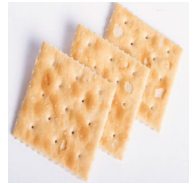


Foods that Turn into Sugar

Starches:

Select 1-2 of these at each meal

- 1 slice of bread
- Half a bun
- Bannock the size of a small deck of cards
- Half a cup of potatoes, corn, rice, or noodles
- 7 crackers
- Half a cup of cold cereal
- 3/4 cup of hot cereal



A healthy portion size is about the size of a tennis ball

Fruit:

Select one of these at each meal

- Half a cup of cut up fruit
- Small fruit the size of a tennis ball
- 1 cup of small berries



Foods that Turn into Sugar

Milk & Alternatives:

Pick one of these at each meal

- 1 cup of milk (carton or canned)
- Half a cup of chocolate milk
- 3/4 cup of yogurt
- Half a cup of pudding (made with milk)



Sugar & Sweet Foods:

Limit to 0-1 per day

- 1 tbsp of sugar, jam or honey
- Half of a chocolate bar
- 6 chips
- 5 small candies
- Cake the size of 4 dominoes
- Half a cup of ice cream, pop, juice or ice tea
- 2 cookies
- Half a donut
- 1/8 of a small pie



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