THE ART & SCIENCE OF DIABETES MEAL PLANNING

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- CDE
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- Certified in IFMNT

Objectives

01
How to count carbohydrates in both choices and grams equivalents

02
A variety of teaching methods to educate clients and staff on making food choices to balance blood glucose levels

03
How to prepare meals that are delicious, nutritious and diabetes friendly
FIRST, THE SCIENCE

"ONE SIZE FITS ALL"

Goals of MNT

**HEALTHY EATING PATTERNS**
- Goal weight
- Health goals
- Avoid complications

**INDIVIDUAL NEEDS**
- Preferences
- Literacy
- Willingness
- Barriers

**PLEASUREFUL EATING**
- Avoid judgemental messages

**TOOLS**
- Simplified meal plan
- Portion control
- Healthier choices
What Happens When We Eat?

**Food, Glucose and the Body**

- Glucose comes from food that contains carbohydrate (e.g., starch, sugar, rice, pasta, bread, cakes, etc.).
- The mouth, the stomach, and the small intestine digest (break down) food to glucose.
- Glucose enters the bloodstream from the small intestine.
- The blood then carries glucose to muscles and the brain.
Too Much Carb Intake
Not Enough Carb Intake

Consistent Carb Intake

Determining Amount of Carbs per Meal

Dependent on age, height, weight, activity level

<table>
<thead>
<tr>
<th>Population</th>
<th>Carb choices per meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inactive women</td>
<td>2-4</td>
</tr>
<tr>
<td>Active women or inactive men</td>
<td>3-5</td>
</tr>
<tr>
<td>Active men</td>
<td>4-6</td>
</tr>
<tr>
<td>Carb choices (snack)</td>
<td></td>
</tr>
<tr>
<td>Between meal or HS Snacks</td>
<td>1-2</td>
</tr>
</tbody>
</table>
Carb Servings
(1 carbohydrate choice = 15 grams)

<table>
<thead>
<tr>
<th>Bread/Starch</th>
<th>Fruit</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice bread</td>
<td>1 small whole fruit</td>
<td>1 c white milk</td>
</tr>
<tr>
<td>¼ c cold cereal</td>
<td>½ grapefruit</td>
<td>1 c low fat yogurt</td>
</tr>
<tr>
<td>½ c hot cereal</td>
<td>½ banana</td>
<td></td>
</tr>
<tr>
<td>½ c pasta</td>
<td>1 c melon</td>
<td></td>
</tr>
<tr>
<td>1/3 c rice</td>
<td>1 c berries</td>
<td></td>
</tr>
<tr>
<td>½ c starchy veg</td>
<td>½ c juice</td>
<td></td>
</tr>
</tbody>
</table>

Mixed Dishes with Carbs

- Macaroni & Cheese
  - 1 c = 30 gm
- Soups
  - 1 c = 15-30 gm
- Casseroles
  - 1 c = 30 gm
- 6-inch Sub
  - 45 gm
- Beef Stew
  - 1 c = 30 gm
- Spaghetti with Meat sauce
  - 1 cup pasta = 45 gm
  - 1 cup sauce = 30 gm

Other Carbs (~15 grams)?

- ½ cup ice cream
- ¼ cup sherbet
- 2" piece of unfrosted cake
- 1 oz (~12) potato chips
- 1 fun size candy bar
- 2 small sandwich type cookies
- 4 oz regular pop
- 8 oz sports drink
- 1 Tbs sugar
- 1 Tbsp syrup
- 1 Tbsp jam or jelly
### 3 Carb Sample Meal Pattern

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 starch</td>
<td>2 starch</td>
<td>2 starch</td>
</tr>
<tr>
<td>1 milk</td>
<td>1 non-starchy veg</td>
<td>1 non-starchy veg</td>
</tr>
<tr>
<td>0-1 oz protein</td>
<td>2 oz protein</td>
<td>3-4 oz protein</td>
</tr>
<tr>
<td>0-1 fat</td>
<td>1 fruit</td>
<td>+2 fat</td>
</tr>
<tr>
<td>3 Carb</td>
<td>3 Carb</td>
<td>1 milk</td>
</tr>
</tbody>
</table>

- Snacks: 1 fruit + 1 milk/yogurt

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### BENEFITS OF CARB COUNTING

- ![Benefits of Carb Counting](image)

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### What's NOT a Carb?

