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
- Half cup (handful) 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 cups of popcorn
- 15 pretzels
- 1 cup 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 cups 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!
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)

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

For more information, contact Jenna Cope, MPH, RD, LD, CHES at Jenna.Cope@ihs.gov or 505-368-7198
Northern Navajo Medical Center Shiprock, New Mexico

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving Calories 230

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>14%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td>20%</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2mcg</td>
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</tr>
<tr>
<td>Calcium</td>
<td>250mg</td>
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<tr>
<td>Iron</td>
<td>8mg</td>
<td>45%</td>
</tr>
<tr>
<td>Potassium</td>
<td>235mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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, egg plant, squash, spinach, etc.

Protein/Meat
Other proteins: Eggs, chicken, turkey, fish, cheese, tofu, nuts, peanut butter, almond butter.

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.