

NET CARBOHYDRATE COUNTING GUIDE FOR A PLANT-BASED DIET

What is carbohydrate?

There are 3 main kinds of carbohydrate in the food you eat-- sugar, starch and fiber. The primary molecule of which all 3 kinds of carbohydrate are composed is glucose, a form of sugar. Glucose is also the sugar that is always present in your bloodstream, therefore, another name for glucose is blood sugar. Glucose is critical for life; it is the primary source of fuel for the cells of the body and the brain. Just like a car needs gasoline to run, so, we need a certain amount of glucose in our bloodstream at all times for life.

What is 'net' carbohydrate?

Think of the total amount of carbohydrate in your diet as your gross carbohydrate—like your paycheck before taxes are deducted. Net carbohydrate refers to the glucose that is derived from sugar and starch during the process of digestion. It is referred to as 'net' carbohydrate because the glucose from sugar and starch can be absorbed from the digestive tract into the bloodstream, and, thus, can raise the levels of sugar in your blood after eating. Fiber is also carbohydrate, but the glucose in fiber is 'not available,' that is, it cannot be digested and absorbed, and, therefore, does not raise blood sugar levels after meals. When you determine the grams (g) of carbohydrate you eat at a meal (or the number of carb choices), it is the net carbohydrate that you need to consider.

We determine the amount of net carbohydrate in food by subtracting the grams (g) of fiber from the total grams (g) of carbohydrate.

$$\begin{array}{r} \text{Total Carb (g)} \\ - \text{Fiber (g)} \\ \hline \text{Net Carbohydrate (g)} \end{array}$$

Remember...15 g of net carb = 1 carb choice

IMPORTANT NOTE: <5 g of net carbohydrate in a serving of food is considered free. But remember, that may not be true if you eat several servings.



Abbreviations

~ = approximately
c = cup
frzn = frozen

g = gram
lb = pound
lg = large

med = medium
oz = ounce
sm = small

T = tablespoon
w/ = with
w/o = without

FRUIT

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carbs (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Apple	1 c slices, canned, boiled, w/o skin	91	23.3	4.1	19.2	1	$\frac{3}{4}$ c
	1 ring, dried, sulfured	16	4.2	0.6	3.6	Free	~ 4 rings
	1 c slices, micro cooked w/o skin	95	24.5	4.8	19.7	1 $\frac{1}{3}$	$\frac{3}{4}$ c
	1 med (2 $\frac{3}{4}$ " diameter), raw w/skin	81	21	3.7	17.3	1	~ 1 med
	1 med (2 $\frac{3}{4}$ " diameter), raw w/o skin	73	19	2.4	16.6	1	~ 1 med
Applesauce, unsweetened	1 c, canned	105	27.5	2.9	24.6	1 $\frac{2}{3}$	$\frac{2}{3}$ c
Apricots	1 c halves, canned, juice packed	117	30.1	3.9	26.2	1 $\frac{2}{3}$	$\frac{2}{3}$ c
	1 c halves, canned, light syrup	159	41.7	4	37.7	2 $\frac{1}{2}$	~ $\frac{1}{3}$ c
	1 c whole, canned, water packed	50	12.4	2.5	9.9	$\frac{2}{3}$	1 $\frac{1}{2}$ c
	1 c halves, dried, sulfured	313	81.4	9.5	71.9	4 $\frac{2}{3}$	~ $\frac{1}{4}$ c
	1 c halves, raw (4.4 apricots)	74	17.2	3.7	13.5	1	~ 1 c
Avocado, Calif	1 med, raw	306	12	8.5	3.5	Free	4 $\frac{1}{4}$ med
Avocado, Florida	1 med, raw	340	27.1	16.1	11	$\frac{2}{3}$	1 $\frac{1}{3}$ med
Banana	1 oz chips	147	16.6	2.2	14.4	1	1 oz
	1 med (7-7 $\frac{7}{8}$ " long), raw	109	27.6	2.8	24.8	1 $\frac{2}{3}$	$\frac{2}{3}$ med
	1 sm (6- 6 $\frac{7}{8}$ "	90	23.1	2.6	20.5	1 $\frac{1}{3}$	$\frac{3}{4}$ sm



