

FOODS THAT CONTAIN CARBOHYDRATES

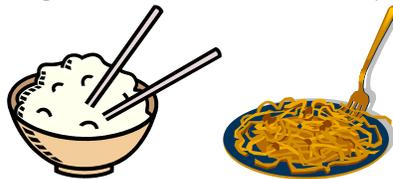
Milk and yogurt



Fruit



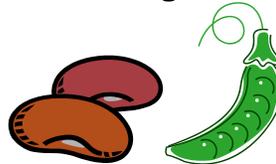
Rice, grains, cereals and pasta



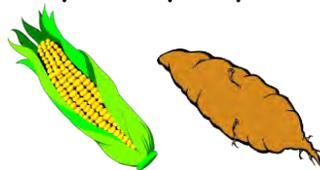
Breads, tortillas, crackers, bagels and rolls



Beans, peas, lentils, garbanzo beans



Potatoes, corn, yams, pumpkin/sweet potato

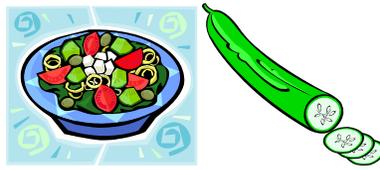


Sugar, honey, syrups, pastries, cookies, sodas, sugary drinks,
juices, candies

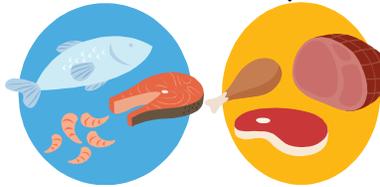


FOODS THAT DON'T CONTAIN CARBOHYDRATES NON STARCHY VEGGIES/PROTEIN/FATS

Artichokes, asparagus, green beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumber, eggplant, onions, okra, leeks, lettuce, tomato, peppers, spinach, zucchini, turnips, tomato sauce



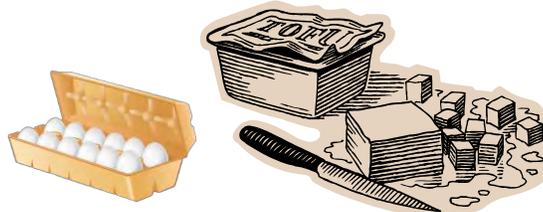
Beef, pork, lamb, chicken, turkey, fish, shellfish, tuna



Seeds, nuts, peanut butter



Eggs, Cheese, Tofu



Oils, mayonnaise, cream cheese, sour cream, half and half, avocado, guacamole, olives



- Exercise at least 30 minutes, 5 times per week
- Avoid all sugary drinks (juices, soda, energy drinks, Gatorade, Kool Aid, Nestea, Snapple), candy, desserts, bakery products
- Eat 3 small meals and if needed 1-2 snacks/day. Avoid skipping meals.
- Try to be consistent with the amount of carbohydrates that you eat each meal.
- Eat daily 2- 3 portions of:
 - 1 cup milk (skim or 1%) **or** Almond/Soy milk (low fat/plain)
 - 6-8 oz low fat, plain **or** light yogurt
 - (Read label → No more than 15 gms carbohydrates)
 - 1 oz low fat/nonfat cottage cheese/Low-fat cheese
- Eat 2- 3 small fruits/cups per day, but only one a time, preferably as snacks
- Eat non-starchy vegetables 2/day. You can add lemon juice, balsamic vinegar, oil, avocado or nuts (small portions)
- Eat a lean protein at each meal (eggs, turkey, chicken breast, lean beef, fish, tuna, pork, tofu)
- Limit your intake of starches at each meal to:
 - 2 slices of bread **or** 2 small dinner rolls **or** 2 small tortillas **or** 2 small pancakes **or** 1 English muffin **or** $\frac{1}{2}$ bagel **or**
 - 1 cup oatmeal or breakfast cereal **or**
 - 1 cup rice/pasta **or**
 - 1 medium potato **or**
 - 1 cup beans/lentils/garbanzo/peas **or**
 - 1 cup corn/yams/pumpkin/sweet potato/plantain