starchy vegetables:** Each serving contains 15 grams of carbohydrate
- **Non-starchy vegetables:** Each serving contains 0-5 grams carbohydrate

Your Meal Pattern:

Total carbohydrates per day: _____ 3 meals and ___ snacks per day

Meal/Snack	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time of Day						
Carbohydrate Servings						

Sample Meal Pattern (1800 calories)

Carbohydrate Servings	Vegetable	Fruit	Milk	Bread/Grain	Total per meal/snack
Breakfast		1	1	2	4
Lunch	1		1	2	4
Dinner	2	1	1	1	5
Snack 2		1		1	2
Total per day	3	3	3	6	15

Use the Nutrition Facts Food Label on Foods

Check the label for the number of grams of carbohydrate to determine the serving size. One carbohydrate serving = 15 grams of carbohydrate

If 1 serving provides:	Then 1 serving of the food is equivalent to:
A total of 15 grams	1 carbohydrate serving
More than 15 grams	Divide the total by 15 to get the number of carbohydrate servings
Less than 15 grams	Multiply the serving size to get a serving size that will have 15 grams carbohydrate (1 serving)

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Consistent Carbohydrate Diet

This eating plan provides meals of consistent carbohydrate amounts at consistent times throughout the day. This guideline is intended for adults. Use these guidelines to provide 3 balanced meals and up to 3 snacks daily:

Food	Amount Each Day*
Vegetables (include more dark green, leafy, red/orange vegetables; dry beans/peas/lentils)	≥ 2½ cups or equivalent
Fruits (include a variety; with more whole fruit than juice as appropriate) Fresh, frozen or canned in natural juice or water	≥ 2 cups or equivalent
Grains (include as much whole grain/enriched as possible; at least half of grains should be whole)	≥ 6 oz or equivalent
Dairy (fortified with vitamins A and D) Encourage fat free or low fat as appropriate	3 cups or equivalent
Protein Foods (fish, seafood, lean meat, poultry, eggs, dry beans/peas/lentils, soy products, nuts, etc.)	5 - 6 oz daily or equivalent Encourage 8 oz of cooked seafood/week
Sodium, Saturated Fat, Added Sugars, Alcohol Limit added sugars/saturated fats, reduce sodium Less than 10% of calories from sugar daily Most fat should come from healthy oils Sucrose or sugar containing foods must be counted in the total carbohydrate each day	Limit based on individualized plan Alcohol only in moderation and as approved by doctor
Fluids (especially water) low in simple sugars, sugar free flavored waters, carbonated beverages	Based on individual needs

*These amounts are recommended based on a 2000 calorie meal plan by ChooseMyPlate.gov

The symbol ≥ means “greater than or equal to”

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Foods Allowed on Consistent Carbohydrate Diet	Serving Size	Carb, grams	Foods to Limit on Consistent Carbohydrate Diet
<p>Protein Foods (fat free or low fat as appropriate)</p> <p>Meat and Meat Alternates</p> <p>Fish, chicken, turkey, lean beef, pork or veal</p> <p>Cheese, low fat</p> <p>Cottage cheese, low fat</p> <p>Eggs</p>	<p>2-3 oz</p> <p>2 oz</p> <p>½ - ¾ cup</p> <p>2-3</p>	<p>0</p>	<p>High fat meats</p> <p>Fried foods</p>
<p>Dairy</p> <p>Milk (fat free or low fat - skim, 1%, 2%)</p> <p>Yogurt (low fat, sugar free)</p> <p>Yogurt (light)</p>	<p>1 cup</p> <p>1 cup</p> <p>1 cup</p>	<p>12</p>	<p>Whole milk</p> <p>High sugar or fat yogurt</p>
<p>Vegetables, cooked or juice (prepared without added fat or carbohydrates)</p> <p>Raw</p>	<p>½ cup</p> <p>1 cup</p>	<p>5</p>	<p>Fried vegetables</p>

