

**REVISED Longer Lists of foods to be used with the
BEYOND THE BASICS: MEAL PLANNING FOR HEALTHY EATING, DIABETES
PREVENTION AND MANAGEMENT
December 20, 2005 – Version 2**

The Canadian Diabetes Association's new meal planning guide

In recent years, new research and new medications have changed both diabetes management and diabetes education. The Association's new meal planning guide, *Beyond the Basics: Meal Planning for Diabetes Prevention and Management*, is based on the Association's Clinical Practice Guidelines and current scientific evidence.

A colourful poster is the first item produced. In spring, 2006, there will be a larger resource manual containing more information for people with diabetes.

In the meantime, the following detailed food lists, containing information from the *USDA, 2004 (Release 17)* and the *Canadian Nutrient File, 2005*, will help to provide more variety in meal planning. However, for packaged food, the Nutrition Facts table on the label is the most accurate source of information.

This second version of the long list has been revised to reflect comments received from educators. Please note that there is now an extra column including the glycemic index (GI). Information on the GI has been taken from www.gitesting.com, www.glycemicindex.com and Foster-Powell K, Brand Miller J. International tables of glycemic index^{1,2} Am J Clin Nutr 1995;62:871S-93S.

Please remember that *Beyond the Basics* uses household measures (see below) to identify portion sizes and thus carbohydrate content in individual servings is approximate. Those patients requiring more accurate information should be taught to read labels, and use reference books. A list of some reference books is available at http://www.diabetes.ca/Section_Professionals/ng_carbcounting_resources.asp.

Household measures

<u>Imperial</u>	<u>Metric</u>
1 teaspoon (tsp)	5 millilitres (mL)
1 Tablespoon (Tbsp)	15 mL
1/4 cup	60 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
1 ounce (oz)	30 grams (g)

Tr=Trace, an insignificant amount N/a= no information available

FOOD GROUP: GRAINS & STARCHES

Each serving in the Grains and Starch group contains 15 grams of carbohydrate and 3 grams of protein. The Starch group has been renamed Grains & Starches to better reflect the foods within this group. Whenever possible, it is advisable to choose whole grains. In general, foods in the "Choose less often" category are low in fibre and have a high Glycemic Index (a scale which ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food). For more information on the Glycemic Index, please go to http://www.diabetes.ca/Section_Professionals/ng_glycemic.asp.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BREADS					
Bannock, whole grain baked	1.5 x 2.5 in	17	3	3	N/a
Bread, cracked wheat	1 slice (30 g)	13	3	1	48-58
Bread, whole wheat	1 slice (28 g)	11	3	1	52-72
Bread, rye	1 slice (32 g)	14	3	1	69
Bread, pumpernickel	1 slice (32 g)	13	3	1	58
Chapati, roti, prata	1 piece (44 g)	19	3	5	63
English muffin, whole grain	½ (28 g)	11	3	1	N/a
Pita bread, whole wheat	½ (6 inch/15 cm)	16	3	Tr	N/a
Tortilla, wheat flour	½ (10 in/25 cm)	13	1	2	30
CEREALS					
All-Bran®	½ cup (125 mL)	15	4	1	30-50
All-Bran Buds®	½ cup (125 mL)	17	4	1	48-59
Cream of wheat, cooked	¾ cup (175 mL)	20	3	1	67
Cream of wheat, dry	2 Tbsp (30 mL)	16	2	Tr	N/a
Oatbran, cooked	¾ cup (175 mL)	15	5	1	51
Oatbran, dry	1/3 cup (75 mL)	16	5	2	N/a
Oatmeal, cooked	¾ cup (175 mL)	16	5	2	67
Oatmeal, dry	1/3 cup (75 mL)	15	4	2	N/a
Red River, dry	2 Tbsp (30 mL)	15	3	1	N/a

