

CARBS

Choose _____ of these for meals

Choose _____ of these for snacks

Carbohydrates (1 serving = 15 grams)				
Starches	Starchy Vegetables	Fruit	Dairy	Sweets and Desserts
1 slice bread	½ cup beans	1 small fresh fruit	1 cup milk	2 inch square cake(unfrosted)
1 6 in tortilla	¼ baked potato	½ cup canned or frozen fruit	1 cup soy milk	½ cup ice cream or frozen yogurt
½ large bagel	½ cup corn	2 TBSP dried fruit	2/3 cup yogurt	¼ cup sorbet or sherbet
2 taco shells	½ cup sweet potato	17 small grapes		1TBSP syrup, jam, jelly, table sugar or honey
½ hamburger or hotdog bun	½ cup squash	1 cup melon or berries		2 TBSP light syrup
¾ cup cereal	½ cup mashed potatoes	½ cup fruit juice		2 small cookies
1 cup broth based soup				
4-6 small crackers				
1/3 cup pasta or rice (cooked)				
¾ ounce pretzels, potato or tortilla chips				
3 cups popcorn, popped				

PAIR THESE FOODS WITH THE FOLLOWING AT EACH MEAL



Protein	Fat	Vegetables
Poultry	Canola oil	Kale
Lean Meats	Olive oil	Broccoli
Fish	Avocado	Spinach
Cheese	Vegetable oil	Carrots
Eggs	Margarine	Snap peas
Nuts and nut butters		Green beans
Tofu		Bell peppers

- Pairing carbohydrates and protein, fat or vegetables can slow down digestion and help maintain stable blood sugar levels

- Try for half of your starch group carbohydrates to be whole grains (whole grain bread, brown rice, quinoa, etc.)

- Aim for 3-4 servings of vegetables per day
- Aim for 3-4 servings of dairy per day for you and your baby's bones