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Foods Allowed on Consistent Carbohydrate Diet	Serving Size	Carb, grams	Foods to Limit on Consistent Carbohydrate Diet
<p>Grains/Starch (fat free, low fat and/or low sugar as appropriate)</p> <p>Bread (white, wheat, rye, oatmeal, etc.)</p> <p>Bun or English muffin</p> <p>Bagel</p> <p>Pita or tortilla (6 inch), plain roll (small)</p> <p>Baked beans</p> <p>Pasta, rice cooked</p> <p>Corn, peas, potatoes, yams, lentils, dried beans or peas</p> <p>Winter squash or mixed vegetables</p> <p>Bran cereals, shredded wheat or cooked cereals.</p> <p>Other ready to eat, unsweetened cereals</p> <p>Grains/Starch– Snack Options</p> <p>Graham crackers (2½” square)</p> <p>Soda crackers</p> <p>Pretzels</p> <p>Popcorn, popped, no fat added</p> <p>Vanilla wafers</p> <p>Frozen yogurt</p> <p>Ice cream, ice milk</p> <p>Light or sugar-free pudding with low fat milk</p> <p>Cookie</p>	<p>1 slice</p> <p>½</p> <p>¼</p> <p>1</p> <p>¼ cup</p> <p>⅓ cup</p> <p>½ cup</p> <p>1 cup</p> <p>½ cup</p> <p>¾ cup</p> <p>3</p> <p>6</p> <p>¾ oz</p> <p>3 cups</p> <p>5</p> <p>⅓ cup</p> <p>½ cup</p> <p>½ cup</p> <p>4 small or 1 large</p>	<p>15</p>	<p>Any with additional sugars, glazes, frostings, syrups, sauces</p>

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Foods Allowed on Consistent Carbohydrate Diet	Serving Size	Carb, grams	Foods to Limit on Consistent Carbohydrate Diet
<p>Fruits, fresh Apple, nectarine, orange, or peach, small Banana or mango, small Cherries Grapefruit, large Grapes, small Kiwi, large Pineapple Tangerines, small</p> <p>Berries, fresh Blueberries or blackberries Raspberries or strawberries</p> <p>Canned, fruits packed in water or juice</p> <p>Dried: Apricot halves Dates or prunes, medium Raisins</p> <p>Melons Cantaloupe or honeydew, cubes Watermelon</p> <p>Juice (100% juice): Apple, grapefruit, orange, pineapple cranberry juice cocktail, 100% juice blends Grape, prune</p>	<p>1 ½ 12 ½ 12-15 (½ cup) 1 ¾ cup 2 ¾ cup 1 cup ½ cup 8 (1 oz) 3 1 Tbsp 1 cup 1 ¼ cup ½ cup ⅓ cup</p>	<p>0</p>	<p>Juice with added sugars (note: serving size for 100% fruit juice is only ⅓ to ½ cup)</p> <p>Fruits packed in heavy syrup (frozen or canned)</p>

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Foods Allowed on Consistent Carbohydrate Diet	Serving Size	Carb, grams	Foods to Limit on Consistent Carbohydrate Diet
Fats Butter, margarine, oil or mayonnaise Salad dressing or cream cheese Cream, sour cream	1 tsp 1 Tbsp 2 Tbsp	0	Limit amount of trans fat in diet High fat, high sugar foods (cake, cookies, candy, sugar, regular soda pop)
“Free Foods” Sugar free soda pop, soft drinks, gelatin, club soda, coffee, or tea Fat free bouillon, consommé Sugar Free gum Vinegar, herbs/spices, mustard, horseradish, or nonstick pan spray	As desired As desired As desired As desired		
Free Foods in Limited Amounts Catsup or taco sauce Whipped topping, sugar free pancake syrup, or low calorie dressing Sugar free jam or jelly Sugar free pickles Sugar free hard candy	1 Tbsp 2 Tbsp 2 tsp 1 serving 1 piece	Minimal in the amounts allowed	

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Food Choice Values: Non-Starchy Vegetables

Each portion contains approximately 25 calories, 5 grams carbohydrate and 2 grams protein. Vegetables provide carbohydrates, vitamin A, vitamin B₆, potassium, copper, dietary fiber, calcium, iron, magnesium, vitamin C and folate. NOTE: Also see “Free Foods” for list of Free Vegetables

Vegetables are organized into 5 subgroups (dark green, orange, starchy, dry beans and peas and other), based on their nutrient content. Because the starchy vegetables and dry beans contain higher amounts of carbohydrate, they are included in the Grains/Breads group.

