

Carbohydrate Counting: Meal Ideas

30-45 grams of carbohydrate per meal

Two carb servings/choices = 30 grams | Three carb servings/choices = 45 grams

* One serving/choice of a food with carbohydrate = 15 grams = 1 starch/grain or 1 fruit or 1 milk

Breakfast	Lunch	Dinner
<p>2-3 carbohydrates (<i>starch, fruit, milk</i>) Protein: 1-2 oz. Fat: 1-2 servings</p>	<p>2-3 carbohydrates (<i>starch, fruit, milk</i>) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings</p>	<p>2-3 carbohydrates (<i>starch, fruit, milk</i>) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings</p>
<p>1 poached egg 1 slice wheat toast* ½ banana* 8 oz. skim milk* Coffee or tea with artificial sweetener</p>	<p>½ cup low-fat cottage cheese 1 cup salad with 1 tbsp. dressing 12 saltine crackers** ½ cup canned fruit, light* Sugar-free drink or water</p>	<p>3 oz. skinless chicken breast 1 cup corn** 1 cup green beans Small roll* with 1-2 tsp. tub margarine Sugar-free drink or water</p>
<p>1 hard boiled egg 1 cup oatmeal** 1-2 tsp. tub margarine 8 oz. skim milk* Coffee or tea with artificial sweetener</p>	<p>Tuna salad sandwich with 2 slices of bread** lettuce and tomato Small orange* Sugar-free drink or water</p>	<p>3 oz. sirloin steak, grilled 1 cup mashed potatoes** 1 cup asparagus, steamed ½ cup canned fruit, light* Sugar-free drink or water</p>
<p>½ cup cream of wheat* 1-2 tsp. tub margarine 1 cup cantaloupe, cubed* 8 oz. skim milk* Coffee or tea with artificial sweetener</p>	<p>3-4 oz. skinless chicken breast Medium baked potato** 1-2 tsp. tub margarine 1 cup steamed vegetables ¾ cup fresh pineapple* Sugar-free drink or water</p>	<p>1 cup spaghetti noodles*** ½ cup lean ground beef/tomato sauce 2 tbsp. parmesan cheese 1 cup tossed salad with 1 tbsp. dressing Sugar-free drink or water</p>
<p>1 scrambled egg 2 slices toast** 1-2 tsp. tub margarine and sugar-free jelly Small orange* Coffee or tea with artificial sweetener</p>	<p>Turkey sandwich with 2 slices of bread** lettuce and tomato Tomato and cucumber salad 1 tbsp. dressing ½ banana* Sugar-free drink or water</p>	<p>3 oz. center-cut pork chop, broiled ½ cup black-eyed peas* ⅓ cup rice* 1 cup fruit salad, unsweetened* Sugar-free drink or water</p>
<p>1 scrambled egg 1 whole wheat English Muffin** 2 strips turkey bacon 8 oz. skim milk* Coffee or tea with artificial sweetener</p>	<p>3 oz. hamburger (lean ground meat) Small hamburger bun** Lettuce, tomato, 1-2 tsp. mayonnaise 15-20 baked chips* Sugar-free drink or water</p>	<p>3 oz. grilled fish Medium baked potato** 1 cup steamed broccoli ½ cup sugar-free pudding* Sugar-free drink or water</p>
<p>¾ cup Cheerios* 8 oz. skim milk* ½ banana* Coffee or tea with artificial sweetener</p>	<p>Beef and broccoli stir fry 1 cup steamed brown rice*** Sugar-free drink or water</p>	<p>Meat loaf 1 cup mashed potatoes** ½ cup green peas* Green salad with 1 tbsp. dressing Sugar-free drink or water</p>