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# Carb Counting Food List

## Breads: 15g Carbs

- 1 slice bread (1 oz. rye, white or whole wheat)
- 6 small breadsticks (4" long)
- 1/2 English muffin, hot dog or hamburger bun
- 1 small croissant
- 1 matzo ball
- 1 small muffin (1 oz.)
- Small pancake or waffle (4")
- 1/2 pita (6")
- 1 small plain roll (1 oz.)
- 1 slice fruit bread (1/4" thick; i.e. banana)
- 1 small tortilla (6")
- 1/3 cup stuffing
- 1 small combread or biscuit (2" x 2")

## Cereal: 15g Carbs

- 1/2 cup bran cereal
- 1/4 cup granola
- 1/2 cup cooked cereal
- 1/4 cup other dry cereals
- 1/2 cup sugar frosted cereal
- 1 1/2 cups puffed cereal

## Sweets: 15g Carbs

- 2" brownie (unfrosted)
- 2" square piece of cake (no icing)
- 2 small fat free cookies
- 1/2 cup custard
- 1/3 cup frozen fat free fruit yogurt
- 1 small granola bar
- 1/2 cup ice cream or ice milk
- 1/2 twin popsicle
- 1 fudgesicle
- 1/2 cup sugar free pudding
- 5 vanilla wafers
- 2 tbsp. light maple syrup
- 1 tbsp. all fruit jelly or jam
- 1 3" cookie

## Sweets: 30g Carbs

- 2" square piece of cake with icing
- 1 frosted cupcake
- 1 plain donut
- 1/8 pumpkin or custard pie
- 1/2 cup regular pudding
- 1 cup chocolate milk
- Small soft serve cone
- 1/2 large bagel (2 oz.)

## Crackers/Snack Foods: 15g Carbs

- 6-7 animal crackers
- 3 graham crackers
- 3 cups popcorn
- 4-6 round crackers
- 1/4 oz. pretzels (15 mini twists)
- 10-15 snack chips (1 oz.)
- 6 saltine type crackers

## Pastas/Grains: 15g Carbs

- 1/2 cup Chow mein noodles
- 1/3 cup pasta or other grains (cooked)
- 1/3 cup brown or white rice (cooked)
- 1/2 cup fried rice

## Potatoes/Vegetables/Beans: 15g Carbs

- 1/3 cup cooked beans (kidney or pinto)
- 1/2 cup baked beans (canned)
- 1/2 cup corn, hominy or peas
- 1 small white or sweet potato (3 oz)
- 10-15 french fries
- 1/2 cup hash browns or au gratin potatoes
- 1 cup winter squash
- 1 cup marinara or pasta sauce
- 1/2 cup mashed potatoes

## Milk/Yogurt: 15g Carbs

- 1 cup milk
- skim 2%
- whole
- butter milk
- 1/2 cup evaporated skim milk
- 1/3 cup nonfat dry milk powder
- 1 cup plain yogurt
- 1 cup artificially sweetened yogurt

## Soups: 15g Carbs

- 1 cup broth base (chicken or beef noodle)
- 1/2 cup bean or split pea
- 1 cup cream soup

## Sweets: 45g Carbs

- 1/8 piece 2 crust pie
- 1/6 piece chocolate cheese cake
- 1 small sweet roll or Danish
- 1 cup low fat yogurt with fruit
- 2 tbsp. regular maple syrup

## Fruits: 15g Carbs

- 1 small piece of fresh fruit
- apple
- orange
- tangerine
- pear
- peach
- 1/2 cup applesauce (unsweetened)
- 4 fresh medium apricots
- 7 dried apricot halves
- 1/2 banana
- 2 tblsp. dried fruit
- 1/3 cup cantaloupe
- 1 cup melon cubes
- cantaloupe
- watermelon
- honeydew
- 1/2 cup cherries
- 2 figs or plums
- 1/2 cup canned fruit (unsweetened)
- 1/2 grapefruit
- 15 grapes
- 1/2 cup juice (unsweetened; grapefruit or orange)
- 1 large kiwi
- 1/4 cup fresh pineapple
- 1/2 mango or papaya
- 3 medium prunes
- 2 tbsp. raisins or craisins
- 1 cup berries
- strawberries
- blueberries
- raspberries

## Vegetables: 5g Carbs

- (count if serving size > 15g)
- 1/2 cup cooked vegetables
  - asparagus
  - green beans
  - bean sprouts
  - broccoli
  - cabbage
  - carrots
  - cauliflower
  - eggplant
  - spinach
  - tomato
  - turnips
  - water chestnuts
  - zucchini
  - 1 cup raw vegetables
  - 1/2 cup tomato or vegetable juice
  - 1/4 cup tomato puree

**Integrated Diabetes Services**  
www.integrateddiabetes.com  
300 E. Lancaster Ave., Suite 204, Wyomissing, PA 19381  
Phone: (610) 642-4554 Fax: (610) 642-4544