Red River, cooked	½ cup (125 mL)	14	3	1	50
Shredded wheat	1 biscuit	16	2	Tr	84
Wheat germ	1/3 cup (75 mL)	13	11	2	N/a
CRACKERS	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Matzoh, whole wheat	1 cracker (28 g)	19	4	Tr	N/a
Melba toast, multi-fiber	7 pieces	17	4	1	N/a
Ryvita®, dark rye	4 pieces	15	4	1	64
Wasa®, whole grain	2 pieces	15	2	Tr	N/a
GRAINS					
Barley, pearled, cooked	½ cup (125 mL)	20	2	Tr	33
Barley, pearled, dry	2 Tbsp (30 mL)	16	3	Tr	N/a
Buckwheat, cooked	½ cup (125 mL)	15	3	Tr	55
Buckwheat, dry	2 Tbsp (30 mL)	13	2	Tr	N/a
Bulghur, cooked	½ cup (125 mL)	13	3	Tr	48
Bulghur, dry	3 Tbsp (45 mL)	13	3	Tr	N/a
Creamed corn	1/3 cup (75 mL)	14	2	Tr	N/a
Corn, cob	½ ear (73 g)	16	3	Tr	48
Corn, kernel	½ cup (125 mL)	14	2	1	59
Cornmeal, dry	3 Tbsp (45 mL)	16	2	Tr	70
Couscous, cooked	½ cup (125 mL)	17	3	Tr	62-71
Couscous, dry	2 Tbsp (30 mL)	16	3	Tr	61-69
Kamut	2 Tbsp (30 ml)	15	4	5	N/a
Millet, cooked	1/3 cup (75 mL)	13	2	1	71
Millet, raw	2 Tbsp (30 mL)	16	3	1	N/a
Quinoa, dry	2 Tbsp (30 mL)	13	3	1	46
Rice, brown and white, long grain cooked	1/3 cup (75 mL)	13	2	Tr	48-55
Rice, brown and white, long grain dry	2 Tbsp (30 mL)	19	2	Tr	N/a
Sorghum	2 Tbsp (30 ml)	19	8	1.0	N/a
Tapioca, pearl dry	2 Tbsp (30 mL)	17	0	0	82
Triticale grain	3 Tbsp (45 ml)	13	3	Tr	N/a
PASTA					
Pasta, cooked	½ cup (125 mL)	16	3	Tr	32
Pasta, whole wheat,	½ cup (125 mL)	14	1	Tr	N/a

cooked					
SOUPS					
French Canadian Pea soup	¾ cup (175 mL)	16	7	3	61-67
Chunky soups	1 cup (250 mL)	15	7	3	N/a
Lentil Soup	1 cup (250 mL)	15	8	2	45
Minestrone	1½ cup (375 mL)	15	6	4	39-48
Mushroom barley	1½ cup (375 mL)	17	3	3	N/a
Turkey vegetable	1½ cup (375 mL)	13	5	5	N/a
Vegetable	1½ cup (375 mL)	18	3	1	N/a
STARCHY VEGETABLES	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	
Breadfruit, raw	1/3 cup (75 mL)	16	1	Tr	68
Cassava	¼ cup (60 mL)	18	1	Tr	46-56
Plantain, cooked, mashed	1/3 cup (75 mL)	19	1	Tr	40
Potatoes, boiled, baked	½ med (84 g)	15	2	Tr	61-64
Potatoes, mashed	½ cup (125 mL)	17	2	1	74
Sweet potato	1/3 cup (75 mL)	16	1	Tr	60
Taro	1/3 cup (75 mL)	14	Tr	Tr	55
Yam	½ cup (125 mL)	16	1	Tr	51
THICKENERS					
Cornstarch	2 Tbsp (30 mL)	15	0	0	N/a
Flour	3 Tbsp (45 mL)	15	2	Tr	69-71

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BREADS					
Bagel	½ (3 inch diam.), ¼ (4½ inch diam.) 29 g	14	3	Tr	74
Bannock, fried	1.5x 2.5 in.	17	3	8	N/a
Baguette	1 slice (25 g) 2 inches long	12	2	1	95
Bun, Hamburger or hotdog	½	11	3	1	62

Bread crumbs	3 Tbsp (45 mL)	16	3	1	N/a
Bread, white	1 slice (30 g)	13	3	1	72
Bread, Naan	¼ (6 inch)	14	3	3	N/a
Bun, Kaiser	½ (29 g)	14	3	1	74
Croissant	1 small (42 g)	18	3	9	69
Croutons	¾ cup (175 mL)	15	3	2	N/a
Crumpet	1 (47 g)	11	2	1	70
English muffin, white	½	12	2	1	61
Pancake	1 medium (4 inch/10 cm)	14	2	1	67
Pita bread, white	½ (6 inch/15 cm)	16	3	Tr	59
Pizza crust	1/12 th (12 inch) (90 g)	16	1	1	N/a
Plain roll	1 small	13	2	2	N/a
Raisin bread	1 slice	13	2	1	N/a
Scone	1/12 th (75 g)	20	3	6	92
Taco Shell	2 (5 inch diameter) (17 g)	15	2	6	69
Tea biscuit	1/12 th recipe (60 g)	18	3	9	55
Tortilla, white flour	1 (6 in/15 cm)	13	2	2	N/a
Waffle	1 medium (39 g)	14	2	3	78
Wonton Wrapper	3 (3½ in squares)	14	2	Tr	N/a
Eggroll Wrapper	1 (7 in square)	18	3	1	N/a
CEREALS	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Bran Flakes	½ cup (125 mL)	13	2	Tr	74
Cheerios	2/3 cup (150 mL)	13	2	1.0	76
Corn Flakes	½ cup (125 mL)	12	1	Tr	72-92
Granola	¼ cup (60 mL)	15	3	5	N/a