- ![Carbohydrate Examples](image)
## Protein

<table>
<thead>
<tr>
<th>Condition</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes without diabetic kidney disease</td>
<td>• No ideal intake&lt;br&gt;• Individualize goals</td>
</tr>
<tr>
<td>Diabetes with macro- or microalbuminuria</td>
<td>• Reduced intake not recommended&lt;br&gt;~ 8 gm/kg</td>
</tr>
<tr>
<td>Type 2 diabetes</td>
<td>Do not use carb sources high in protein to treat or prevent hypoglycemia</td>
</tr>
</tbody>
</table>

### Fats

<table>
<thead>
<tr>
<th>Total fat</th>
<th></th>
<th>No ideal intake</th>
<th>Individualize goals</th>
<th>Fat quality more important than quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monounsaturated fatty acid</td>
<td>Mediterranean-style, MUFA-rich recommended as alternative to low-fat, high carb</td>
<td>May improve glycemic control, CVD risk factors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated fatty acid</td>
<td>Limited evidence on effect in people with type 2 diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>&lt;10% of calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;300 mg dietary cholesterol/day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans fat</td>
<td>Limit as much as possible</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**WHAT ABOUT MACRONUTRIENTS?**

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**MACRONUTRIENTS**

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Putting it Together

**BREAKFAST**
- Orange Juice 4 oz 1 carb choice
- Oatmeal 1 c 2 carb choices
- WW Toast 1 slice 1 carb choice
- Margarine 1 tsp 1 fat choice
- Egg 1 1 protein choice
- Skim Milk 1 c 1 carb choice

**TOTAL:** 5 carb choices (75 gm)

What's the first thing to look at on a food label?
Food Labels

- Check serving size
- Check total gm of carbohydrate
- Don't focus on sugar
- Fiber may count
- Sugar free carb free

Counting Carbohydrates

<table>
<thead>
<tr>
<th>Total Carb (g)</th>
<th>Carb Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>Free</td>
</tr>
<tr>
<td>6-10</td>
<td>½</td>
</tr>
<tr>
<td>11-20</td>
<td>1</td>
</tr>
<tr>
<td>21-25</td>
<td>1 ½</td>
</tr>
<tr>
<td>26-35</td>
<td>2</td>
</tr>
<tr>
<td>36-39</td>
<td>2 ½</td>
</tr>
<tr>
<td>40-49</td>
<td>3</td>
</tr>
<tr>
<td>50-54</td>
<td>3 ½</td>
</tr>
<tr>
<td>55-64</td>
<td>4</td>
</tr>
<tr>
<td>65-89</td>
<td>4 ½</td>
</tr>
<tr>
<td>70-80</td>
<td>5</td>
</tr>
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</table>

Fact or Fiction?

- As long as the item is sugar free, the person with DM can have as much as they desire.

Answer: Fiction
WHAT ABOUT SWEETENERS?

WHAT ABOUT OMEGA 3'S?

WHAT ABOUT MICRONUTRIENTS?
## Micronutrients

<table>
<thead>
<tr>
<th>Micronutrients</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioxidants (vitamins E, C, carotene)</td>
<td>Not advised due to lack of evidence of efficacy and concern re: long-term safety</td>
</tr>
<tr>
<td>Micronutrients (chromium, magnesium, vitamin D)</td>
<td>Insufficient evidence to recommend routine use to improve glycemic control in patients with diabetes</td>
</tr>
</tbody>
</table>

Alcohol

• Daily moderation
  – Women: ≤1 drink/day
  – Men: ≤2 drinks/day
  – 1 drink =
    • 12 oz beer,
    • 5 oz wine
    • 1.5 oz distilled spirits

WHAT ABOUT SODIUM?

