



Diabetes Education

CARBOHYDRATE COUNTING means keeping track of the amount of carbohydrates you eat every day. Carbohydrates are found in breads and starches, dairy products, fruits, vegetables, sugars, and sweets. Carbohydrates become blood sugar (glucose) in your body after you eat. You may **PREVENT** kidney, eye, nerve, or heart problems by keeping your blood sugar within normal range diabetes.



Eating Healthy and Diabetes:

You can take good **CARE** of yourself and your diabetes by learning:

- Eat a variety of fruits and vegetables.
- Choose whole grains over refined grains.
- Limit saturated fats and sodium.

Making wise food choices can help you feel good every day, lose weight if you need to, lower your risk of heart disease (or a stroke) caused by diabetes.

Icons Explained:

Heart icon intake will help control blood sugar and helps with weight loss.

Person icon your blood pressure.

Plate icon Foods that help lower cholesterol.

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Carbohydrate Counting

Carbohydrate Counting Diet:

Carbohydrate (starches) are found in breads, pasta, rice, and grains. They are also found in fruits, vegetables, and dairy products. Carbohydrates are broken down into glucose, which is used for energy. You can control your blood sugar by counting carbohydrates.

30 grams of carbohydrates is equal to 15 grams of sugar. This is the amount of carbohydrates in a serving of many foods. **Carbohydrate Food** labels show the amount of carbohydrates in a serving.

40 grams of carbohydrates is equal to 20 grams of sugar. This is the amount of carbohydrates in a serving of many foods. **Carbohydrate Food** labels show the amount of carbohydrates in a serving.

50 grams of carbohydrates is equal to 25 grams of sugar. This is the amount of carbohydrates in a serving of many foods. **Carbohydrate Food** labels show the amount of carbohydrates in a serving.

Carbohydrate Intake:

Check with your doctor about how much carbohydrates you should eat each day. Your doctor may recommend a diet with a limited amount of carbohydrates.

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Read the label on the food to see how much carbohydrates are in a serving. You should also read the label on the food to see how much sugar is in a serving.



Carbohydrate Counting

Carbohydrates Counting:

The lists on the following pages tell you how much carbohydrate is in each food group. Try to stick to the amount that is on the food list.

Serving Sizes <Wug"vjg"nkuv"dgnqy"vq" o gcuwtg"hqf"cpf"ugt"uk | gu0" C"ugt"uk | g" o gcpu"vjg"uk | g"qh"hqf"chvgt"kv"ku"eqqmgf"qt"rtgrctgf0

TIP: About Fiber

Fiber is part of plant foods that is **NOT** digested. Ftkgf"dgcpu"uwej"cu" kidney or pinto beans, fruits, vegetables and grains are all good uqwtegu"qh"Łdgt"Vjg" tgeq o o gpfcvkqp"ku"vq"gc" 47/52" i tc ou"qh"Łdgt"rgt" day.

People with diabetes need vjg"uc o g" c o qwpv"qh"Łdgt" as everyone else.

J "3"rkpv"qt"4"ewru"*38" t w k f " q w p e g u + " q h " n k s w k f " k u " v j g " u k | g " q h " 3 / 3 1 5 " soda-pop cans.

J 1½ cup *34" t w k f " q w p e g u + " q h " n k s w k f " k u " v j g " u k | g " q h " c " u q f c / r q r " e c p 0

J "3"ewr"qh"hqf"ku"vjg"uk | g"qh"c"nctig"jcpfhwn."qt": " t w k f " q w p e g u " q h " n k s w k f 0

J ½"ewr"qh"hqf"ku"cdqww"jcnh"qh"c"nctig"jcpfhwn."qt"6" t w k f " q w p e g u " q h " n k s w k f 0

J "4"Vdur"ku"cdqww"vjg"uk | g"qh"c"nctig"ycnpwv0

J "3"Vdur"ku"cdqww"vjg"uk | g"qh"vjg"vkr"qh" { q w t " v j w o d " (f r o m l a s t c r e a s e) .

