

Serving Sizes for Food Choices

The following are some of the many foods you can choose to plan healthy meals to manage your diabetes. For more choices, ask your Registered Dietitian Nutritionist (RDN) or refer to the guide, *Choose Your Foods: Food Lists for Diabetes*.

Grains*, Beans, & Starchy Vegetables

1 choice = 15 grams carbohydrate

- 1 slice bread (1 oz)*
- ½ small bagel, English muffin, or pita bread*
- ½ hot dog or hamburger bun (¾ oz)*
- 1 6-inch tortilla*
- ½ cup cooked cereals (oats, oatmeal) or bulgur
- ⅓ cup cooked rice or pasta*
- ¾ cup unsweetened, ready-to-eat cereal
- ½ cup beans, lentils, peas, or corn
- 1 small potato (3 oz)
- 1 cup winter squash (acorn, butternut)
- ½ cup plain sweet potato or yam (3½ oz)
- ½ cup macaroni and cheese (+1 fat choice)
- 1 cup (8 oz) soup
- ¾ oz pretzels or whole-wheat baked snack crackers*

* Choose whole grains whenever possible.



Fruits

1 choice = 15 grams carbohydrate

- 1 small fresh fruit
- ½ cup canned fruit
- 2 Tbsp dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)
- ½ cup 100% fruit juice
- 1 cup melon or raspberries
- ¾ cup blueberries
- 1¼ cup whole strawberries



Milk and Milk Substitutes

1 choice = 12 grams carbohydrate

- 1 cup fat-free (skim) or low-fat (1%) milk
- ⅔ cup (6 oz) nonfat or sugar-free low-fat yogurt

Nonstarchy Vegetables

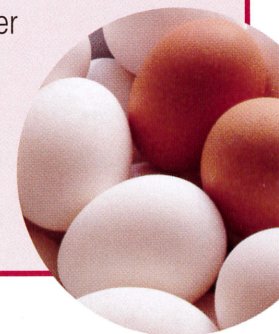
1 choice = 5 grams carbohydrate

- 1 cup raw nonstarchy vegetables (such as carrots and celery)
- ½ cup cooked nonstarchy vegetables (such as broccoli and spinach)
- ½ cup tomato or vegetable juice

Protein

1 choice = 7 grams protein

- 1 oz cooked lean meat, poultry, or fish (1 oz is about the size of a small matchbox)
- ¼ cup (2 oz) fat-free or low-fat cottage cheese
- 1 oz tuna, canned in water or oil and drained
- 1 slice cheese (1 oz)
- 1 egg
- 1 Tbsp peanut butter
- ½ cup (4 oz) tofu



Fats

1 choice = 5 grams fat

- 1 Tbsp nuts or seeds
- 1 tsp vegetable oil, *trans-fat*-free margarine, or regular mayonnaise
- 1 Tbsp regular salad dressing

