

Daily Meal Planning

Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals.

Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.	
Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
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Léo Pomar

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