How Many Carbohydrates
Should I Eat to Help My Blood Sugar?

| Women: 2-3 points at each meal | Men: 3-4 points at each meal | Snacks: 1-2 points per snack |

0 Points:
- Vegetables (lettuce, spinach, kale, carrots, cucumbers, cabbage, tomatoes, green beans, broccoli, cauliflower, onions, peppers)
- (Healthier) Lower-fat meat: Chicken, turkey, fish, eggs, low-fat cheese, peanut butter
- Higher-fat meats: beef, steak, pork
- Water
- Diet Soda or Diet Juice
- Crystal Light, Sugar Free Kool-Aid, Powerade Zero, Vitamin Water Zero
- Artificial sweeteners (Splenda, Sweet-and-Low, Equal, Stevia)
- Condiments (Ketchup, mustard, salsa)
- Oils
- Spices (Garlic, onion, pepper, Italian seasoning, cinnamon, etc.)
- Black Coffee
- Unsweetened Tea

1 Point:
- Fruit (1 small/medium apple, 1 medium orange, 1 small banana or half large banana, half a grapefruit OR handful of strawberries)
- Spoon of sugar or honey
- 1 cupped hand blue corn mush
- 1 6-inch ear of corn OR 1 handful of corn
- 1 handful green peas
- 1 fist-size portion of squash
- 1 handful beans (black, pinto, kidney)
- 1 fist-sized potato or sweet potato
- 1 handful of mashed potatoes
- 1 small juice (Orange, pomegranate, apple, cranberry)
- 1 piece bread (whole grain, white, wheat)
- 1 6-inch tortilla
- 1 taco (just shell)
- 6 Saltine crackers
- 10-15 chips
- 3 2-cupped hands of popcorn
- 15 pretzels
- 1 cup (8oz) of cow’s milk

2 Points:
- 1 bowl (2 cupped hand) cereal, cream of wheat or oatmeal
- 1 large banana
- 1 bean burrito (5 inches)
- 5-inch frybread
- 2 2-cupped hands of mutton stew w/ potatoes
- 5-inch kneel down bread
- 1 fist-sized portion of pasta
- 1 fist-sized portion of rice (brown, white)
- Half a bagel
- 1 hot dog bun
- 1 hamburger bun
- 1 cup fruit-flavored yogurt
- 2 cupped hands of melon
- 2 cupped hands of ice cream
- 3 mini donuts
- 2 “Fun-Sized” Candy Bars
- 1 slice thin-crust pizza
- Can of regular soda (Coke, 7-Up, Sprite)
- 1 Powerade or Gatorade (20 oz)

Meals: Eat 3 meals - 4-6 hours between meals
Snacks: 2-3 small snacks per day between meals
*It is okay to have a 1-2 point snack before and/or after exercising—check blood sugar to be sure!

Contact Jenna Cope, MPH, RD, LD, CHES (JCope@hrsa.gov) for additional information or questions.
Use hands to measure food portions:

One cupped hand = 1/2 cup

Two cupped hands = 1 cup
One Fist = 1 cup

Palm of a hand = Serving of meat

When reading labels...
Look at the “Total Carbohydrate”

0 Points = 0 grams (0g)
1 Point = 15 grams (15g)
2 Points = 30 grams (30g)
3 Points = 45 grams (45g)
4 Points = 60 grams (60g)
5 Points = 75 grams (75g)

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>2/3 cup (55g)</td>
<td>230</td>
<td>5g</td>
<td>10%</td>
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<td>160mg</td>
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<td>37g</td>
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<td>12g</td>
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<td>10g</td>
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<td>3g</td>
<td>1%</td>
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</tbody>
</table>

Protein/Meat

Non-Starchy Vegetables
(Eat as many non-starchy vegetables as you want)
Including: Tomatoes, chile peppers, green beans, cauliflower, broccoli, celery, carrots, lettuce, bell peppers, jalapeños, cabbage, onions, eggplant, squash, spinach, etc.

Carbohydrates (Carbs)
Try not to eat less than the recommended amount of carbs, especially if you take a medication that can “drop” your glucose – such as insulin or Glipizide.

Talk with a dietitian at the Health Education Center for nutrition recommendations just for you!