J "3"vur"ku"cdqww"vjg"uk | g"qh"vjg"vkr"qh" { q w t " n k v n g " Ł p i g t " (f r o m l a s t c r e a s e) .

J "5"qwpegu"qh"eqqmgf" o gcv. "Łuj."qt"rqwnvt { "ku"cdqww"vjg"uk | g"qh"c" deck of cards.

J "3"qwpeg"qh"eqqmgf" o gcv. "Łuj."qt"rqwnvt { "ku"cdqww"316"ewr0

J "Qpg"qwpeg"qh"jctf"ejggug"ku"cdqww"3"kpelj"ewdgo

J "C"ugt"uk | g" x g i g v c d n g u " k u " ½ cup (½ handful) cooked, or 1 cup (1 handful) raw.

Other Concerns:

É **DO NOT** "gc"v"vq" o wej"rtqvgkp"qt"hc"v"dgecwug"vjg { "ecp"kpctgcug" your risk of kidney or heart disease.

É "Ejqqug"jki j "Łdgt"hqf"vq"jgnr"eqpvtqn" { q w t " d n q q f " u w i c t 0 " G z c o r n g u " q h " j k i j " Ł d g t " h q q f u " c t g " h t g u j " h t w k v u " c p f " x g i g v c d n g u . " y j q n g " i t c k p " breads, cooked dried beans, and bran cereals.

É "Kpetgcug" { q w t " c e v k x k v { " n g x g n " v q " j g n r " e q p v t q n " { q w t " d n q q f " u w i c t " n g x g n u 0 " V g n n " { q w t " f k g v k v c p " c d q w w " { q w t " g z g t e k u g " r n c p " u q " { q w t " f k g v " e c p " d g " c f l w u v g f " v q " m g g r " { q w t " d n q q f " u w i c t " p q t o c n 0

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Diabetes Education

Carbohydrate Counting

Call Your Caregiver If You Have Questions...

É"Cdqwv"vjg"Ugtxkpi"
Uk|gu"qp"vjkv"fkgy0

É"Cdqwv"**HOW** to prepare
or cook foods on this
diet.

É"Cdqwv"**HOW** or
WHERE to buy foods
on this diet.

É"Cdqwv" {qwt"knmpguu."
o g fkekgp"qt" fkgv0

Sample Menu 1200 Calorie Diet:

A sample of a 1200 calorie diet is shown below:

Breakfast

- É"3"dtgcf"qt"uvctej."nkmg"516"ewr"dtcp"1cmgu"egtgc."37"ectdu
- É"3"htwkv."nkmg"3"u o cmm"dcpcpc"(5 inch) or 1/2 of a 9 inch banana, 37"ectdu
- É"3" o knm."nkmg"3"ewr"umk o "qt"3%" o knm."34"ectdu
- É"3" o gcv"qt" o gcv"uwduvkvwvg."nkmg"316"ewr"eqwvcig"ejggug"qt"3"rqcejgf"
egg. **DO NOT** gcv" o qtg"vjcp"5"gi iu" c" yggm0
- É"3"hc v."nkmg"3"vur0" o cti ctkpg

Lunch

- É"3"dtgcf"qt"uvctej."nkmg"3"unkeg"dtgcf."37"ectdu
- É"3"htwkv."nkmg"3" o gfkwo"qtcpig"(15 x 1.5 carbs), 44"ectdu
- É"3"htgg"hqkf."nkmg"34"qwpegu" fkgv"uqfc

Afternoon Snack

- É"3"dtgcf."nkmg"vj tgg"4 "kpej"uswctg"i tjc o"etcemgtu."37"ectdu

Dinner

- É"4"qwpegu" o gcv"qt" o gcv"uwduvkvwvg."nkmg"4"qwpegu"ngcp"ejkemgp"dtgeuv
- É"3"uvctej."nkmg" "ewr"eqqmgf"rcuvc."37"ectdu
- É"3"htwkv."nkmg"3/316"ewr" o gnqp"ewdgu."37"ectdu
- É"3" o knm."nkmg"3"ewr"umk o " o knm."34"ectdu
- É"3" xg i gvc dng."nkmg"3"ewr"uvgc o gf"dtqeeqnk."7"ectdu
- É"3"hc v."nkmg"3"vur0" o cti ctkpg