SODIUM
Limit to < 2300 mg / day

Limit to < 1500 mg / day:
01 African Americans
02 HTN
03 DM
04 CKD
05 > 51 years old
WHAT ABOUT LIQUID THICKENERS?

Thickeners

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>01</td>
<td>8 oz Nectar-thick water = 8 gm carb</td>
</tr>
<tr>
<td>02</td>
<td>8 oz Honey-thick water = 12 gm carb</td>
</tr>
<tr>
<td>03</td>
<td>8 oz Pudding-thick water = 16 gm carb</td>
</tr>
</tbody>
</table>

SPECIAL CONSIDERATIONS
Special Considerations

<table>
<thead>
<tr>
<th>Type 1</th>
<th>Flexible insulin therapy education program using carb counting meal planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fixed-dose daily Insulin</td>
<td>Consistent carb intake (time, amount)</td>
</tr>
<tr>
<td>Type 2</td>
<td>Portion control, healthful food choices for literacy concerns, older adults</td>
</tr>
</tbody>
</table>


Nutrition & Insulin Use

| Multiple-daily injection plan or insulin pump | • Take mealtime insulin prior to eating  
- Meals OK at different times  
- Potential hypoglycemia if physical activity within 1-2 hrs of mealtime injection  
- Dose may need to be lowered |
|---------------------------------------------|----------------------------------------------------------------------------------|
| Premixed insulin plan                       | • Take insulin dose at same time daily  
- Eat meals at similar times daily  
- Don’t skip meals  
- Hypoglycemia risk                          |
| Fixed insulin plan                          | • Eat similar amounts of carbs daily day to match set insulin dose                |
Glycemic Index

- Measures how carbs ↑ BG
- 0-100 scale
- Represents type but not amount
- Nutrition value not a factor

- Factors that ↑ GI:
  - Ripeness
  - Processing
  - Longer cooking


Glycemic Index

High GI (>70)
- White bread or bagel
- Corn flakes, puffed rice, bran flakes, instant oatmeal
- Short grain white rice, rice pasta, macaroni and cheese from mix
- Russet potato, pumpkin
- Pretzels, rice cakes, popcorn, saltine crackers
- Melons and pineapple

Medium GI (56-69)
- Whole wheat, rye and pita bread
- Quick oats
- Brown, wild or basmati rice, couscous


Low GI Foods

Low GI ≤ 55
- Foods:
  - Multigrain bread, pumpernickel bread, whole oats, legumes, apple, lentils, chickpeas, mango, yams, brown rice

- May improve glycemic control
  - Insufficient evidence to support a formal recommendation for education
  - Total carb stronger predictor of BG response than GI
  - Helpful for “fine-tuning”

## MEAL PLANNING

**CLIENT CHOICE**

<table>
<thead>
<tr>
<th>Table: Client Choice</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thurs</th>
<th>Friday</th>
<th>Sat</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>1 Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Starch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Meat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Skim</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-1 Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>2 Meat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Starch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Veg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Skim</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-1 Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-1 Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Corresponding Food Lists: Starch**

- Cold Cereal ¾ c
- Hot Cereal ½ c
- Bread/Toast 1 slice
- Bagel ¼
- English Muffin ½
- Waffle 1 – 4 ½ " sq
- Pancakes 2 – 4"
- Muffin 1 small
- Hamburger, Hot Dog Bun ½
- Dinner Roll 1 sm/1 oz
- Pasta 1/3 c
- Rice 1/3 c
- Baked Potato 1 sm/2oz
- French Fries 10 (1 ½ oz)
- Baked Beans ¼ c
- Corn ¼ c
- Peas ¼ c
- Yams/Sweet Potatoes ½ c
- Popcorn 3 c
- Saltine Crackers 6 sq

