



CONTACT NEMS

1-888-500-1886

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BREAKFAST	Total Carbs:	
FOOD GROUP	SERVING SIZE	MEAL IDEAS
STARCH		
VEGETABLE		
PROTEIN		
FRUIT		
MILK		
FAT		

LUNCH	Total Carbs:	
FOOD GROUP	SERVING SIZE	MEAL IDEAS
STARCH		
VEGETABLE		
PROTEIN		
FRUIT		
MILK		
FAT		

DINNER	Total Carbs:	
FOOD GROUP	SERVING SIZE	MEAL IDEAS
STARCH		
VEGETABLE		
PROTEIN		
FRUIT		
MILK		
FAT		

AM SNACK	Total Carbs:

PM SNACK	Total Carbs:

EVENING SNACK	Total Carbs:

STARCH

One serving = 15g total carbohydrates. Read the label.

- 1 slice whole grain bread
- 1/3 cup cooked white/brown rice
- 1/3 cup cooked whole wheat pasta/noodles
- 1/2 large croissant
- 1/3 large mantou (steam bun)
- 1/4 large bagel
- 1 6-inch corn/ flour tortilla
- 1/2 cup cooked oatmeal
- 6 saltine type crackers
- 1/2 cup cooked black/red/ lima/lentils/soybean
- 1/2 large corn or 1/2 cup corn
- 3 chestnuts
- 1/2 medium or 1 small baked potatoes
- 1/2 cup mashed potato
- 1 cup cooked pumpkin
- 1/2 cup yam/sweet potato
- 1 cup lotus root
- 1/3 cup taro

VEGETABLE

One serving = 5g total carbohydrates. Read the label.

***One serving is 1/2 cup cooked or 1 cup raw**

- Bok choy
- Broccoli
- Cabbage
- Celery
- Chinese chives
- Green beans
- Kale
- Mustard greens
- Spinach
- Watercress
- Asparagus
- Bell pepper
- Brussels sprout
- Cauliflower
- Eggplant
- Okra
- Tomato
- Mushroom
- Bamboo shoot
- Beet
- Bitter melon
- Carrot
- Summer squash
- Zucchini
- Turnip
- White radish
- Luffa
- Chayote
- Hairy melon

Sources:

- Joslin Diabetes Center
- California Department of Health Care Service
- US Department of Agriculture
- Nutrition care manual

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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PROTEIN

Some processed protein products may contain carbohydrates. Read the label.

*1 Tbsp = 1 tablespoon

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|---|----------------------------------|--|
| • 1 oz lean beef/pork/lamb (such as loin, leg, round and extra lean hamburger meat) | • 1 oz fish | • ¼ cup fat free cottage cheese |
| • 1 oz skinless chicken or turkey | • 1 oz shellfish | • ½ cup tofu |
| | • 1 egg or 3 Tbsp egg substitute | • 1 Tbsp peanut butter or other nut butter |
| | • ¼ cup or 1 oz low fat cheese | |

FRUIT

One serving = 15g total carbohydrates

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|---|---------------------------|---------------------|
| • 1 small apple | • 2 tangerines | • ¼ cup durian |
| • 1 small orange | • 2 small plums | • ¾ cup blueberries |
| • 1 small nectarine | • 2 medium star fruit | • ¾ cup pineapple |
| • 1 large kiwi | • ½ large banana | • ¾ cup pummel |
| • 1 medium peach | • ½ large grapefruit | • 1½ medium guava |
| • 1 cup cantaloupe | • ½ cup mango | • 5 lychee |
| • 1 cup papaya | • ½ persimmon | • 12 large cherries |
| • 1 cup strawberries/ raspberries/ mulberries | • ½ medium pear | • 17 small grapes |
| | • ⅓ dragon fruit (pitaya) | • 30 fresh longans |

MILK

One Serving = 12g total carbohydrates

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|----------------------------------|------------------------------------|---------------------------------------|
| • 1 cup fat-free or low fat milk | • 1 cup low-fat buttermilk | • ¾ cup (6 oz.) fat-free plain yogurt |
| • ⅓ cup nonfat dry milk | • 1 cup fat-free Lactose free milk | • 4 oz fat-free Greek yogurt |
| • ½ cup fat-free evaporated milk | • 1 cup fat-free yogurt drink | |

FAT

Some fat-free products may contain carbohydrates. Read the label.

*1 Tbsp = 1 tablespoon

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|-------------------------------------|-----------------------|---------------------------|
| • 1 teaspoon vegetable oils | • 1 Tbsp avocado | • 6 almonds |
| • 1 Tbsp reduced fat mayonnaise | • 8 large olives | • 2 whole walnuts |
| • 2 Tbsp reduced fat salad dressing | • 1 Tbsp coconut milk | • 10 large peanuts |
| | • 2 Tbsp sesame paste | • 1 Tbsp other nuts/seeds |

SWEETS, DESSERTS & OTHER CARBOHYDRATES

If you have not talked to your doctor or Registered Dietitian, do not eat these foods. Read the label.

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|-----------------------------------|---------------------------------------|---|
| • All fruit juice or fruit drinks | • Candy | • Jam or jelly |
| • Soft drink, sodas | • Chocolate | • Sugar, honey or syrup |
| • Sweetened tea, or Boba milk tea | • Cake, cookies, pie or pastry | • Teriyaki sauce, ketchup, BBQ sauce, oyster sauce, or hoisin sauce |
| • Milk shake, or hot chocolate | • Ice cream, gelato, or frozen yogurt | • Pasta or pizza sauce |
| • Sweetened coffee beverage | • Pudding custard | • Dumpling or wontons |
| • Drink mix | • Dried fruit, or canned fruit | • Egg roll |
| • Condensed milk | • Chinese dessert | |

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Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.