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	long), raw						
Blackberries	1 c, raw	75	18.4	7.6	10.8	$\frac{2}{3}$	1 $\frac{1}{3}$ c
	1 c, frzn, unsweetened	97	23.7	7.6	16.1	1	~ 1 c
Blueberries	1 c, raw	81	20.5	3.9	16.6	1	~ 1 c
	1 c, frzn, unsweetened	79	18.9	4.2	14.7	1	1 c
Boysenberries	1 c, frzn, unsweetened	66	16.1	5.1	11	$\frac{2}{3}$	1 $\frac{1}{3}$ c
Cantaloupe	1 c pieces, raw	62	14.8	1.4	13.4	1	~ 1 c
Carambola (star fruit)	1 med (3 $\frac{5}{8}$ " diameter), raw	30	7.1	2.5	4.6	$\frac{1}{3}$	3 $\frac{1}{4}$ med
Casaba melon	1 c pieces, raw	44	10.5	1.4	9.1	$\frac{2}{3}$	1 $\frac{2}{3}$ c
Cherimoya	1 c, diced, raw	115	27.6	3.6	24	1 $\frac{2}{3}$	$\frac{2}{3}$ c
Cherries	1 c, canned, light syrup	189	48.6	2	46.6	3	$\frac{1}{3}$ c
	1 c, canned, water packed	88	21.8	2.7	19.1	1	$\frac{3}{4}$ c
	1 c, raw	52	12.5	1.6	10.9	$\frac{2}{3}$	1 $\frac{1}{3}$ c
	1 c, frzn, unsweetened	71	17.1	2.5	14.6	1	1 c
Cranberries	1 c whole, raw	47	12	4	8	$\frac{1}{2}$	~ 2 c
Currants, red and white	1 c, raw	63	15.5	4.8	10.7	$\frac{2}{3}$	1 $\frac{1}{3}$ c
Currants, zante	1 c, dried	408	106.7	9.8	96.9	6 $\frac{1}{2}$	$\frac{1}{8}$ c
Dates	1 date, dried	23	6.1	0.6	5.5	$\frac{1}{3}$	2 $\frac{3}{4}$ dates
Durian	1 c, chopped, raw/frzn	357	65.8	9.2	56.6	3 $\frac{2}{3}$	$\frac{1}{4}$ c
Elderberries	1 c, raw	106	26.7	10.2	16.5	1	~ 1 c
Figs	1 fig, dried	48	12.4	2.3	10.1	$\frac{2}{3}$	1 $\frac{1}{2}$ figs
	1 med (2 $\frac{1}{4}$ " diameter), raw	37	9.6	1.7	7.9	$\frac{1}{2}$	~ 2 med
Fruit cocktail	1 c, canned, juice packed	109	28.1	2.4	25.7	1 $\frac{2}{3}$	~ $\frac{1}{2}$ c
	1 c, canned, water packed	76	20.2	2.4	17.8	1	~ $\frac{3}{4}$ c
Gooseberries	1 c, canned, light syrup	184	47.3	6	41.3	2 $\frac{2}{3}$	$\frac{1}{3}$ c
	1 c, raw	66	15.3	6.5	8.8	$\frac{1}{2}$	1 $\frac{3}{4}$ c
Grapefruit	1 c, canned, juice packed	92	22.9	1	21.9	1 $\frac{1}{2}$	$\frac{2}{3}$ c
	1 c, canned,	152	39.2	1	38.2	2 $\frac{1}{2}$	$\frac{1}{3}$ c