Evening Snack

- É"3"htwkv."nkmg" "ewr"ecppgf"uwict/htgg"htwkv."37"ectdu

↑ Icons explained
{ [! ^ Á [} Á , ! • c Á] æ * ^

3 Grams Fiber
* Heart Healthy Facts

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Carbohydrate Counting

Sample Menu 1600 Calorie Diet:

Carbohydrate and Combination Foods and Serving Sizes:

1. Breads and Starches **5 SERVINGS** servings per day.

1 ounce

1 1/2 cups

1/2 cup

1/2 cup cooked rice, dried beans, or dried peas

1 1/2 cups

1/2 cup

5 slices

3 inches

4 squares

1/2 cup

1/2 cup

1/3 cup

1/2 of a store-bought pot pie, like chicken, turkey, or beef

1/2 cup

5 slices

2. Fruits **2 SERVINGS**

1/2 cup

1/3 cup

1/2 cup

1/2 cup

1 1/2 cups

3/4 cup

3 slices

1/2 large pear or fresh grapefruit

4 slices

3/4 cup

Know Your ABC's of Diabetes: (reach Your GOALS)

A 5/8 OQPVJU
C3e Dgnqy 9

B GXGT [XKUKV
Dnqqf Rtguwtg:
Dgnqy 3521:2 o o J i

C QPEG C [GCT
E j qngvgtqn:
NFN Dgnqy 322 o ilfN
J FN Cdqyg 62 o ilfN
hqt Ogp (Cdqyg " 72 o ilfN hqt Yq o gp

Blood Glucose Targets:

Hcvkpi.; 2/352 o ilfN
4 J qwtu chvgt gcvkpi.
Nguu Vjcp 3:2 o ilfN

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Diabetes Education

Carbohydrate Counting

Good To Know:

É"Htwkv."rqreqtp."dtgcf."
biscuits, crackers, cake,
{qiwtv"cpf"rqvcvqltkegl
corn based snacks are
HIGH carbohydrate
foods

É"Gcvkpi"vqq"ocp{"
carbohydrate snacks
oc{"tckug"dnqqf"i nwequg"
levels above desirable
levels

É"Oqtppki"cpf"chvgtpqqp"
upcemu"oc{"pqv"dg"
necessary, **ASK** your
dietitian

É"Vt{"okpk"qt"dkvg"uk|gf"
bars as a snack rather
vjcp"hwmm"uk|gf"dctu

É"Ejkr."eqtp"ejkr."qvjgt"
fried snacks, **REDUCED**
etgc o "cpf"uqwt"etgc o "
dips, pies and pastries
are high in fat and
calories

Sample Menu 1600 Calorie Diet (cont.):

3. Dairy <Gcej"ugtxkpi"eqpvckpu"34"itc o u"ectdqj { ftcvg0"Gcv"qt"ftkpm"
2 SERVINGS rgt"fc{"htq o "vjku"nkuv0"Oquv"rgqrng"pggf"" "
4/5"ugtxkpiu"rgt"fc{0

É"½"ewr"uwict/htgg"ewuvctf."rwwfkipi."qt"gxcrqtcvgf"oknm
É"3"ewr"oknm"3%"qt"umko"qt"uwict/htgg" {qiwtv
É"3l5"ewr"pqphecv"oknm"rqy fgt

6. Xgigvcdng <Gcej"ugtxkpi"eqpvckpu"7"itc o u"ectdqj { ftcvg0"Qpn{"eqwv"
c"xgigvcdng"cu"ectdqj { ftcvg"kh" {qw"jcxg"oqtg"vjcp"4"ugtxkpiu"rgt"
ogcn0"Gcv"**3 SERVINGS** rgt"fc{"htq o "vjku"nkuv0"Oquv"rgqrng"pggf"
4/6"ugtxkpiu"rgt"fc{0