Grape-Nuts®	3 Tbsp (45 mL)	14	2	Tr	69
Mueslix	1/3 cup (75 mL)	18	3	2	61
Rice Krispies	2/3 cup (150 mL)	17	1	Tr	82
Puffed Rice	1 cup (250 mL)	12	1	Tr	81-85
Puffed Wheat	1½ cups (375 mL)	14	3	Tr	69
CRACKERS					
Crackers, soda	7	14	2	3	74
Matzoh, egg	½ (15 g)	11	1	tr	N/a
Melba toast, plain	4 rectangles	14	2	1	70
Triscuit®	5 pieces	16	3	4	N/a
Rusks	2	12	2	1	N/a
SOUPS					
Chicken noodle	2 cups (500 mL)	17	8	5	N/a
Chicken and rice	2 cups (500 mL)	13	7	4	N/a
Tomato (water added)	1 cup (250 mL)	16	2	2	38-52
PASTA					
Chow Mein noodles	2/3 cup (150 mL)	16	2	9	N/a
Egg noodles	½ cup (125 mL)	19	4	1	32
Rice noodles	1/3 cup (75 mL)	14	1	Tr	59
STARCHY VEGETABLES					
French fries	10 strips	14	2	4	76

FOOD GROUP: FRUITS

Fresh, frozen, canned and dried fruit are healthy choices. When choosing *canned* fruit look for *packed in juice or light syrup* rather than heavy syrup. Read labels on canned fruit to help you decide on portion size close to 15 grams carbohydrate. Choose fruit instead of fruit juice because it contains fibre, takes longer to digest and raises blood glucose more slowly.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Avail CHO (g)	Pro (g)	Fat (g)	GI
Apple	1 small (106g) medium (138g)	12 16	Tr	Tr	34
Applesauce, unsw.	½ cup (122g)	12	Tr	Tr	N/a
Apple Butter	2 Tbsp (34g)	14	Tr	Tr	N/a
Apricot	4 (140g)	13	1	Tr	57
Avocado	see Fats	-----	----- -	-----	-----
Banana	1 small (101g) ½ large (70g)	20 15	1	Tr	46
Berries: blackberry, boysenberry cranberry raspberry strawberry gooseberry	2 cups whole	12 17 17 13 16 18	2 av	1 av	N/a
Other berries: elderberry, mulberry, blueberry, currants, partridge berry, cloudberry, bakeapple, Saskatoon berry	1 cup	11 to 17	1 av	Tr	N/a
Breadfruit	¼ cup (55g)	15	1	Tr	N/a
Cherries	15 (102g) ¾ cup pitted (109g) 1 cup with pits (117g)	14 15 16	1	Tr	22

Dates	2 med (20g)	12	1	Tr	60
Durian	¼ cup (60g)	14	1	3	N/a
Feijoa	4 fruit (200g)	13	2	1	N/a
	¾ cup puree (185g)	12			
Figs- fresh 1.5" dia	2 small (80g)	13	1	Tr	N/a
Grapefruit, all colours	1 small (240g)	22	1	Tr	25
	1 cup (230g)	21			
Grapes, slip skin concord	1 cup (92g)	15	1	Tr	N/a
Grapes, red/green	½ cup or 15 (80g)	14 (0.9/grape)	1	Tr	43
Guava	3 fruit (165g)	15	4	2	N/a
Jackfruit	½ cup (83g)	19	1	Tr	N/a
Kiwi	2 medium (150g)	18	2	1	47/58
Kumquat	8 fruit (150g)	14	3	1	N/a
Longan	30 fruit (100g)	14	1	Tr	N/a
Loquat	1 cup (150g)	16	1	Tr	N/a
	7 large (140g)	15			
Lemon, whole	2 medium (215g)	15	3	1	N/a
Lime, whole	3 (200g)	16	1	Tr	
Mango	½ medium (104g)	16	1	Tr	51
	½ cup (83g)	13	Tr	Tr	
Melons:					
cantaloupe	1 cup (160g)	12	1	Tr	65
casaba	1 cup (170g)	10	2	Tr	N/a
honeydew	1 cup (170g)	14	1	Tr	N/a
watermelon	1 cup (152g)	11	1	Tr	80
Nectarine	1 large or 1 cup (138g)	12	1	Tr	N/a
Orange	1 medium (131g)	12	1	Tr	40
	1 cup sections (180g)	16	2	Tr	
Other citrus:					
Clementine	2 medium (148g)	15	2	0	N/a
Tangerine	2 medium (168g)	19	1	1	N/a
Ugli fruit	1.5 medium	15	2	1	N/a
Papaya	1 small or 1 cup cubed	13	1	Tr	60