Name: \_\_\_\_\_

## Weekly Diabetes Record

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									
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Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
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Grams Carb									
Phys. Activity									
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									

**FREE FOOD DIARY**



Date: \_\_\_\_\_

MEAL	FOOD / BEVERAGES	QNTY	CALS	P (g)	C (g)	F (g)
<b>Breakfast:</b>						
am/pm						
<b>Meal Totals</b>						
<b>Snack #1:</b>						
am/pm						
<b>Snack Totals</b>						
<b>Lunch:</b>						
am/pm						
<b>Meal Totals</b>						
<b>Snack #2:</b>						
am/pm						
<b>Snack Totals</b>						
<b>Dinner:</b>						
am/pm						
<b>Meal Totals</b>						
<b>Snack #3:</b>						
am/pm						
<b>Snack Totals</b>						

<b>DAILY TOTALS</b>														
<b>% of Calories</b>														
<b>TARGETS</b>														
<b>+/-</b>														

<b>Water Intake (8 oz. cups)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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**Daily Glucose Logs** Week of: \_\_\_\_\_

Su														
M														
T														
W														
Th														
Fr														
Sa														

**Standard 8x11" Diabetic Log Sheet**

Diabetes log sheet printable free. Printable diabetic food log sheets.

Choose a weekly or monthly hourly test and check the sheet of personal time in a variety of personalized colors. Other information on issues the liquids metabolize more quickly in the body, allowing sugar to reach the bloodstream more quickly, placing diabetics at rest. Avoid breakfast prepared cerealbreakfast cereal is fun, easy to eat and loaded with sugar and carbohydrates. Betterteam's sheet of time is easy to use with Microsoft Word or any PDF program. Expert advice and Fits Small BusinessFittsMallBusiness.com models offers excellent options when it comes to empty time sheets. You could also move and roast vegetables such as cauliflower, mushrooms and cabbage for a tasty, spicy caramelized and healthy snack. Reducing the juice can be thought of juice like a healthy drink, so you will probably be surprised to learn that in reality it is not as healthy as many think. Add in milk and any other food for breakfast, and quickly has been very placed above your sugar and carbite for the day. Natural sweets many diabetics turn to natural sweeteners under the hypothesis that natural sweeteners are better for them than worked sugar. Use the following guidelines to learn to print budget sheets. Visit the federal trade commission when you visit the Federal Trade Commission website, you will see four cards at the top of the page. The Microsoft Office Suite or similar Shareware programs allow you to transfer the empty time sheets to PDF files for easy storage and changes. Pick out places such as template.net and print your favorite to keep on the track, independently of work. These time sheets are absolutely simple to customize and print. Follow the squirrel when it comes to printed pretty, places such as Scatted Squirrel offer models designed to be useful and elegant. Easy to print diabetic meals. For southern-style cuisine. Exchange lists also for ethnic foods and special foods. Here is the kicker: aNatural , sweeteners can have a little more carbohydrates than the regular sugar processed. Cliquez sur l' image ci verso-vir vuor format format. More information from issues. NET with diabetesAthletes type 1 with diabeteschildren with diabetesSprat type 1 mothers with type 1 diabetes with type 2 diabetes that require insulin this page presents cookbooks and free books that focus on recipes and cook for a ... build A library of books and cookbooks related to diabetes and give yourself, or someone you know, ... pages of printable logs, books and journals to make yourself easier The lists of Hawaiian food groups were prepared to help provide information on food composition, so a ... great list of printable diabetic meals plans using trading lists. Use Excel to create your estimate sheet for the next weeks of work or simply design a printable time sheet right in Microsoft Word. If you are diabetic, daily intake should be even lower, then drinking soda will not help you. They can severely interfere with the ability of the pancreas to create insulin and reduce blood sugar levels. There are compiled fields, even if you are a student or a parent, a monthly income, expenses, desires and savings. Creating a budget is an excellent way to keep your finances in order, no matter if you are working on them for your business or your family. Less than a quarter cup of sugary cereals for breakfast may contain 22 grams ofMost of the woman recommended by sugar recommended by a woman. In the upper right corner of the page, you will see an icon of the printer. Change the information placed on up To your company name, address, telephone and fax number, and easily add your employees' information. Template.net offers 12 styles of sheets in varieties that include the monitoring of the time of employees, project monitoring