É"4"Vdur"vq o cvq"ucweg
É"3"ewr"xgigvcdng"qt"vq o cvq"lwkeg
É"½ cup cooked vegetables or 1 cup raw vegetables

Non-Carbohydrate Foods to INCLUDE in Your Diet:

5. Meat / Meat Substitutes <Vjg"hqqu"qp"vjku"nkuv"fq"pqv"eqwv"cu"
ectdqj { ftcvgu0"Gcv"**5 SERVINGS** rgt"fc{"htq o "vjku"nkuv0"Oquv"rgqrng"
pggf"4/5"ugtxkpiu"rgt"fc{0

É"½ cup cottage cheese
É"½ cup cooked dried beans
É"3"vq"4"q|"nqy"hcvejggug
É"3"nctig"gi i" (Limit eggs to 2 or 3 per week.)
* É"4"vq"5"q|"eqqmgf"ngcp"ogcv."Łuj."rqwvnt {
* É"4"Vdur"rgcpwv"dwvgt

6. Fats <Vjg"hqqu"qp"vjku"nkuv"fq"pqv"eqwv"cu"ectdqj { ftcvgu0"Gcv"" "
1-2 SERVINGS rgt"fc{"htq o "vjku"nkuv0"Oquv"rgqrng"pggf"" "
1-3 servings per day.

* É"8"cn o qp fu"qt"32"u o cmm"rgcpwvu
* É"3l: "cxqecfq
* É"3"vgcurqqp"ecpqc"qt"qnkxg"qkn
* É"8"u o cmm"qnkxgu
É"4"Vdu0"nqy"ecnqtg"ucncf"ftguukpi
É"3"Vdur"tgiwnct"ucncf"ftguukpi
É"3"vgcurqqp"octictkpg

 **3 Grams Dietary Fiber**
* **Heart Healthy Fats**
 **400mg Sodium**

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Carbohydrate Counting

Did You Know:

É"Ej qeqncvg" (including 'diabetic' chocolate) and carob are **HIGH** in fat and calories

É"Fkcdgk"u y ggvu" o c {" contain sorbitol or fructose, which, if eaten kp"nct ig"co qwpvu." o c {" ecwug"uvq ocej"etc o ru" and diarrhea.

É"Nqnmkrqr."ej qeqncvgu." roll-ups, dried fruit and o wgunk" dctu"ctg"cm" jki j" carbohydrate foods and can **RAISE** blood glucose levels above desirable, especially y jgp"gcvgp"cu"gzvtcu

Popcorn Recipes:

Yg"nqxcg"rqreqtp"cpf"y ku j"vq"ujctg"uq o g"kpvgtguvkpi"yc{"u"vq"ugcuqp"kv" ykvjqwv"cf fkp i"ecnqtkgu"qt"hc v0" [qwønn"pggf"c"j qv/ckt"rq rrgt"vq"o cmg"vjg" popcorn (or you can use a popper that calls for 1 teaspoon of canola oil, that adds a fat exchange). Using 3 cups unseasoned popped corn, 1 ectdqj { ftcvg"gzecjcpig."you can make these treats:

J "Kvenkep"Rqreqtp: Rt g j gcv"qxgp"vq"522ÅH"(150°C, Gas Mark 2). Spread popcorn on a nonstick cookie sheet and lightly coat with tghtki gtcvgf"dwvgt/ fxcqtgf"eqqmkpi"urtc{"0"Okz"vq igvjgt"3"vur" etwujgf"ftkgf"Kvenkep"jgtdu."3l:"vur"ec{ppp"rg rrgt."cpf"3"vgcurqqp" itcvgf"Rct o gucp"ejggug0"Urtkpmng"qxgt"rqreqtp"cpf"nki jvn{"eqcv" ci ckp"ykvj"eqqmkpi"urtc{"0"Vquu0"Dcmg"hqt"32"o kpwvgu."vquukpi"qpeg0" Ugtxg"yct o 0