Food/Amount Equivalent to 1 Portion (Prepared without added fats)

Fresh: 1 cup raw vegetables Canned, Cooked, Frozen or Juice: ½ cup

Dark Green Vegetables

- x Bok Choy
- +x Broccoli
- x Collard Greens
- +x Dark Green Leafy
- x Lettuce, Leaf
- x Kale
- x Mesclun
- x Mustard Greens
- x Romaine Lettuce
- +x Spinach
- x Turnip Greens
- x Watercress

Red and Orange Vegetables

- x Carrots
- +x Carrot Juice
- x Pumpkin
- +x Red Peppers
- + Tomatoes
- + Tomato Juice*
- +x Vegetable Juice

Other Vegetables

- Amaranth
- Artichokes
- Artichoke hearts
- Asparagus
- Baby Corn
- Bean Sprouts
- Beets
- + Brussels Sprouts
- x Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Green onions
- + Green/yellow
- Peppers
- Hearts of Palm

Other Vegetables

- Iceberg Lettuce
- Italian Green Beans
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Onions
- Oriental radish
- Pea Pods
- Radishes
- Rutabaga
- Sauerkraut*
- Summer Squash
- Turnips
- Water Chestnuts
- Wax Beans
- Zucchini

+ Good source of vitamin C
x Good source of vitamin A
* High sodium/salt

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Food Choice Values: Fruits

Each portion contains approximately 60 calories and 15 grams carbohydrate. Fruits are good source of carbohydrates, fiber, minerals, potassium, vitamins A and C. Choose fresh fruits when possible. Choose sugar free frozen, or canned fruits packed in water or juice.

Fresh, Frozen or Canned	Amount
*Apple, Fresh, Small	1 (4 oz)
Applesauce	½ cup
xApricots, Fresh, Med.	4 (5½ oz)
xApricots, Canned	½ cup
*Banana	½ (4 oz)
*Black/blueberries/fresh	¾ cup
+xCantaloupe, Cubes	1 cup
*Cherries, Large, Fresh	12
Cherries, Canned	½ cup
Fruit Cocktail, Canned	½ cup
*+Grapefruit, Large	½ (11 oz)
*Grapes, Small	12-15 (3 oz)
+xHoneydew Melon	1 cup cubes
+Kiwi, Large	1 (3⅓ oz)
Mandarin Oranges	¾ cup
xMango, Small	½ (5½ oz)
xNectarine	1 (5 oz)
*+Orange, 2 1/2"	1 (6½ oz)
+xPapaya, Cubes	1 cup
xPeaches, Fresh, small (2 ¾")	1 (6 oz)
xPeaches, Fresh, pieces	1 cup
xPeaches/pears, Canned	½ cup
*Pear, Fresh, Large	½
Pineapple, Fresh	¾ cup
Pineapple, Canned	½ cup
Plum, Fresh, 2"	2
*Raspberries, Fresh	1 cup
*+Strawberries, Fresh	1¼ cup
+Tangerines, small	2
Watermelon, Cubes	1¼ cup

Juice	Amount
Apple	½ cup
Apple Cider	½ cup
Cranberry Jc Cocktail	½ cup
Cranberry Jc Cocktail, Low Calorie/Sugar	1 cup
Fruit Jc Blends 100% Juice	½ cup
+Grapefruit	½ cup
Grape Juice	⅓ cup
+Orange Juice	½ cup
Pineapple	½ cup
Prune	⅓ cup

Dried Fruit	Amount
Apple Rings	4
xApricot Half	8
Dates, Medium	3
Figs	1½
Prunes, Med.	3
Raisins	2 Tbsp

+ Good source of Vitamin C
x Good source of Vitamin A
*** Good source of Fiber**

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Food Choice Values: Grains and Starches

Each portion contains approximately 80 calories, 15 grams carbohydrate, 3 grams protein and less than or equal to 1 gm fat Breads, grains and starches are good sources of carbohydrates, fiber, B vitamins and iron

