




WHAT IS A PORTION SIZE OF CARBOHYDRATE?

Carbohydrates are sugars that we find naturally in some of the foods we eat. They are essential for health and are our bodies main source of fuel. Carbohydrates are found in sweet and starchy foods. Take a look below to see what foods are considered carbohydrates. Note: the portion sizes given are equal to one **diabetic exchange**, or one serving. Remember, most main meals should contain 3 servings.

GRAINS, BREADS, & CEREALS	FRUIT 	VEGETABLES 	MILK & YOGURT 	TREATS & SWEETS
1 slice bread	1 small fresh fruit	1/2 c potato, peas, corn, beans	1 c milk	17 potato chips
1/4 large bagel			1/2 c yogurt	3 c popcorn
1/2 6" Pita	1/2 c canned fruit in water	1/3 c baked beans	3/4 c yogurt with artificial sweetener.	2 Oreo cookies
1/3 c cooked rice or pasta	1/2 banana	1/2 c plantain		5 vanilla wafers
1 c bean soup	1 c melon or berries			1/2 c ice cream or frozen yogurt
3/4 c cold cereal	1/4 c dried fruit			1/4 c sherbet
1/2 c cooked cereal (oatmeal)				

Questions or Appointments?
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* The Kitchen and the Nutritionist have collaborated to determine how many exchanges are on your plate based upon typical servings.