

Carbohydrate Counting: Meal Ideas

45-60 grams of carbohydrate per meal

Three carb servings/choices = 45 grams | Four carb servings/choices = 60 grams

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

Breakfast	Lunch	Dinner
3-4 carbohydrates (starch, fruit, milk) Protein: 1-2 oz. Fat: 1-2 servings	3-4 carbohydrates (starch, fruit, milk) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings	3-4 carbohydrates (starch, fruit, milk) Protein: 3-4 oz. Vegetables: 1-2 servings Fat: 1-2 servings
1 poached egg 2 slices wheat toast ** ½ banana * 8 oz. skim milk * Coffee or tea with artificial sweetener	½ cup low-fat cottage cheese 1 cup salad with 1 tbsp. dressing ½ cup canned fruit, light * 12 saltine crackers ** Sugar-free drink or water	3 oz. skinless chicken breast 1 cup corn ** 2 small rolls * 1-2 tsp. tub margarine 1 cup green beans Sugar-free drink or water
1 hard boiled egg 1 cup oatmeal ** 1 slice of toast * 1-2 tsp. tub margarine 8 oz. skim milk * Coffee or tea with artificial sweetener	Tuna salad sandwich with 2 slices of bread ** lettuce and tomato 15-20 baked chips * Small orange * Sugar-free drink or water	3 oz. sirloin steak, grilled 1 cup mashed potatoes ** 1 cup asparagus, steamed 2 inch square of corn bread * ½ cup canned fruit, light * Sugar-free drink or water
1 cup cream of wheat ** 1-2 tsp. tub margarine 1 cup cantaloupe, cubed * 8 oz. skim milk * Coffee or tea with artificial sweetener	3-4 oz. skinless chicken breast Medium baked potato ** 1-2 tsp. tub margarine 6 inch corn on the cob * 1 cup steamed vegetables ¾ cup fresh pineapple * Sugar-free drink or water	1 cup spaghetti noodles *** ½ cup lean ground beef/tomato sauce 2 tbsp. parmesan cheese 1 slice of bread * 1 cup tossed salad with 1 tbsp. dressing Sugar-free drink or water
1 scrambled egg ½ cup grits * 2 slices toast ** 1-2 tsp. tub margarine & sugar-free jelly Small orange * Coffee or tea with artificial sweetener	Turkey sandwich with 2 slices of bread ** lettuce and tomato 15-20 baked chips * Tomato and cucumber salad 1 tbsp. dressing ½ banana * Sugar-free drink or water	3 oz. center-cut pork chop, broiled 1 cup black-eyed peas ** ⅓ cup rice * 1 cup fruit salad, unsweetened * Sugar-free drink or water
1 scrambled egg 2 strips turkey bacon 1 cup cubed melon * 1 whole wheat English Muffin ** 8 oz. skim milk * Coffee or tea with artificial sweetener	3 oz. hamburger (lean ground meat) Small hamburger bun ** Lettuce, tomato and 1-2 tsp. mayonnaise 15-20 baked chips * Small orange * Sugar-free drink or water	3 oz. grilled fish Medium baked potato ** 6 inch corn on the cob * 1 cup steamed broccoli ½ cup sugar-free pudding * Sugar-free drink or water
1½ cup Cheerios ** ½ banana * 8 oz. skim milk * Coffee or tea with artificial sweetener	Beef and broccoli stir fry 1 cup steamed brown rice *** Sugar-free drink or water	4 oz. Meatloaf 1 cup mashed potatoes ** 1 cup green peas ** Green salad with 1 tbsp. dressing Sugar-free drink or water