J "Ogzkecp"Rqreqtp: Put the popcorn in a large bowl and lightly eqcv"ykvj"tghtki gtcvgf"dwvgt/ fxcqtgf"eqqmkpi"urtc{"0"Eq o dkgp"3"Vdur" ftkgf"Ogzkecp"urkegf"ucncf"ftguukpi"okz"ykvj"3l6"vur"etwujgf"ftkgf" qtgi cpq."3l6"vur"etwujgf"ftkgf"vj { o g."cpf"3l6"vur"ictnke"rqy fgt0" Urtkpmng"qxgt"rqreqtp0"Vquu"vq"gxgpn{"eqcv0"Nki jvn{"eqcv"ykvj" cf fkvkqpcn"eqqmkpi"urtc{"0"Vquu"ci ckp"cpf"ugtxg0"

J "Urke{"cpf"Uyggv"Rqreqtp: Rt g j gcv"qxgp"vq"522ÅH"(150°C, Gas Mark 2). Spread popcorn on a nonstick cookie sheet and lightly coat ykvj"tghtki gtcvgf"dwvgt/ fxcqtgf"eqqmkpi"urtc{"0"Eq o dkgp"4½"Vdur" urqqpedng"uwict"uwdukvwvg."3l6"vur"itqwpf"ekppc o qp."3l:"vur"itqwpf" pwv o gi"cpf"3l6"vur"ftkgf"qtcpig"rggn0"Urtkpmng"qxgt"vjg"rqreqtp"cpf" vquu0"Nki jvn{"eqcv"ci ckp"ykvj"eqqmkpi"urtc{"cpf"vquu0"Dcmg"hqt"32" o kpwvgu."vquukpi"qpeg0"Ugtxg"yct o 0



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Diabetes Education

Carbohydrate Counting

Counting Carbohydrates:

Y jgp"Łtuv" fkc i pqugf" y kvj" diabetes it is **KORQTVCPV** vq"dgeq o g"hc o knket" y kvj" vjg" c o qwpv"qh"ectdqj { ftcvg" in the foods you eat. Most cfwvnu"pggf"dgv y ggp"52"vq" 82"i tc o u"qh"ectdqj { ftcvgu" cv" gcej" o gcn0" Oquv"qh"vj qug" ectdqj { ftcvgu"eq o g"htq o " eq o rngz"ectdqj { ftcvgu"kp"vjg" grains and starch food groups such as bread, potatoes, cereals cpf"tkeg0"Vjg"qvjgt"hqf"i tqwru" where carbohydrates count are fruit and certain dairy uwej"cu" o knm"cpf" { qi wtv0"Kv"ku" k o rqtvcpv"vq"pqvg"vjcv"vjg"övqvcn" carbohydrate" includes the fkgvct { Łdgt."uw i ctu"cpf"cp { " sugar alcohols listed below. In qvjgt" yqt fu."vjg"Łdgt."uw i ctu." etc. are not counted separately.

nutrition label

Nutrition Facts	
Serving Size 1 cup (240 gms)	
Servings Per Container About 16	
Amount Per Serving	
Calories 240	Calories from Fat 54
% Daily Value	
Total Fat 6g	0%
Saturated Fat 1g	0%
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Trans Fat 0g	
Cholesterol < 5mg	0%
Sodium 125mg	5%
Total Carbohydrate 25g	4%
Dietary Fiber 9g	40%
Sugars 2g	
Sugar alcohol 4g	0%
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 5%

A
B
C
D
E

Know Your ABC's of Diabetes: (reach Your GOALS)

A "GXGT ["5/8"OQPVJU "E"3e<"Dgnqy"9 "