	(150g)				
Peach	1 large or 1 cup (170g)	13,	2	Tr	28
Pear	1 medium or 1 cup (165g)	20	1	Tr	41
Pear, Asian	2 small (244g)	17	1	1	N/a
Prickly Pears	2 fruit or 1.5 cup (225g)	13	2	1	N/a
Persimmon (Kaki; Sharon fruit)	1 medium	15	0	0	N/a
Pineapple-fresh	2 slices, ¾ cup (120g)	13	1	1	66
Plantain	see Grains & Starches	-----	-----	-----	-----
Plum	2 medium (132g)	13	1	Tr	24
Pummelo (shaddock)	1 cup (190g)	16	2	Tr	N/a
Quince	1 or 100 g	13	Tr	Tr	N/a
Soursop	½ cup (112g)	15	1	Tr	N/a
Star fruit (Carambola)	3 medium or 3 cups sliced (324g)	13	3	1	N/a
Rambutan, canned	9 fruit (80g) or ½ cup drained (75g)	16	1	Tr	N/a
Rhubarb - fresh	see Extras	-----	-----	-----	N/a
Ugli fruit	1½ medium	15	2	1	N/a

CANNED FRUIT (light syrup unless noted):					
Apricots	½ cup (125g)	13	1	Tr	65
Cherries	½ cup (125g)	20			N/a
Fruit cocktail	½ cup (125g)	16			56
Mangosteen, syrup pack	½ cup, drained (98g)	16	Tr	Tr	N/a
Mandarin oranges, juice pack light syrup	¾ cup (190g)	17 20	1 1	Tr Tr	N/a N/a
Peaches	½ cup (125g)	17	1	Tr	53
Pears	½ cup (125g)	17	Tr	Tr	45
Pineapple, juice pack rings	½ cup (125g) 2 slices	19 14	Tr Tr	Tr Tr	N/a N/a

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	Protein (g)	Fat (g)	GI
JUICE, unsweetened					
Apple	½ cup (125g)	14	Tr	Tr	42
Citrus blend	½ cup (125g)	13	1	Tr	N/a
Cranberry	½ cup (125g)	15	Tr	Tr	52
Grape	1/3 cup (83g)	13	Tr	Tr	52
Grapefruit	½ cup (125g)	11	1	Tr	48
Lemon	¾ cup (183g)	16	1	Tr	N/a
Lime	¾ cup (185g)	15	1	Tr	N/a
Orange	½ cup (125g)	13	1	Tr	46
Papaya nectar	½ cup (125g)	17	Tr	Tr	N/a
Pineapple	½ cup (125g)	16	Tr	Tr	46
Prune	1/3 cup (83g)	14	1	Tr	N/a
Tomato	1 cup (240 g)	9	2	Tr	N/a
Tomato and Clam juice	1/2 cup (120 g)	13	1	Tr	N/a
Vegetable cocktail	1 cup (240 g)	9	2	Tr	N/a
DRIED FRUIT					
Apple	4 rings (26g)	15	Tr	Tr	29
Apricot	8 halves (28g)	16	1	Tr	32
Banana chips	1oz / 28g	14	1	10	N/a
Cranberries, sweetened	3 tbsp (23g)	17	Tr	Tr	N/a
Dates	20g	11	Tr	Tr	103

Figs, dried and tenderized	30g	16	1	Tr	61
Raisins	2 tbsp (18g)	14	1	Tr	64
OTHER					
Coconut: raw	3 cup	16	8	85	N/a
sweetened	½ cup	17 to 21	1	15	N/a
unsweetened	2 cups	14	13	124	N/a

FOOD GROUP: MILK & ALTERNATIVES

The Milk & Alternatives group contains milk and yogurt choices with primarily heart health varieties. For the purpose of maintaining a 15 g carbohydrate content, most portion sizes are 1 cup.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEI N (g)	FAT (g)	GI
Milk, buttermilk, cultured, low fat	1 cup (250 mL)	12	8	2	N/a
Milk, canned, evaporated	½ cup (125 mL)	13	9	10	N/a
Milk, canned, evaporated, fat free	½ cup (125 mL)	13	8	Tr	N/a
Milk, whole, 3.25%	1 cup (250 mL)	11	8	8	34
Milk, 2%	1 cup (250 mL)	12	8	5	N/a
Milk, 1%	1 cup (250 mL)	12	8	2	N/a
Milk, goat	1 cup (250 mL)	11	9	10	N/a
Milk, skim	1 cup (250 mL)	12	8	Tr	32
Milk, sheep	1 cup (250 mL)	13	15	17	N/a
Milk, lactose reduced, 2%	1 cup (250 mL)	15	8	5	N/a
Milk, powdered, skim	4 Tbsp (30 mL)	15	8	Tr	N/a
Soy milk, fluid	1 cup (250 mL)	15	9	5	44
Soy milk, fluid Chocolate/Strawberry	½ cup (125 mL)	14	9	3	N/a
Soy milk, Fibre fortified	1 cup (250 mL)	13	7	4	N/a
Soy yogurt, vanilla	1/3 cup (75 mL)	15	5	2	N/a
Yogurt, flavored, low fat, artificially sweetened	1 cup (250 mL)	15	8	Tr	14
Yogurt, plain, low fat	¾ cup (175 mL)	15	4	2	36
Yogurt, plain, whole milk	¾ cup (75 mL)	13	10	4	N/a
Yogurt, drinkable	200 mL	15	5	3	38
Yogurt Mousse, regular	¼ cup (60 mL)	15	3	5	N/a
Yogurt Mousse, low fat	1/3 cup (75 mL)	10	6	Tr	N/a
Yogurt Smoothie, regular	118 mL	17	6	1	N/a
Yogurt Smoothie, low fat	236 mL	16	11	0	N/a