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	light syrup						
	½ med (3 ¾" diameter), pink and red, raw	37	9.4	0	9.4	⅓	¾ med
	½ med (3 ¾" diameter), white, raw	39	9.9	1.3	8.6	½	1 med
Grapes, American (slip skin)	1 c, raw	62	15.8	0.9	14.9	1	1 c
Grapes, European (red/green), seedless	1 c, raw	114	28.4	1.6	26.8	1 ⅓	½ c
Guava	1 med, raw	46	10.7	4.9	5.8	⅓	2 ½ med
Guava, strawberry	1 c, raw	168	42.4	13.2	29.2	2	½ c
Honeydew melon	1 c pieces, raw	62	16.2	1.1	15.1	1	1 c
Jackfruit	1 c slices, raw	155	39.6	2.6	37	2 ½	~ ½ c
Kiwi fruit	1 med raw	46	11.3	2.6	8.7	½	1 ¾ med
Kumquats	1 med, raw	12	3.1	1.3	1.8	Free	8 ⅓ med
Lemon peel	1 T	3	1	0.6	0.4	Free	37 ½ T
Lemon	1 med (2 ⅛" diameter), raw	17	5.4	1.6	3.8	Free	4 med
Lichis/litchees	1 fruit, dried	7	1.8	0.1	1.7	Free	8 ¾ fruit
	1 med, raw	6	1.6	0.1	1.5	Free	10 med
Lime	1 med (2" diameter), raw	20	7.1	1.9	5.2	⅓	~ 2 ¾ med
Loganberries	1 c, frzn	81	19.1	7.2	11.9	⅓	1 ¼ c
Longans	1 med, raw	2	0.5	0	0.5	Free	30 med
Loquats	1 med, raw	8	1.9	0.3	1.6	Free	9 ⅓ med
Mammy apple (mamey)	1 med, raw	431	105.8	25.4	80.4	5 ⅓	~ ¼ med
Mandarin oranges	1 c, canned, juice packed	92	23.8	1.7	22.1	1 ½	⅓ c
	½ c, canned, juice packed, Dole	52	12.4	0.7	11.7	⅓	⅓ c
	1 c, canned, light syrup	154	40.8	1.8	39	2 ⅓	⅓ c
Mango	1 med raw	135	35.2	3.7	31.5	2	½ med
Melon balls (cantaloupe)	1 c, frzn	57	13.7	1.2	12.5	1	~ 1 c



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and honeydew)							
Mulberries	1 c, raw	60	13.7	2.4	11.3	$\frac{2}{3}$	1 $\frac{1}{3}$ c
Nectarine	1 med (2 $\frac{1}{2}$ " diameter), raw	67	16	2.2	13.8	1	1 med
Orange	1 med (2 $\frac{5}{8}$ " diameter), all varieties, raw	62	15.4	3.1	12.3	$\frac{2}{3}$	1 $\frac{1}{4}$ med
	1 med (2 $\frac{7}{8}$ " diameter), CA navel, raw	64	16.3	3.4	12.9	1	~ 1 med
	1 med (2 $\frac{5}{8}$ " diameter), CA Valencia, raw	59	14.4	3	11.4	$\frac{2}{3}$	1 $\frac{1}{3}$ med
	1 med (2 $\frac{5}{8}$ " diameter), FL, raw	65	16.3	3.4	12.9	1	~ 1 med
Orange peel	1 T	6	1.5	0.6	0.9	Free	16 $\frac{2}{3}$ T
Papaya	1 med (5 $\frac{1}{8}$ " long x 3" diameter), raw	119	29.8	5.5	24.3	1 $\frac{2}{3}$	$\frac{2}{3}$ med
Passion fruit (grandilla), purple	1 med, raw	17	4.2	1.9	2.3	Free	6 $\frac{1}{2}$ med
Peach	1 c, canned, juice packed	110	28.9	3.3	25.6	1 $\frac{2}{3}$	~ $\frac{1}{2}$ c
	1 c, canned, light syrup	136	36.5	3.3	33.2	2	$\frac{1}{2}$ c
	1 c, canned, water packed	59	14.9	3.2	11.7	$\frac{2}{3}$	1 $\frac{1}{4}$ c
	1 c halves, dried, sulfured	382	98.1	13.1	85	5 $\frac{2}{3}$	~ $\frac{1}{4}$ c
	1 med (2 $\frac{1}{2}$ " diameter), raw	42	10.9	2	8.9	$\frac{1}{2}$	1 $\frac{2}{3}$ med
	1 c, sliced, light syrup, Dole Fruit Bowl	120	29	2	27	1 $\frac{2}{3}$	$\frac{1}{2}$ c
Pear, Asian	1 pear (2 $\frac{1}{2}$ " long, 2 $\frac{1}{2}$ " diameter), raw	51	13	4.4	8.6	$\frac{1}{2}$	1 $\frac{3}{4}$ pear
Pear	1 c, canned, juice packed	124	32.1	4	28.1	2	$\frac{1}{2}$ c
	1 c, canned, light syrup	143	38.1	4	34.1	2	~ $\frac{1}{2}$ c