Breads	Amount	Cereals	Amount
White, *Whole Wheat/ Grain, Rye, *Oatmeal	1 Slice	*Bran Cereals	½ cup
Raisin, Unfrosted	1 Slice	*Bran Cereals, Flakes	¾ cup
English Muffin	½	Grapenuts	¼ cup
Hot Dog/Hamburger Bun	½	Puffed Cereal	1½ cups
Roll, Small, Plain	1	*Shredded Wheat	½ cup
Pancake, 4" x ¼" Thick	1	Other Ready-to-Eat Cereals, Unsweetened	¾ cup
Waffle, Low Fat	1	Cooked Cereals	½ cup
Bagel	¼	Granola, Low Fat	¼ cup
Thin Sandwich Buns	1	Grits, Cooked	½ cup
Starchy Vegetables	Amount	Pasta/Rice/Grains	Amount
*Corn	½ cup	Bulgar, Cooked	½ cup
*Corn-on-the-Cob, Large	½ cob	Couscous, Cooked	⅓ cup
Peas, Green	½ cup	Pasta, Cooked	⅓ cup
Potatoes:		*Quinoa, cooked	⅓ cup
Baked (1 small or ½ medium)	½ cup	Rice, White/*Brown, Ckd	⅓ cup
Mashed	½ cup	*Wheat Germ	3 Tbsp
Mixed Vegetables	¾ cup	Crackers/Snacks	Amount
+xYam, Sweet Potato	½ cup	Graham Crackers 2½x2½"	3
+xSquash, Winter (Acorn, Butternut)	½ cup	Animal Crackers	8
Parsnips	½ cup	Soda Crackers	6
Pumpkin	1 cup	Pretzels	¾ oz
Plaintain	½ cup	Popcorn (Popped, No Fat Added)	3 cups
		Rye Crisp, 2x3½"	4
		Oyster Crackers	24
		Melba Toast, Slices	4
		Matzoth	¾ oz
		*Whole Wheat Crackers	¾ oz
		Rice Cakes, 4" Diameter	2

+ Good source of Vitamin C
x Good source of Vitamin A
*** Good source of Fiber**

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Food Choice Values: Grains and Starches (continued)

Each portion contains approximately 15 grams carbohydrate, 3 grams protein, less than or equal to 1 gm fat, 80 calories.

Dried Beans/Peas/Lentils	Amount	**Starches Prepared with Fat (Note: These count as 1 Bread and 1 Fat Serving)	Amount
*Beans and Peas, Cooked (Black Beans, Black-eyed Peas, Chick Peas, Garbanzo Beans, Kidney Beans, Pinto Beans, Split Peas, White Beans)	½ cup	Biscuit, 2½" Across	1
*Lentils, Cooked	½ cup	Butter Type Crackers	6
*Lima Beans	⅓ cup	Bread Stuffing, Prepared	⅓ cup
Miso (High Sodium)	3 Tbsp	Corn Bread, 2" Cube (2 oz)	1
*Baked Beans	⅓ cup	Muffin, Small, Plain	1 oz
		Taco Shell, 5" Across	2
		Waffle, 4" Square	1
		Whole Wheat Crackers With Added Fat (1 oz)	4 to 7
		Croutons	½ cup
		Potatoes, Oven Baked	
		French Fries	½ cup
		*Hummus	⅓ cup
		*Popcorn (Popped, No Fat Added)	3 cups
		Peanut Butter Crackers (Sandwich Type)	3
		Snack Chips, Baked	¾ oz



***Good source of Fiber**
****Count as 1 Bread and 1 Fat Serving.**

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Food Choice Values: Milk and Milk Products

Each portion contains approximately 12 grams carbohydrate, 8 grams protein, 0 to 3 grams fat and 90 calories for skim products; 5 grams fat and 120 calories for low fat products. Dairy products are good sources of carbohydrates, protein, calcium, magnesium, phosphorus, riboflavin, vitamins A and D.

Skim and Very Low Fat	Amount
Skim Milk (fat free)	1 cup
½% or 1% Milk or Buttermilk	1 cup
Evaporated Skim Milk (Fat Free)	½ cup
Dry Nonfat Milk	⅓ cup
°Plain Nonfat Yogurt	¾ cup
°Yogurt, Light	¾ cup
Soy Milk, Fat Free or Low Fat	1 cup

Low Fat	Amount
2% Milk or Buttermilk	1 cup
Plain Low Fat Yogurt	¾ cup
Yogurt, Low Fat, Sugar Free with Fruit	1 cup
Soy Milk, Low Fat	1 cup
Sweet Acidophilus Milk	1 cup
Lactaid Low Fat Milk	1 cup
Low Fat Kefir, Plain	1 cup

Limit the Following:	Amount
Whole Milk	1 cup
Evaporated Whole Milk	½ cup
Whole Plain Yogurt	¾ cup
Goat's Milk	1 cup
Kefir, plain	1 cup

°Carbohydrate content of yogurt varies depending on portion and sweetener source. Read labels carefully- Good choices have about 100 calories and 15 grams of carbohydrate.