B "GXGT ["XKUKV "E"Dnqqf"Rtguwtg: Dgnqy"352l:2 o o J i

C "QPEG"C" [GCT "E"j qnguvgtqn: NFN<"Dgnqy"322 o ilfN" JFN<"Cdqyg"62 o ilfN" hqt"Ogp" ("Cdqyg" " 72 o ilfN" hqt"Yq o gp

⊙ Blood Glucose Targets: "E"Hcuvkpi.";2/352 o ilfN" "E"4" J qwtu"chvgt"gcvkpi." Nguu"Vjcp"3:2 o ilfN

Kp"vjku"gzc o ring (section D)."c"3"ewr"ugtxkpi"qh"egtgcneqpvckpu"47" i tc o u"qh"ectdqj { ftcvg0" [qw"y qwnf"cff"vjku"pw o dgt"vq"cp { "qvjgt" ectdqj { ftcvgu" {qw" o ki j"vjcxg"cv"vjcv"uc o g" o gcn0"Uq"kh" {qw"cnuq"j cxg" 3"ewr"qh" o knm."vjku"eqpvckpu"34"i tc o u"qh"ectdqj { ftcvg0" [qwt"vqvcn"cv" vjcv" o gcn"uq"het"ku"59"i tc o u"qh"ectdqj { ftcvg0"Cff"vq"vjku"3"u o cm"8" kpej"dcpepc."vjcv"jcu"37"i tc o u"qh"ectdqj { ftcvg0"

[qwt"vqvcn"cv"vjku" o gcn"ku< 47 - 34 - 37"?"74"i tc o u"qh"ectdqj { ftcvg0



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Carbohydrate Counting

Snacks, A Healthy Necessity in a Diabetic Diet:

Just a small amount of healthy snacks can help you manage your blood sugar. The American Diabetes Association recommends that you supply 12 to 15% of your daily calories from snacks.

Know Your ABC's of Diabetes: (reach Your GOALS)

A AHA recommends that you aim for 48 grams of fiber per day.

B The American Diabetes Association recommends that you aim for 150-200 mg of sodium per day.

C The American Diabetes Association recommends that you aim for 150-200 mg of sodium per day.

Blood Glucose Targets:

Before meals: 80-130 mg/dL
 1-2 hours after meals: 90-140 mg/dL
 Before bedtime: 90-150 mg/dL

Quantity	Food Item	Quantity	Food Item
1	1/2 cup cubed cantaloupe	1	1/2 cup cubed cantaloupe
1	1/2 cup Bing cherries	1	1/2 cup Bing cherries
4	4 wafers (Weight Watchers)	37	37 wafers (Weight Watchers)
1/2	1/2 of a banana rolled with 4" vanilla cereal	8	8 vanilla wafers (adds 1 fat choice)
1	1 cup cubed cantaloupe	516	516 wafers (adds 1 fat choice)
34	34 Bing cherries	4	4 wafers (adds 1 fat choice)
4	4 wafers (Weight Watchers)	8	8 wafers (adds 1 fat choice)
1/2	1/2 of a banana rolled with 4" vanilla cereal	1	1/2 cup cubed cantaloupe
3	3 wafers (Weight Watchers)	4	4 wafers (adds 1 fat choice)
4	4 wafers (Weight Watchers)	46	46 wafers (adds 1 fat choice)
4	4 wafers (Weight Watchers)	8	8 wafers (adds 1 fat choice)
3	3 wafers (Weight Watchers)	1	1/2 cup cubed cantaloupe
58	58 wafers (adds 1 fat choice)	4	4 wafers (adds 1 fat choice)
3	3 wafers (adds 1 fat choice)	9	9 wafers (adds 1 fat choice)
1/2	1/2 low-fat granola bar	3	3 wafers (adds 1 fat choice)
37	37 wafers (adds 1 fat choice)	7	7 wafers (adds 1 fat choice)
3	3 wafers (adds 1 fat choice)	34	34 wafers (adds 1 fat choice)
34	34 wafers (adds 1 fat choice)	7	7 wafers (adds 1 fat choice)
1	1/2 cup cubed cantaloupe	1	1/2 cup cubed cantaloupe
7	7 wafers (adds 1 fat choice)		
3	3 wafers (adds 1 fat choice)		
3	3 wafers (adds 1 fat choice)		
38	38 wafers (adds 1 fat choice)		
3	3 wafers (adds 1 fat choice)		
4	4 wafers (adds 1 fat choice)		
37	37 wafers (adds 1 fat choice)		
13	13 wafers (adds 1/2 fat choice)		
1	1 wafers (sweetened with sugar substitute)		
1/2	1/2 wafers (adds 1 fat choice)		