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	1 c, canned, water packed	71	19.1	3.9	15.2	1	1 c
	10 halves, dried, sulfured	459	122	13.1	108.9	7	1 ½ half
	1 med, raw	98	25.1	4	21.1	1 ⅓	¾ med
Persimmon, Japanese	1 med, dried	93	25	4.9	20.1	1 ⅓	¾ med
	1 med (2 ½" diameter), raw	118	31.2	6	25.2	1 ⅔	~ ⅔ med
Pineapple	1 c, canned, juice packed	149	39.1	2	37.1	2 ½	~ ⅓ c
	1 c pieces, raw	76	19.2	1.9	17.3	1	~ 1 c
Plum	1 plum w/liquid, canned, juice packed	27	7	0.5	6.5	½	2 ⅓ plums
	1 med (2 ⅛" diameter), raw	36	8.6	1	7.6	½	2 med
Pomegranate	1 med (3 ⅜" diameter), raw	105	26.4	0.9	25.5	1 ⅔	½ med
Prickly pear	1 med, raw	42	9.9	3.7	6.2	⅓	~ 2 ⅓ med
Prune	1 prune, dried	20	5.3	0.6	4.7	⅓	~ 3 prunes
	1 c pitted, dried, stewed	265	69.6	16.4	53.2	3 ½	¼ c
	1 oz puree	72	18.2	0.9	17.3	1	0.9 oz
Pummelo	1 c pieces, raw	72	18.3	1.9	16.4	1	~ 1 c
Quince	1 med, raw	52	14.1	1.7	12.4	⅔	~ 1 med
Raisins	¼ c, CA seedless, Dole	130	31	2	29	2	⅛ c
	1 c golden seedless	438	115.3	5.8	109.5	7 ⅓	~ ⅛ c
	1 c seeded	429	113.8	9.9	103.9	7	⅛ c
	1.5 oz box (snack size), seedless	129	34	1.7	32.3	2	½ box
Raspberries	1 c raw	60	14.2	8.4	5.8	⅓	2 ½ c
Rowal	½ c, raw	127	27.2	7.1	20.1	1 ⅓	⅓ c
Sapodilla	1 med, raw	141	33.9	9	24.9	1 ⅔	⅔ med
Sapote	1 med, raw	302	76	5.9	70.1	4 ⅔	¼ med
Soursop	1 c, raw	149	37.9	7.4	30.5	2	½ c
Strawberries	1 c whole, raw	43	10.1	3.3	6.8	½	~ 2 c
	1 c,	77	20.2	4.6	15.6	1	1 c



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	unsweetened, frzn						
Sugar apple	1 med (2 7/8" diameter), raw	146	36.6	6.8	29.8	2	1/2 med
Tamarind	1 c, raw	287	75	6.1	68.9	4 2/3	~ 1/4 c
Tangerine	1 med (2 3/8" diameter), raw	37	9.4	1.9	7.5	1/2	2 med
Watermelon	1 c pieces, raw	49	10.9	0.8	10.1	2/3	1 1/2 c

VEGETABLES : FLOWER, STEM, & STALK

<u>Name</u>	<u>Serving size</u>	<u>Calorie s</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Artichoke	1 med, cooked	60	13.4	6.5	6.9	1/2	2 med
	1/2 c hearts, cooked	45	10.0	7.2	2.8	Free	2 2/3 c
	1/2 c, frzn, cooked	38	7.7	3.9	3.8	Free	2 c
Asparagus	1/2 c, cooked (~ 6 spears)	20	3.7	1.8	1.9	Free	4 c
	4 spears, (1/2" base), cooked	13	2.5	1.2	1.3	Free	46 spears
	1/2 c, canned, drained	23	3.0	1.9	1.1	Free	~ 7 c
	1/2 c, frzn, cooked	16	1.7	1.4	0.3	Free	25 c
	4 spears, frzn, cooked	11	1.2	1.0	0.2	Free	300 spears
	1 c, raw	27	5.2	2.8	2.4	Free	6 1/4 c
	1 spear tip (2" or less), raw	1	0.1	0.1	0	Free	-----
Broccoli	1/2 c, cooked	27	5.6	2.6	3	Free	2 1/2 c
	1 spear, (5"), cooked	13	2.7	1.2	1.5	Free	10 spears
	1/2 c, chopped, frzn, cooked	26	4.9	2.8	2.1	Free	3 2/3 c
	1/2 c spears, frzn, cooked	26	4.9	2.8	2.1	Free	3 2/3 c
	1 c, chopped, raw	31	6.0	2.4	3.6	Free	~ 4 c
	1 spear (5"), raw	11	2.1	0.8	1.3	Free	11 1/2 spears
	1 c flower clusters, raw	20	3.7	----	3.7	Free	4 c
	1 floweret, raw	3	0.6	----	0.6	Free	25 flowers
Broccoli, chinese	1/2 c, cooked	9.5	1.7	1.1	0.6	Free	12 1/2 c