FOOD GROUP: OTHER CHOICES

This food group covers a wide variety of snacks and sweet foods. Most of these foods should be used occasionally and in moderation.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Milk Pudding, skim, no sugar added	½ cup (125 mL)	11.9	4.2	0.2	40
Popcorn, air popped/low fat	3 cups (750 mL)	17.9	2.3	1	55

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BAKED GOODS					
Brownie, unfrosted	2 in/5 cm square	12	2	7	41
Cake, unfrosted (Angel food)	2 in/5 cm square	17	2	3	68
Cookies, arrowroots	4	14	2	3	64
Cookies, chocolate chip	2	18	1	7	N/a
Cookies, cream type filling	2	14	1	4	N/a
Cookies, gingersnaps	3	16	1	2	N/a
Cookies, oatmeal	1	12	1	3	57
Plain muffin	1 small (45 g)	19	3	5	64
BEVERAGES					
Cream soda drink	½ cup (125 mL)	16	0	0	N/a
Cola soft drink	1/3 cup (75 mL)	14	Tr	Tr	N/a
Orange soft drink	½ cup (125 mL)	15	0	0	N/a
Tonic water	¾ cup (175 mL)	16	0	0	N/a
CANDIES					
Candies, hard	5 small	15	0	0	N/a

Candies, Life Savers®	6	15	0	0	70
Candies, licorice	2 pieces	15	1	Tr	N/a
Candies, jellybeans	5 large	13	0	0	80
FROZEN DESSERTS					
Frozen yogurt, non fat	1 cup (250 mL)	18	4	1	N/a
Ice Cream	½ cup (125 mL)	17	3	8	40
Ice Cream bar	1 bar (50 g)	12	2	12	N/a
Popsicle	1 bar (55 g)	16	1	0	N/a
Sherbet, orange	1/3 cup (75 mL)	17	1	1	N/a
SUGARS AND SAUCES	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Cranberry sauce, sweetened	2 Tbsp (30 mL)	13	0	0	N/a
Jam, jelly, marmalade	1 Tbsp (15 mL)	13	0	0	N/a
Sugar, syrup, honey, molasses, chocolate syrup	1 Tbsp (15 mL)	14	0	0	N/a
MISCELLANEOUS					
Chocolate bar	1/2 bar (42 g), 1.5 oz	13	3	8	65
Fruit leather	1 small (14 g)	12	Tr	Tr	N/a
Fruit roll, chewy	1 roll (21 g)	18	Tr	2	N/a
Granola bar, oatmeal type	1 bar (28 g)	18	3	6	61
Jell-O, regular	½ cup (125 mL)	18	2	0	N/a
Potato chips, baked	10 chips	17	2	1	51
Pretzels, low fat	7 large/30 sticks	17	2	1	83
Tortilla chips, baked	6 chips	15	2	1	63

FOOD GROUP: VEGETABLES

Most vegetables are low in carbohydrate and are a good source of vitamins, minerals and fibre. Only those marked with an asterisk (*) contain enough carbohydrate to be counted as a serving (15 g of carbohydrate) when the portion size eaten is more than ½ cup (125 mL).

