

# BUILD A BETTER PLATE

Helping you plan better portions

## CARBOHYDRATES

Choose up to \_\_\_\_\_  
servings per meal.

**EACH CARB SERVING: 15g**

Bread – 1 slice  
Tortilla – 1 small  
Crackers – 6 small  
Apple, pear, orange – 1 small  
Banana – ½ large or 1 small (6")  
Grapes or cherries – 17 small  
Graham crackers – 3 squares

### 1/3 CUP:

- Cooked pasta
- Baked beans
- Cooked rice
- Cranberry or grape juice

### 1/2 CUP:

- Potatoes
- Cooked cereal
- Cooked beans or lentils
- Starchy vegetables – corn or peas
- Canned fruit in water or juice
- Orange or apple juice
- Casserole

### 3/4 CUP:

- Unsweetened dry cereal
- Fresh fruit salad
- Light yogurt without sugar

### 1 CUP:

- Berries or melon
- Low-fat milk
- Soup

## NONSTARCHY VEGGIES

**CHOOSE PLENTY. NO LIMIT.**

Asparagus  
Bean sprouts  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Green beans  
Greens – lettuce, spinach, turnip  
Mushrooms  
Onion  
Peppers  
Snow peas  
Sprouts  
Sugar snap peas  
Tomatoes  
Yellow squash  
Zucchini

## LEAN PROTEIN

**3-4 OZ. AT EACH MEAL.**

Skinless chicken or turkey  
Lean beef or pork  
Fish or tuna fish  
Deli meats, eggs  
Low-fat cheese  
Cottage cheese  
Nuts, seeds  
Peanut butter



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER



The amount of carbohydrates you need at a meal is based on your height, weight, activity level and blood sugar control.

Most people do well in the following ranges:



**Women need 30 to 45 grams per meal**  
(2 or 3 servings of carbohydrate per meal)



**Men need 45 to 60 grams per meal**  
(3 or 4 servings of carbohydrate per meal)

If you are very active or taller than average, you might need an adjustment. Or you might need snacks planned between meals. Talk to your dietitian about your specific needs.

Nutrition Facts	
2 servings per container	
Serving size	1 cup (140g)
Amount per serving	
<b>Calories</b>	<b>160</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 5g Added Sugars	10%
<b>Protein 3g</b>	
Vitamin D 5mcg	25%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 230mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### CHECK THE SERVING SIZE

All nutritional information on the label is based on one serving. Be sure to look at the common measure, such as cups or tablespoons.

### LOOK FOR TOTAL CARBOHYDRATES IN GRAMS

This includes the fiber, sugars and other carbohydrates in the food. Use this number when counting carbohydrates.

**15g OF CARBOHYDRATE =**

**1 CARB CHOICE**

## FATS

All fats are high in calories, so keep the portion size small (less than an ounce or about one tablespoon in most cases).

### EAT OFTEN

- Oil-based salad dressing, vinaigrette, oil and vinegar
- Oils: olive, canola, sunflower, peanut
- Transfat-free margarine
- Avocado, olives, seeds, nuts, nut butter

### SOMETIMES

- Low-fat creamy salad dressing like light ranch
- Oils: corn, soybean, safflower, sesame
- Mayonnaise

### LIMIT

- Full-fat creamy salad dressing such as regular ranch
- Butter, lard, shortening or coconut oil
- Cream, cream cheese, sour cream

## HEALTHY SNACKS

Snacks can satisfy hunger and meet your carbohydrate needs.

- 1 extra-small banana + 1 tablespoon peanut butter
- Low-fat string cheese + 1 medium apple or pear
- ½ cup cottage cheese + ½ cup peaches
- Broccoli, carrots, peppers + 2 tablespoons hummus
- Slice of whole grain toast + 1 tablespoon peanut butter
- 3 cups of popcorn + 1 oz. low-fat cheese
- 6 oz. container of Greek-style or light yogurt
- 100 percent frozen fruit juice bar
- 3 graham cracker squares + ½ cup low-fat milk

**1 cup**

1 cup (or a medium-sized piece) is about the size of your fist.

Your fist is a handy tool that is always with you.

**1 oz.**

A serving of 23 almonds is about 1 ounce and about 170 calories.