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Broccoli raab	1 bunch, cooked	144	13.6	12.2	1.4	Free	10 $\frac{3}{4}$ bunches
Cardoon	100 g, cooked	22	5.3	1.7	3.6	Free	2 c
	1 c, shredded, raw	30	7.2	2.8	4.4	Free	3 $\frac{1}{3}$ c
Cauliflower, white	$\frac{1}{2}$ c, 1" pieces, cooked	14	2.5	1.7	0.8	Free	9 $\frac{1}{3}$ c
	3 flowerets, cooked	12	2.2	1.2	1.0	Free	45 flowerets
	$\frac{1}{2}$ c, 1" pieces, frzn, cooked	17	3.4	2.5	0.9	Free	8 $\frac{1}{3}$ c
	1 c, pieces, raw	25	5.2	2.5	2.7	Free	5 $\frac{1}{2}$ c
	1 floweret, raw	3	0.7	0.3	0.4	Free	37 $\frac{1}{2}$ flowerets
Cauliflower, green	1/5 head, cooked	29	5.7	3.0	2.7	Free	1 head
	1 c, pieces, raw	20	3.9	2	1.9	Free	8 c
	1 floweret, raw	8	1.5	0.8	0.7	Free	21 flowerets
Celery	$\frac{1}{2}$ c, diced, cooked	13.5	3.0	1.2	1.8	Free	4 $\frac{1}{4}$ c
	2 stalks, cooked	14	3	1.2	1.8	Free	16 $\frac{2}{3}$ stalks
	1 c, chopped, raw	16	3	1.6	1.4	Free	10 $\frac{2}{3}$ c
	1 stalk, lg (11 - 12"), raw	10	1.9	1.0	0.9	Free	16 $\frac{2}{3}$ lg stalks
	1 stalk, med (7 $\frac{1}{2}$ - 8"), raw	6	1.2	0.6	0.6	Free	25 med stalks
	1 stalk, sm (5"), raw	3	0.5	0.3	0.2	Free	75 sm stalks
	1 - 4" strip, raw	1.0	0.12	0.1	0.02	Free	750 - 4" strips
Fennel bulb	1 c, sliced, raw	27	6.3	2.7	3.6	Free	4 $\frac{1}{4}$ c
Kohlrabi	$\frac{1}{2}$ c, sliced, cooked	24	5.5	0.9	4.6	$\frac{1}{3}$	1 $\frac{2}{3}$ c
	1 c, raw	36	8.4	4.9	3.5	Free	4 $\frac{1}{3}$ c
	1 slice, raw	4	1	0.6	0.4	Free	37 $\frac{1}{2}$ slices
Leeks	1 leek, cooked	38	9.4	1.2	8.2	$\frac{1}{2}$	2 leeks
	$\frac{1}{4}$ c, diced, cooked	8	1.9	.3	1.6	Free	2 $\frac{1}{3}$ c
	1 c, raw (~ 1 leek)	54	12.6	1.6	11	$\frac{2}{3}$	1 $\frac{1}{3}$ c or 1 $\frac{1}{3}$ leeks
	1 slice, raw	4	0.9	0.1	0.8	Free	18 $\frac{3}{4}$ slices
Onion, green (scallions)	1 c, chopped, raw	32	7.3	2.6	4.7	$\frac{1}{3}$	~ 3 c
	1 lg, raw	8	1.8	0.7	1.1	Free	13 $\frac{2}{3}$ lg
	1 med (4 $\frac{1}{8}$ "), raw	5	1.1	0.4	0.7	Free	~ 21 $\frac{1}{2}$ med
	1 sm (3"), raw	2	0.4	0.1	0.3	Free	50 sm
Rhubarb	1 c, diced, raw	26	5.5	2.2	3.3	Free	4 $\frac{1}{2}$ c
	1 c, frzn, raw	29	7	2.5	4.5	$\frac{1}{3}$	3 $\frac{1}{3}$ c



VEGETABLES: FRUIT (SEED-CONTAINING)