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Food Choice Values: Meat and Meat Substitutes

Each 1 ounce portion contains approximately 55 to 100 calories and 7 grams protein. Calories vary depending on fat level of the meat/alternate chosen: 0 to 1 grams fat for very lean meats, 3 grams fat for lean meats, 5 grams fat for medium fat meats, 8 grams fat for high fat meats. Choose the leanest meats available. Limit or avoid the high fat choices (denoted in italics). Meat and meat alternates are good sources of protein, B vitamins, iron and magnesium.

Beef		Amount	Poultry (Skinless)		Amount
Cubed, Flank or Round Steak		1 oz	Chicken or Turkey		1 oz
Tenderloin		1 oz	Ground Turkey		1 oz
Ground or Chipped Beef		1 oz			
Rib, Chuck or Rump Roast		1 oz	Fish		Amount
Porterhouse or T-bone Steak		1 oz	Fresh or Frozen, All Varieties		1 oz
<i>Corned Beef (High Sodium)</i>		1 oz	Crab, Lobster, Clams (Fresh/Canned in Water)		2 oz
Pork		Amount	Oysters		6 med.
Fresh Ham		1 oz	Tuna or Salmon		¼ cup
Boiled, Cured, or Canned Ham (High Sodium)		1 oz	<i>Fried Fish</i>		1 oz
Canadian Bacon (High Sodium)		1 oz	Cheese		Amount
Tenderloin, Chops or Loin Roast		1 oz	Cottage Cheese, Fat Free or Low Fat		¼ cup
Boston Butt		1 oz	Cheese, Fat Free		1 oz
Cutlets		1 oz	Parmesan Cheese		
<i>Spareribs</i>		1 oz	Ricotta, Skim/Low Fat		¼ cup
<i>Ground Pork</i>		1 oz	Mozzarella, Low Fat (Part Skim)		1 oz
<i>Pork Sausage (High Sodium)</i> (Patties or Links)		1 oz	Cheese ≤ 3 Gms Fat/oz		1 oz
Veal		Amount	Avoid/Limit High Fat Cheeses:		
Chops, Roast, Ground, Cubed		1 oz	<i>American/Cheddar/Swiss</i>		1 oz
			<i>Monterey</i>		1 oz

Italics = High fat proteins (limit or use sparingly)

The symbol ≤ means "less than or equal to" Gms = grams

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Food Choice Values: Meat and Meat Substitutes (cont.)

Other	Amount
95% Fat Free Lunch Meat (High Sodium)	1 oz
Egg Whites	2
Egg Substitutes (Plain)	¼ cup
Egg	1
86% Fat Free Luncheon Meat	1 oz
Tofu	2 oz (½ cup)
Soy Beans, Cooked	⅓ cup
<i>Liver, Heart, Kidney, Sweetbreads</i>	1 oz
<i>Luncheon Meat, Regular (High Sodium)</i>	1 oz
<i>Polish or Italian Sausage (High Sodium)</i>	1 oz
<i>Smoked Knockwurst (High Sodium)</i>	1 oz
<i>Bratwurst (High Sodium)</i>	1 oz
Hot Dog (1 Gram Fat or Less per oz) (High Sodium)	1
<i>Peanut Butter and other nut spreads</i>	1 Tbsp

Italics = High Fat (limit or use sparingly)

Italics/Bold = High Fat and High Cholesterol (limit or use sparingly)



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Food Choice Values: Fats

Each portion contains approximately 45 calories 5 grams of fat.