models and weekly sheets that are simple to print and do their own. If you seriously want potatoes, a large alternative would be a small baked potato. The juice is loaded with sugar and carbohydrates, with 12 ounces of a glass of regular orange Tropicana juice containing 33 grams of sugar. You will find 1200 calories at 2400 caloric meal floors and 45g at 60g Caru menu plans. Take a look at these printable sheets of time, organize your activities and spend less time worried about missing a deadline. Use your software to create a personalized sheet by a modelcomicrosoft word and Excel offer both impressive options for creating empty time sheets that are therefore personalized to satisfy your life. Download the time sheets in PDF files to maintain a register of hours worked during the year. The Betterteam Timesheet templat -marital in Word or in a pdf style, the Betteam's leaving sheet model is a great choice for anyone looking for simple printable sheets that require very little assembly to work for most situations. Click on the link for the worksheet and open a new page. The trick is looking for a way to keep everything organized. A teaspoon of worked sugar has 4 grams of carbohydrates, while a teaspoon of agave nectar has about 5 grams and the honey has 6. The à € section à € emile daily tasks "allows you to list all the elements that require attention Today, while the time management systems provide a variety of fixed -time styles for all activities onem onem e inimou ilg rep onroig la immargy 05 .ennod el rep onroig la immargy 52 id " À orehccuz id atadnamoccar areilanroig enoizussa'L .orehccuz id immargy 93 ertlo eneitnoc abor alled "Aup ecnuo-21 olognis nu ehc ottaf led asuac a Àtisebo id asuac elapincirp anu emoc otom neb " À ados id omusnoc II .oroval id atanroig citebaID moc.swanozama.3s :ecruoS elbatnirP lanruoj dooF citebaID moc.snalplaemsetebaid :ecruoS goL dooF citebaID moc.topsgolb.naatuJdiordnaphagrah :ecruoS elbatnirP goL dooF citebaID moc.yrlwevejteluma :ecruoS teehS goL esoculG doolB ni.schpargelbatnirP :ecruoS teehS goL setebaid elbatnirP moc .topsgolb708setalpmet :ecruoS sgol dooF citebaID moc.deyortsedsetebaid :ecruoS elbatnirP yraID dooF setebaid moc.lecxe-bd :ecruoS goL ragus doolB citebaID eerF bulc.u4clhcySp :ecruoS teehS goL ragus doolB elbatnirP moc.notsuohtcoffehcnuac :ecruoS etalpmet yraID dooF setebaid ni .schpargelbatnirP :ecruoS goL dooF citebaID moc.setalpmetelpmas.www :ecruoS goL ragus doolB ylaID moc.swanozama.3s :ecruoS elbatnirP yraID dooF citebaID moc.xsweiwermargorpmollutosteidht.www :ecruoS À À ElbatnirP SteehS Gol Setebaid Moc.lecxe-Bd :Ecruos à à ' ETALPMET GOL DOOF CitebaID Jen.cnistebaid.www :Ecruos à à rp power.tapsgolb.flehyhtlaehsseiddog :ecruoS à à .Ragus doolB elbatnirP power.lecxe-bd :ecruoS à à teehSdaerps Gol doof setebaid power.snalplaemsetebaid .CIHPARGelbatnirP :ecruoS à à 'standard Lanruoj doof citebaID Moc.tapsgolb.natuJdiordnaphagrah :ecruoS à à ,, ElbatnirP koob Gol CitebaID eerF Moc.atoq; :ecruoS à à FDP Gol Doof Golbdaolnwodsetpmet.www :ecruoS à à à .ecruoS à à .teehS gol ragus doolB elbatnirP eerF too.eelbatnirP.www :ecruoS à À 'Etalpmet Gol Doof Setebaid Ten.Klatsetebaid :Ecruos à à MOC.EelbatnirP.www :Ecruos à à ' ElbatnirP sgoL CitebaID Moc trab nacirema eht b detats sa, nerdlihc rof smarg 52 Excel source diary template: dtc.ucsf.edu diabetic food journal source: diabetesswalls.blogspot.com diabetes food journal template source: chartwalls.blogspot.com diario diabetico source: www.thedietsolutionprogramreviews.com sugar log source: diet diabetic.com free printable diabetic register sheets source: agamatrix.com Diabetes monitoring sheets source: amulettejewelry.com if you have diabetes, you need to make sure that you stick to diabetes-friendly diets so that you can ensure that you maintain blood glucose levels in control. check below for food diabetics should avoid. ditch the sodasweet, sparkling drinks, also known as soda, are one of the worst drinks that a diabetic can consume. the first items of the menu read, "To make a budget. " Make a budget when you click on the menu option "budgetmaking," you will see three tabs along the top of that page. read: "What is it," "What to know" and "What to do". each of these tabs contains specific information on how to maintain and manage a budget, the first tab reads, "Managing your Money," when you click on it, you will be heading to a new page that lists a number of new menu items. under the second tab, "What to know", you will find a link for a budget worksheet. further information on diabetic diary printable voci des à imprimer gratuitement et en ligne. choose the timesheet template in microsoft office and use the excel program to monitor work start times, breaks, end times and even lunches. South kitchen floors. meals on this page include common foods in Hispanic cuisine. Once the registration process is finished, you can download the budget worksheets to see how it is going, where thingsbe modified and other areas that you need to deal financially. 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