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Artichoke	1 cup (250 mL)	10	6	Tr	N/a
*Artichoke, Jerusalem	1 cup (250 mL)	24	3	Tr	N/a
Asparagus	4 spears	1	1	Tr	N/a
Beans, yellow or green	1 cup (250 mL)	6	6	Tr	N/a
Beets	1 cup (250 mL)	11	2	Tr	64
Bean sprouts	1 cup (250 mL)	4	3	Tr	N/a
Broccoli	1 cup (250 mL)	6	4	Tr	N/a
Brussel sprouts	1 cup (250 mL)	7	4	Tr	N/a
Cabbage	1 cup (250 mL)	4	2	Tr	N/a
Chinese cabbage	1 cup (250 mL)	1	3	Tr	N/a
Carrots	1 cup (250 mL)	8	1	Tr	47
Cauliflower	1 cup (250 mL)	2	2	Tr	N/a
Celery	1 cup (250 mL)	2	1	Tr	N/a
Collards, Kale, Kohlrabi	1 cup (250 mL)	6	3	Tr	N/a
Cucumber	1 cup (250 mL)	3	1	Tr	N/a
Dandelion greens	1 cup (250 mL)	4	1	Tr	N/a
Eggplant	1 cup (250 mL)	6	1	Tr	N/a
Endive	1 cup (250 mL)	Tr	1	Tr	N/a
Hearts of palm	1 piece	1	1	Tr	N/a
Leeks	1 cup (250 mL)	7	1	Tr	N/a
Lettuce	1 cup (250 mL)	1	1	Tr	N/a
Mixed vegetable, canned/frozen peas and carrots	1 cup (250 mL)	11	5	Tr	48
Mushrooms	1 cup (250 mL)	5	3	Tr	N/a
* Shitake, raw	1 cup (250 mL)	18	2	Tr	N/a
Shitake, dried	1 mushroom	2	Tr	Tr	N/a
Okra	1 cup (250 mL)	3	3	Tr	N/a
Onions	1 cup (250 mL)	8	1	Tr	N/a
* Parsnips	1 cup (250 mL)	21	2	Tr	97
* Peas	1 cup (250 mL)	14	8	Tr	48

Peppers	1 cup (250 mL)	5	1	Tr	N/a
Radish	1 radish	Tr	Tr	Tr	N/a
Sauerkraut, canned	1 cup (250 mL)	4	2	Tr	N/a
Rutabaga	1 cup (250 mL)	12	2	Tr	N/a
Spinach	1 cup (250 mL)	2	5	Tr	N/a
Squash					
*Acorn, cooked, mashed	1 cup (250 mL)	19	2	Tr	N/a
*Butternut, baked	1 cup (250 mL)	19	2	Tr	N/a
Hubbard, cooked, mashed	1 cup (250 mL)	12	4	1	N/a
Pumpkin, boiled, mashed	1 cup (250 mL)	11	2	Tr	N/a
Spaghetti, baked/boiled	1 cup (250 mL)	9	1	Tr	N/a
Tomatoes, fresh	1 cup (250 mL)	6	2	Tr	N/a
Tomatoes, canned, regular	1 cup (250 mL)	7	2	Tr	N/a
*Tomatoes, canned, stewed	1 cup (250 mL)	13	2	Tr	N/a
Turnip	1 cup (250 mL)	5	1	Tr	N/a
*Water chestnuts	1 cup (250 mL)	14	1	Tr	N/a
Zucchini	1 cup (250 mL)	8	2	Tr	N/a

MEAT & ALTERNATIVES

Choose lean meats, poultry without the skin, lower fat cheese and fish more often. This helps to reduce the total amount of fat you eat. "Choose more often" foods are low in saturated fat and may contain healthier sources of fat such as monounsaturated and polyunsaturated fats. Legumes (bean and lentils) are low in fat and high in fibre, but are also a source of carbohydrate.

CHOOSE MORE OFTEN

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Cheese						
Skim milk Cheese < 7% MF	2.5cm x2.5cm	30g	0	7	0-3	0
Light Cheese <20% MF (cheddar, colby, mozzarella, swiss etc.)	x5cm 1in x1in x2in	30g	0	7	0-5	0
Cottage Cheese 1-2% MF	¼ cup (60 mL)	55g	0	7	1	0
Light Feta Cheese < 20% MF	1/3 cup (75 mL)	50g	0	7	0-5	0
Parmesan, grated	2Tbsp (30 mL)	20g	0	7	5	0
Light Ricotta Cheese <20%MF	1/4 cup (60 mL)	60g	0	7	0-5	0
Eggs						
Whole egg (regular or omega-3)	1 med-large	50g	0	6	5	0
Egg substitute, liquid	45ml 1.5 fl oz	50g	0	6	2	0
Fish						
Canned, water/oil pack, drained Tuna, salmon, shellfish	1/4 cup (60 mL) 1/3 6.5oz tin	30g	0	7	1-5	0
Cod tongues, cheeks	1/3 cup (75 mL)	50g	0	7	0-3	0
Fillet or steak, fresh or frozen: Bass, boston blue, catfish, cod, flounder, grouper, haddock, halibut, mackerel, monk, mullet, orange roughy, perch, pickerel, pike, pollock, salmon, shad, shark, snapper, sole, swordfish, tilapia, trout, tuna, whitefish	Variable fillet size 1/8-1/4	30g	0	7	0-2	0
Eel	1 slice	30g	0	7	4	0