Unsaturated Fats-Monounsaturated Fats

Food	Amount
Avocado, medium	2 Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free); almond butter, cashew butter, peanut butter (smooth or crunchy)	1½ tsp
Nuts	
Almonds	6 nuts
Brazil	2 nuts
Cashews or Mixed Nuts (50% Peanuts)	6 nuts
Filberts (Hazelnuts)	5 nuts
Macadamia	3 nuts
Peanuts	10 nuts
Pecans	4 halves
Pistachios	16 nuts
Oil: canola, peanut, olive	1 tsp
Olives	
Black (ripe)	8 large
Green, unstuffed	10 large

Bold = Unsaturated Fats-Polyunsaturated Fats



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Food	Amount
Margarine: lower-fat spread (30-50% vegetable oil, <i>trans</i> fat free)	1 Tbsp
Margarine: stick, tub (<i>trans</i> fat free, or squeeze)	1 tsp
Mayonnaise	
Reduced fat	1 Tbsp
Regular	1 tsp
Mayonnaise-style salad dressing	
Reduced fat	1 Tbsp
Regular	1 tsp
Nuts	
Walnuts	4 halves
Almonds or Peanuts	¼ cup
Pine nuts	1 Tbsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Margarines with plant sterol esters	
Light	1 Tbsp
Regular	2 tsp
Salad dressing	
Reduced fat	2 Tbsp
Regular	1 Tbsp
Seeds	
Flaxseed, whole; Pumpkin, Sesame or Sunflower	1 Tbsp
Tahini	2 tsp



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Saturated Fats

Food	Amount
Bacon, cooked, regular or turkey	1 slice
Butter	
Reduced fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Butter blends made with oil	
Reduced fat or light	1 Tbsp
Regular	1½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
Light	⅓ cup
Regular	1½ Tbsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped	2 Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: Coconut, palm, palm kernel	1 tsp
Salt pork	¼ oz
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

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Food Choice Values: Combination Foods

Main-Dish	Amount	Food Equivalents
Casseroles, Homemade	1 cup (8 oz)	2 Grains, 2 Meats, 2 Fats
Cheese Pizza, Thin Slice	¼ of 10" (5 oz)	2 Grains, 2 Meats, 3 Fats
Chili with Beans	1 cup (8 oz)	1 Grain, 2 Meats, 2 Fats
Macaroni and Cheese	1 cup (8 oz)	2 Grains, 2 Meats, 2 Fats
Spaghetti and Meatballs or Lasagna	1 cup (8 oz)	2 Grains, 2 Meats, 2 Fats

Soups	Amount	Food Equivalents
Bean	½ cup (4 oz)	1 Grain, 1 Very Lean Meat
Cream (Made with Water)	1 cup (8 oz)	1 Grain, 1 Fat
Broth Based Soup (Vegetable, Chicken Noodle, etc.)	1 cup (8 oz)	1 Grain
Split Peas (Made with Water)	½ cup (4 oz)	1 Grain
Tomato (Made with milk)	1 cup (8 oz)	1 Grain

Miscellaneous	Amount	Food Equivalents
Ice Cream	½ cup	1 Grain, 2 Fats
Snack Chips	1 oz	1 Grain, 2 Fats



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Food Choice Values: Free Foods

Free Foods in Unlimited Amounts

Sugar Substitute	Sugar-Free Pickles (high sodium)
Coffee/Tea	Vinegar
Fat Free Broth, Bouillon,	Spices and Herbs
Consommé without Added Fat	Mustard
Sugar-Free Carbonated Beverages,	Horseradish
Club Soda, Sugar-Free Tonic	Drink Mixes, Sugar-Free
Water Carbonated Water	Nonstick Pan Spray
Sugar-Free Gelatin	Gum, Sugar-Free

Free Foods in Limited Amounts

(Limit: 3 servings/day)

	Amount
Catsup or BBQ Sauce	1 Tbsp
Cocoa Powder, Unsweetened	1 Tbsp
Jam/Jelly, Sugar-Free	2 tsp
Pancake Syrup, Sugar-Free	1 to 2 Tbsp
Whipped Topping	2 Tbsp
Salad Dressing, Low Calorie	2 Tbsp
Taco Sauce	1 Tbsp
Wine, Used in Cooking	¼ cup

Fruits (Limit: 3 servings/day)

	Amount
Unsweetened or Sweetened with Sugar Substitute Cranberries, Lemons, Limes, Rhubarb	½ cup

Vegetables, Raw (Limit: 3 servings/day)

	1 cup
Cabbage	Hot Peppers
Celery	Lettuce
Chinese Cabbage	Mushrooms
Cucumber	Radishes
Endive	Romaine
Escarole	Spinach
Green Onion	Zucchini