1 carbohydrate serving = 15g of carbohydrate

- Carbohydrates are broken down to glucose and absorbed into the bloodstream.
- Eat a consistent amount throughout the day to keep blood sugars controlled.

**Carbohydrate Equivalents:**

**Grains**
- 1 Slice Bread
- 1/2 Cup Cooked Cereal
- 3/4 Cup Dry Cereal
- 1/2 Cup Beans
- 1/3 Cup Cooked Pasta
- 1/2 Cup Cooked Rice
- 1/2 Cup Starchy Veg.

**Fruit**
- 1 Small Fresh Fruit
- 1/2 Cup Cut Fresh Fruit
- 1/2 Cup Canned Fruit
- 1/4 Cup Dried Fruit
- 1/2 Cup 100% Fruit Juice

**Starchy Vegetables**
- Corn
- Peas
- Lima Beans
- Potatoes

**Milk/Yogurt**
- 8 Fluid Oz Milk
- 1 Cup Yogurt

**Reading a Nutrition Facts Label:**
Total Carbohydrate = Fiber + Sugar + Starch