Pickled herring	3 pieces	50g	0	7	9	0
Sardines, smelts	1-2 fish 1/3 cup (75 mL)	40g	0	7	4	0
Squid, octopus	1/4 cup (60 mL)	40g	0	7	3	0
Legumes						
Chickpeas, kidney beans, lentils, navy beans, split peas – re-constituted	½ cup (125 mL)	100g	10-15	7	0-2	22-46
-dry	2 Tbsp (30 mL)	30g	10-15	7	0-2	22-46
Baked beans	½ cup (125 mL)	125g	18	7	2	57
Black beans	½ cup (125 mL)	100g	10-15	7	0-2	66
Hummus	1/3 cup (75 mL)	90g	7.5	7	9	N/a
Meat and Poultry						
Beef, chicken, emu, frog legs, game, goat, goose, ham, lamb, pheasant, pork, turkey, veal (sliced, steak-lean, boneless-chop), quail	1 slice	30g	0	7	1-5	0
Back, peameal bacon	*1-2 slices	30g	0	7	2	0
Minced or ground, lean or extra lean	2 Tbsp (30 mL)	30g	0	7	3-5	0
Prepared meats, low fat – processed luncheon meats or fresh deli meats – beef, chicken, ham, turkey, pastrami	1-3 slices	30g	0	7	1-5	0
Organ Meats						
Heart, liver, kidney – beef, veal, lamb, chicken, turkey	1 slice	30g	0	7	1-3	0
Tongue - veal	1 slice	30g	0	7	3	0
Tripe - beef	3-5 pieces	60g	0	7	2	0
Peanut butter	2 Tbsp (30 mL)	30g	4-5	7	15	N/a
Shellfish						
Clams, mussels, oysters, scallops, snails	3 medium	30g	0	7	1	0
Crab, lobster	1/4 cup (60 mL)	30g	0	7	0-1	0
Shrimp - Fresh-frozen	4-6 large or 8-10 med	30g	0	7	0-1	0

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Soybean						
*Bean curd or tofu (firm/regular)	1¾ x ¾ in (4.4 x1.9 cm)	85g	2	7	1-4	N/a
*Bean curd or tofu (extra firm)	1½ x 1¼ in (3.8 x3.1 cm)	50g	1-2	7	4-5	N/a
*Bean curd or tofu (soft)	2.0 x 1¾in (5 x 4.4 cm)	100g	1-3	4-7	2-4	N/a
Miso	1/4 cup (60 mL)	60g	4	7	4	N/a
Tempeh	1/4 cup (60 mL)	40g	15	7	4	N/a
Vegetarian Meat Alternatives						
Vegetarian patties, wieners,	1 slice	30g	0-3	11	0-2	N/a

CHOOSE LESS OFTEN:

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Blood pudding	1 slice	50g	0	7	17	0
Regular Cheese > 21% MF Brie, Blue, Camembert, Cheddar, Colby, Goat, Gouda, Mozzarella, Swiss	2.5cm x2.5cm x5cm 1in x1in x2in	30g	0	7	5-10	0
Feta > 21% MF	1/3 cup (75 mL)	50g	0	7	5-10	0
Ricotta > 21% MF	1/4 cup (60 mL)	60g	0	7	5-10	0
Chicken Wings	2	45g	0	7	10-12	0
Chicken Strips	2	45g	5-7	7	10-12	N/a
Corned Beef	1 slice	40g	0	7	7-8	0
Ground beef, med-reg	2 Tbsp (30 mL)	30g	0	7	5-6	0
Meat spreads – liverwurst, beef, chicken	1/4 cup (60 mL)	55g	0	7	10-14	0
Pate, liver - goose	½ cup (125 mL)	55g	0	7	12-24	0
Prepared meat, regular fat Bologna, salami, pepperoni, wieners etc.	2 slices 1 wiener	55g	0	7	10-15	0
Sausage	1-2 links	40g	0	7	9-16	0
Spareribs – beef, pork	1 rib	30g	0	7	9	0
Sweetbread	1 slice	60g	0	7	6-7	0
Tongue- beef, lamb	1 slice	30g	0	7	8	0

FOOD GROUP: FATS

Choose heart healthy monounsaturated and polyunsaturated fats such as canola oil, olive oil, and small portions of nuts. Read labels to select foods with less saturated and trans fat. Note all fats are to be used in moderation because they are high in calories.

Please note: The Glycemic Index (GI) is a concept that applies only to foods which contain at least a minimum amount of carbohydrate. For the foods in this list, the GI cannot be measured.