3 Grams Dietary Fiber
 400mg Sodium



Diabetes Education

Carbohydrate Counting

Southern Cuisine:

3.822 < 322% "TFC" o gv "hqt" cnn
 pwtkgpvu "gzegr v< "Xkv" G"; 9%,
 Oc i pgukw o "; : % . "Ktqp" 9: %
 cpf" \ kpe"; 2%

3.422 < 322% "TFC" o gv "hqt"
 cnn "pwtkgpvu "gzegr v< "Xkv"
 G": 4% . "Xkv" D3" ("D4"; 7%,
 Xkv" D5"; ; % . "Xkv" D8": : ' . "
 Oc i pgukw o ": 5% "cpf" "ktqp" 78%

✓ Calories 1,653:

Total Carb, % kcals: 53
 Total Fat, % kcals: 28
 Sodium, mg*: 1,231
 SFA, % kcals+: 8
 Cholesterol, mg: 172
 Protein, % kcals: 20

✓ Calories 1,225:

Total Carb, % kcals: 50
 Total Fat, % kcals: 31
 Sodium, mg*: 867
 SFA, % kcals+: 9
 Cholesterol, mg: 142
 Protein, % kcals: 21

*No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.
 +Saturated fatty acid.
 Limit this type of fat.

Menu Plan for Southern Cuisine:

	low-fat	3.822 "Ecnqtkgu"	3.422 "Ecnqtkgu
É"Dtgemhcuv:			
Qcv o gen."rtgrctgf" ykvj "3%" o knm	½ cup		½ cup
Milk 1%, low fat	½ cup		½ cup
Gp i nkuj "OwhŁp	3" o gfkwo ""	"	///
Etgc o "Ejggug."nki jv."3: % fat	3"V""	"	///
Qtcpig"Lwkeg	5l6"ewr""	"	½ cup
Coffee	1 cup		1 cup
Milk 1%, low fat	3"q ""	"	3"q
É"Nwpej:			
Baked Chicken, without skin	4"q ""	"	4"q
Xg i gvc dng"Qkn	3"vur""	"	3l4"vur
Salad:			
Lettuce	½ cup		½ cup
Vq o cvq	½ cup		½ cup
Ewew o dgt	½ cup		½ cup
Qkn" ("Xkpgi ct" Ftguukpi	4"vur""	"	3"vur
Y jkv g" Tkeg" ...seasoned with	3l5"ewr""	"	3l5"ewr
Margarine margarine, diet	½ tsp		½ tsp
Ycvgt	1 cup		1 cup
Baking Powder Biscuit, prepared with veteble oil	3"u o cmm""	"	½"u o cmm
É"Fkppgt:			
Ngcp" Tqcu v" Dggh	5"q ""	"	5"q
Qpkqp	3l6"ewr""	"	3l6"ewr
Dggh" I t ex {." y cvgt/ dcug f	3"V""	"	3"V
Vwtpkr" I tggpu."ugcuqpgf" ykvj	½"ewr""	"	3lewr
o cti ctkpg." fkgv	½ tsp		½ tsp
Sweet Potato, baked	3"u o cmm""	"	3"u o cmm
Margarine, diet	½"vur""	"	3l6"vur
I tqwp f" Ekppc o qp	1 tsp		1 tsp
Brown Sugar	1 tsp		1 tsp
J qpg { fg y" Ognqp	3l6" o gfkwo ""	"	3l: " o gfkwo
Keg f" Vgc." u y gg vpg f" ykvj "uw i ct	1 cup		1 cup
Cornbread prepared with o cti ctkpg." fkgv	½" o gfkwo ""	"	½" o gfkwo slice
É"Upcemu:			
Saltine Crackers, unsalted tops	4 crackers		4 crackers
Oq ctgmc "Ejggug." rctv/umkp."	3"q ""	"	3"q
nqy /uq fkw o			