*=Vitamin A source
#=Vitamin C source

**Corresponding Food Lists: Fruit**

**Fresh or Canned:**
- Apple 1 Med
- Applesauce ½ c
- *Apricots 2 fresh or ½ c
- Banana ½
- Berries 1 c
- Cherries 12 or ½ c
- Grapes 15 or ½ c
- *Grapefruit ½
- # Kiwi 1
- Melon 1 c

**Dried:**
- *Apricots 7 halves
- Prunes 3 med
- Raisins 2 Tbsp

**Fruit Juice:**
- Apple Juice ½ c
- Orange Juice ½ c

*=Vitamin A source
#=Vitamin C source

**Corresponding Food Lists: Combination Foods**

- Hotdish/Casserole 1 c (2 Meat + 2 Starch)
- Pizza ¼ frozen (2 Meat + 2 Starch)
- *Beef Stew 1 c (2 Meat + 1 Vit A Veg + 1 Starch)
- Chili 1 c (2 Meat + 2 Starch)
- Sloppy Joe ½ c (2 Meat)
- Stir Fry 1 ½ c (3 Meat + 2 Vegetable)

*=Vitamin A source

*My recipes are broken down into these categories vs. nutrients*
Corresponding Food Lists:
Snacks/Desserts

- Any Canned or Fresh Fruit (See Fruit List)
- Ice Cream ½ c
- Angel food Cake 1 sl
- Popcorn 3 c
- Fruited Gelatin ½ c
- Cookie 1 – 3”
- Cake 2x2 sq
- Rice Krispie Bar 2x2 sq
- Granola Bar 1
- Low Fat Pudding ½ c
- Graham Crackers 3 sq
- Animal Crackers 18
- Pretzels 15 mini’s
- Chex Mix ¾ c
- Yogurt 6-8 oz
- Trail Mix ¾ c
- Dried Fruit ¾ c
- Baked Chips 15-18 chips

Recipe: Sloppy Joes

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>4 servings</th>
<th>6 servings</th>
<th>8 servings</th>
<th>12 servings</th>
<th>24 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef</td>
<td>¾ lb</td>
<td>1 ¼ lb</td>
<td>1 ½ lb</td>
<td>2 ½ lb</td>
<td>4 ½ lb</td>
</tr>
<tr>
<td>Diced onion</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2/3 cup</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Tomato soup</td>
<td>2/3 can</td>
<td>1 can</td>
<td>1 1/3 cans</td>
<td>2 cans</td>
<td>4 cans</td>
</tr>
<tr>
<td>Ketchup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>¼ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>2 TB</td>
<td>3 TB</td>
<td>½ cup</td>
<td>½ cup + 2 TB</td>
<td>½ cup + 2 TB</td>
</tr>
<tr>
<td>Hamburger buns</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>12</td>
<td>24</td>
</tr>
</tbody>
</table>

Directions:
Peel and chop onion. In large fry pan, brown meat and onion. Drain grease, pour cooked meat and onion in a large colander and rinse under hot running water to remove excess grease. Return meat and onions to fry pan. Add remaining ingredients and heat thoroughly. Serve on buns.

Helpful Hints:
1 serving = ½ cup meat + 1 Bun = 2 oz protein, 2-3 carb

Recipe: Cucumber Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>4 servings</th>
<th>6 servings</th>
<th>8 servings</th>
<th>12 servings</th>
<th>24 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium cucumbers</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>12</td>
</tr>
</tbody>
</table>

MARINADE:
Vinegar | ½ cup |
Salt | ½ tsp |
Pepper | ½ tsp |

Directions:
Prepare marinade by combining vinegar, salt and pepper in a bowl. Mix well. Wash cucumbers and cut in half lengthwise. Cut each half crosswise into thin slices. Add cucumbers to marinade. Cover bowl with plastic wrap. Let stand at room temperature for 30 minutes. Serve.