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Avocado	1/6	1	1	5
Bacon	1 slice	Tr	3	3
Butter	1 tsp (5 mL)	0	0	4
Butter, Almond	2 tsp (10 mL)	2	2	6
Butter, Pea	2 tsp (10 mL)	3	1	5
Cheese, spreadable	1 Tbsp (15 mL)	4	1	6
Cheese, spreadable, light	2 Tbsp (30 mL)	4	4	4
Cream, half & half	1½ oz (45 mL)	1	1	4
Coconut, desiccated, sweetened, flaked	3 Tbsp (45 mL)	6	1	5
Coconut milk, canned	2 Tbsp (30 mL)	1	1	6
Gravy	2 Tbsp (30 mL)	N/a	N/a	5
Lard	1 tsp (5 mL)	0	0	4
Margarine, non hydrogenated, light	2 tsp (10 mL)	Tr	Tr	4
Margarine, non hydrogenated, regular	1 tsp (5 mL)	Tr	Tr	4
Mayonnaise, light	1 Tbsp (15 mL)	1	Tr	5
Mayonnaise, regular	1 tsp (5 mL)	2	Tr	5
NUTS & SEEDS				
Almonds, dry roasted	7 or 1/3 oz (10 g)	2	2	5
Pecans, dry roasted	¼ oz (7 g)	1	1	5
Walnuts, black	1/3 oz (10 g)	1	Tr	6
Peanuts, dry roasted	1/3 oz (10 g)	2	2	5
Soy nuts with canola oil	13	2	5	4
Pine nuts, dried	40 / ¼ oz (7 g)	1	1	5
Cashews, dry	¼ oz (7 g)	1	1	5

roasted				
Brazil nuts, dried unblanched	1 Tbsp (15 mL)	1	1	6
Hazelnuts	7 or 1/3 oz (10 g)	1	Tr	6
Macadamia nuts	3	0	0	5
Pistachios, dry roasted	1/3 oz (10 g)	3	2	5
Pumpkin / Squash seeds, roasted	½ oz (15 g)	2	5	6
Sunflower seeds, dry roasted	1/3 oz (10 g)	2	2	5
Sesame seeds, whole dry roasted	1/3 oz (10 g)	2	2	5
Oils	1 tsp (5 mL)	0	0	5
Olives, black	8 large	0	0	5
Olives, green stuffed	10	1	Tr	5
Salad Dressing, low fat	2 Tbsp (30 mL)	3	Tr	5
Salad Dressing, regular	1 tsp (5 mL)	1	Tr	5
Shortening	1 tsp (5 mL)	0	0	4
Sour Cream, regular	2 Tbsp (30 mL)	1	1	5
Sour Cream, reduced fat	2 Tbsp (30 mL)	1	1	4
Tahini	½ Tbsp (8 mL)	1	1	4
Whipped cream	½ oz / 1Tbsp (15 mL)	Tr	Tr	6

FOOD GROUP: EXTRAS

Extras are foods that are low in calories and carbohydrates. They do not need to be measured unless a portion size is listed. Use of these portions or reasonable amounts of foods without a portion size will provide a maximum of 20 calories and 5 grams of carbohydrate.

Please note: The Glycemic Index (GI) is a concept that applies only to foods which contain at least a minimum amount of carbohydrate. For the foods in this list, the GI cannot be measured.

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Anchovies	2 fillets	0	1	Tr
Baking powder, Baking soda				
Barbeque sauce	1 Tbsp (15 mL)	2	Tr	Tr
Bouillon, Broth, Consommé				
Bran, natural	2 Tbsp (30 mL)	2	1	Tr
Carob flavoured sweetened beverage mix	1 tsp (5 mL)	4	Tr	Tr
Club Soda				
Cocoa powder	1 Tbsp (15 mL)	3	1	1
Coffee, black				
Cranberry sauce, sweetened	1 Tbsp (15 mL)	5	Tr	Tr
Crystal drink, sugar free				
Dulse				
Flavourings and extracts				
Fruit spread, no sugar added	2 tsp (10 mL)	4	0	0
Garlic				
Gelatin				
Ginger root				
Gum, sugar free				
Herbal tea				
Herbs				
Horseradish, prepared	1 Tbsp (15 mL)	2	Tr	Tr
Jelly powder, sugar free, prepared	½ cup (125 mL)	Tr	1	0
Ketchup	1 Tbsp (15 mL)	4	Tr	Tr
Lemon juice, Lemon wedge				
Lime juice, Lime wedge				
Mineral water				
Mustard				
Nonstick cooking spray				
Parsley				

Pickles, dill	2 small	3	Tr	1
Pimento, Hot peppers				
Relish, sweet	1 Tbsp (15 mL)	5	Tr	Tr
Rhubarb				
Salad dressing, fat free vinaigrette style	2 Tbsp	2	0	0
Salsa	¼ cup (60 mL)	3	1	Tr
Salt, Pepper, Spices				
Sauce, chilli				
Sauce, fish				
Sauce, hoisin	2 tsp (10 mL)	5	Tr	Tr
Sauce, HP™	2 Tbsp (30 mL)	5	Tr	Tr
Sauce, oyster	1 tsp (5 mL)	1	Tr	Tr
Sauce, Tabasco™				
Soft drink, sugar free				
Sour cream, fat free	1 Tbsp (15 mL)	2	1	Tr
Soy sauce				
Sugar substitute				
Tea, clear				
Vinegar				
Water				
Whipped topping, low fat (frozen)	2 Tbsp (30 mL)	2	Tr	Tr
Whipped topping, regular	1 Tbsp (15 mL)	1	Tr	1
Worcestershire sauce				