

1 serving = about 15 grams of carbohydrate

Grains

- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- ¼ large bagel (1 ounce)
- 2 taco shells (5-inch size)
- ½ hamburger or hot dog bun (¾ ounce)
- ¾ cup ready-to-eat unsweetened cereal
- ½ cup cooked cereal
- 1 cup broth-based soup (depending on how much pasta may be in it)
- 4 to 6 small crackers
- 1/3 cup pasta or rice (cooked)
- ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- ¼ large baked potato (3 ounces)
- ¾ ounce pretzels, potato chips, or tortilla chips
- 3 cups popcorn (popped)

Fruit

- 1 small fresh fruit (¾ to 1 cup)
- ½ cup canned or frozen fruit
- 2 tablespoons dried fruit (blueberries, cherries, cranberries, mixed fruit, raisins)
- 17 small grapes (3 ounces)
- 1 cup melon, berries
- ½ cup unsweetened fruit juice

Milk

- 1 cup milk
- 1 cup dairy alternative milk (carbohydrates vary depending on sugar content)
- 2/3 cup (6 ounces) nonfat yogurt

Type 2 Diabetes Sample 1-Day Menu

Breakfast	1 slice whole grain toast (1 carbohydrate serving) 1 teaspoon trans-fat free margarine 1 egg omelet 1 orange (1 carbohydrate serving) 6 ounces low-fat, plain Greek yogurt (1 carbohydrate serving)
Lunch	2 ounces turkey breast 2 slices whole grain bread (2 carbohydrate servings) Lettuce and tomato salad 1 small apple (1 carbohydrate serving) 1 cup cucumber slices (0.5 carbohydrate serving)
Evening Meal	3 ounces baked chicken 1 cup baked, mashed sweet potato (2 carbohydrate serving) ½ cup cooked broccoli 1 large green salad 1 cup milk (1 carbohydrate serving) 1 cup fresh raspberries (1 carbohydrate serving)
Evening Snack	1 tablespoon nuts ½ cup plain yogurt (0.5 to 1 carbohydrate serving) 1-1/4 cups strawberries (1 carbohydrate serving)