1 serving = ½ c = 1 vegetable
<table>
<thead>
<tr>
<th>Meal</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>1 Fruit</td>
<td>OJ</td>
<td>Banana</td>
<td>Strawberries</td>
<td>Blueberries</td>
<td>Strawberries</td>
<td>Melon</td>
<td>Orange</td>
</tr>
<tr>
<td>2 Starch</td>
<td>Cold cereal</td>
<td>Cold cereal</td>
<td>2 Waffles</td>
<td>Eng Muf, whole</td>
<td>Hot Cereal</td>
<td>Bagel 2 oz</td>
<td>Fr Toast</td>
</tr>
<tr>
<td>1 Meat</td>
<td>Egg</td>
<td>P Butter</td>
<td>Sausage</td>
<td>Egg</td>
<td>Bacon</td>
<td>Sausage</td>
<td>Ham</td>
</tr>
<tr>
<td>1 Skim</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Yogurt</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>0-1 Fat</td>
<td>Butter</td>
<td>Butter</td>
<td>Whip Cream</td>
<td>Butter</td>
<td>Butter</td>
<td>Cr Cheese</td>
<td>Butter</td>
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<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>2 Meat</td>
<td>Sloppy Joe</td>
<td>Tuna</td>
<td>Chicken salad</td>
<td>Meat, cheese</td>
<td>Ham</td>
<td>Cheese</td>
<td>Rat Beef</td>
</tr>
<tr>
<td>2 Starch</td>
<td>2 oz Bun</td>
<td>2 Bread</td>
<td>2/3 c Pasta</td>
<td>Pizza</td>
<td>2 Bread</td>
<td>Tom soup</td>
<td>Potato</td>
</tr>
<tr>
<td>1 Veg</td>
<td>Celery</td>
<td>Spinach</td>
<td>Salad</td>
<td>Tomatoes</td>
<td>Carrots</td>
<td>Cr Beans</td>
<td></td>
</tr>
<tr>
<td>1 Skim</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>
Summary

- Carbs sources
  - Starchy veggies, whole grains, fruit, milk/milk products, veggies, sugar
- Choose nutrient-dense, high fiber foods over processed foods
- High trans, saturated fat foods: replace with foods high in unsaturated fats
- Choose lean protein and meat alternatives
- Vitamin and mineral supplements, herbal products, not recommended to manage diabetes
- Limit sodium intake to 2,300 mg/day

Resources

- American Diabetes Association
  - [www.diabetes.org](http://www.diabetes.org)
- National Institute of Diabetes & Kidney Disease
  - [www.niddk.nih.gov](http://www.niddk.nih.gov)
- Joslin Diabetes Center
  - [www.joslin.org](http://www.joslin.org)
- National Diabetes Information Clearinghouse
- American Association of Diabetes Educators
  - [www.diabeteseducator.org](http://www.diabeteseducator.org)
- Diabetes Self Management
References

- AACE, ACE Nutrition Guidelines 2015
- Geil, PB. Sugars & Starches & Fibers, Oh My! Basic Carbohydrate Counting. 2005

Practice Time

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Baked Chicken, 3 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed Potatoes, ½ c</td>
<td>1 (Carb)</td>
<td></td>
</tr>
<tr>
<td>Whole Grain Bread, 1 slice</td>
<td>1 (Carb)</td>
<td></td>
</tr>
<tr>
<td>Butter, ½ tsp</td>
<td>0 (fat)</td>
<td></td>
</tr>
<tr>
<td>Carrots, ½ c</td>
<td>0 (non-starchy veg)</td>
<td></td>
</tr>
<tr>
<td>Fruit Pie, 1/8 of pie w/2 crusts</td>
<td>3 (Carb)</td>
<td></td>
</tr>
<tr>
<td>Milk, 8 oz</td>
<td>1 (Carb)</td>
<td></td>
</tr>
</tbody>
</table>

Total Number of Carb Choices: 6

Total Grams of Carb for this Meal: 90

Practice Answers

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<tr>
<td>Baked Chicken, 3 oz</td>
<td>0 (protein)</td>
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</tr>
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<td>1 (Carb)</td>
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Total Number of Carb Choices: 6

Total Grams of carb for this meal 90