Carbohydrate Counting

Mexican-American Cuisine:

3.822 ^{322% TFC} o gv^{hqt} cnn^{pwwtkgpvu} gze^{rv} Xkv^G; 9%, Oc i^{pgukw} o " ; : % . " Ktq⁹ : % c^{pf} \ k^{pe} ; 2%

3.422 ^{322% TFC} o gv^{hqt} cnn^{pwwtkgpvu} gze^{rv} Xkv^G; 4% . " Xkv^{D3} (" D4" ; 7% , Xkv^{D5} ; ; % . " Xkv^{D8} : : ' . " Oc i^{pgukw} o " : 5% c^{pf} " Ktq⁷⁸ %

✓ Calories 1,653:







Total Carb, % kcals: 53
 Total Fat, % kcals: 28
 Sodium, mg*: 1,231
 SFA, % kcals+: 8
 Cholesterol, mg: 172
 Protein, % kcals: 20

✓ Calories 1,225:

Total Carb, % kcals: 50
 Total Fat, % kcals: 31
 Sodium, mg*: 867
 SFA, % kcals+: 9
 Cholesterol, mg: 142
 Protein, % kcals: 21

*No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.
 +Saturated fatty acid. Limit this type of fat.

Menu Plan for Mexican-American Cuisine:

	3.822" Ecnqtkgu"	3.422" Ecnqtkgu
É" Dtgemhcuv:		
Cantaloupe 	1 cup	½ cup
Farina, prepared with 3 ' " o knm. " nq y " hcv	½ cup	½ cup
Y jkv^{Dtgc} f	1 slice	1 slice
Margarine	1 tsp	1 tsp
Lgmn {	1 tsp	1 tsp
Qtcp i g^{Lwke} g	1½" ewr""	516" ewr
Milk 1%, low fat	½ cup	½ cup
É" Nwpej:		
Dggh^{Gpe j knc f c}	4" vqtvkncu""	4" vqtvkncu
Vqtvknc. " eqtp 	4½" q ""	4" q
Ngcp^{Tqcu} v^{Dggh}	415" vur""	415" vur
Xg i gvc^{ng} " Qkn	3" V""	3" V
Qpkq^P	6" V""	6" V
Vq o cvq 	½ cup	½ cup
Lettuce	4" vur""	4" vur
Chili Peppers	316" ewr""	316" ewr
Tghtk^{g f} " Dgcpu. " r t g r c t g f "		
with vegetable oil 	7" uvkemu""	7" uvkemu
Carrots 	8" uvkemu""	7" uvkemu
Celery 	½ cup	---
Milk 1%, low fat		
É" Fkppgt:		
E j k e m g p " V c e q		
Vqtvknc. " eqtp	1 tortilla	1 tortilla
Chicken Breast, without skin	4" q ""	4" q
Xg i gvc^{ng} " Qkn	415" vur""	415" vur
Cheddar Cheese ...low-fat and low-sodium	3" q ""	½" q
I w c e c o q n g	4" V""	4" V
Salsa	3" V""	4" V
Eqtp. " u g c u q p g f " y k v j " o c t i c t k p g	½ cup	½ cup
Banana	1 large	½ large
Coffee	1 cup	1 cup
Milk 1%, low fat	3" q ""	3" q
U r c p k u j " T k e g " y k v j q w " o g c v	315" ewr""	315" ewr



 **3 Grams Dietary Fiber**
 **400mg Sodium**

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