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Acorn squash	1 c, boiled, mashed	83	21.5	6.4	15.1	1	1 c
	1 c, cubed, baked	115	29.9	9	20.9	1 1/3	3/4 c
Breadfruit	1/4 sm, raw	99	26	4.7	21.3	1 1/2	~ 1/4 sm
Chayote	1 c pieces, boiled	38	8.1	4.5	3.6	Free	~ 4 c
Crookneck/straight neck squash	1 c, sliced, raw	25	5.3	2.5	2.8	Free	5 1/3 c
	1 c, sliced, boiled	36	7.8	2.5	5.3	1/3	2 3/4 c
	1 c, sliced, canned	28	6.4	3	3.4	Free	~ 4 1/2 c
	1 c, sliced, frzn, boiled	48	10.6	2.7	7.9	1/2	~ 2 c
Cucumber	1 med 1/4" long, raw w/peel	39	8.3	2.4	5.9	1/3	2 1/2 med
	Raw, w/o peel	24	5	1.4	3.6	Free	~ 4 med
Eggplant	1 c, boiled	28	6.6	2.5	4.1	Free	3 2/3 c
	1 c, raw	51	5	2.1	2.9	Free	~ 5 c
Green beans (snap beans)	1 c, boiled	44	9.9	4	5.9	1/3	2 1/2 c
	1 c, canned	27	6.1	2.6	3.5	Free	4 1/4 c
	1 c, frzn, boiled	38	8.7	4.1	4.6	1/3	3 1/4 c
Hubbard squash	1 c, boiled, mashed	71	15.2	6.8	8.4	1/2	1 3/4 c
Okra	8 pods (3"long), boiled	27	6.1	2.1	4	Free	30 pods
	1/2 c, sliced, frzn	26	5.3	2.6	2.7	Free	2 3/4 c
Peppers, ancho	1 pepper, dried	48	8.7	3.7	5	1/3	3 peppers
Peppers, banana	1 med (4 1/2" long), raw	12	2.5	1.6	0.9	Free	16 2/3 med
Peppers, chili, green	1 c, canned	29	6.4	2.4	4	Free	3 3/4 c
	2 T, chopped, canned, Old El Paso	5	1	1	0	Free	-----
	1.2 oz pepper, whole, canned, Old El Paso	10	2	1	1	Free	15 peppers
Peppers, chili, green, hot	1 pepper, canned	15	3.7	0.9	2.8	Free	5 1/3 peppers
	1 pepper, raw	18	4.3	0.7	3.6	Free	~ 4 peppers
Peppers, chili, red, hot	1 pepper, canned	15	3.7	0.9	2.8	Free	5 1/3 peppers



	1 pepper, raw	18	4.3	0.7	3.6	Free	~ 4 peppers
	1 pepper, sun-dried	2	0.3	0.1	0.2	Free	75 peppers
Peppers, jalapeno	1 pepper, canned	6	1	0.6	0.4	Free	37 ½ peppers
	½ c, chopped, canned	18	3.2	1.8	1.4	Free	~ 4 ½ c
	½ c, sliced, canned	14	2.5	1.4	1.1	Free	7 c
	1 pepper, raw	4	0.8	0.4	0.4	Free	37 ½ peppers
	1 c, sliced, raw	27	5.3	2.5	2.8	Free	5 ⅓ c
Peppers, pasilla	1 pepper, dried	24	3.6	1.9	1.7	Free	8 ¾ peppers
Peppers, pimiento	1 T, canned	3	0.6	0.2	0.4	Free	37 ½ T or 2 ⅓ c
Peppers, serrano	1 pepper, raw	2	0.4	0.2	0.2	Free	75 peppers
Peppers, sweet, green	½ c, chopped, cooked	19	4.6	0.8	3.8	Free	2 c
	½ c, strips, cooked	19	4.5	0.8	3.7	Free	2 c
	½ c, canned	13	2.7	0.8	1.9	Free	4 c
	½ c, freeze-dried	10	2.2	0.7	1.5	Free	4 ⅔ c
	1 c, chopped, raw	30	6.9	2.5	4.4	Free	3 ⅓ to 3 ½ c
	1 c, sliced, raw	18	4.3	1.6	2.7	Free	5 ½ c
	1 pepper, lg (3 ¾" long 3" diameter), raw	33	7.6	2.8	4.8	⅓	3 lg peppers
	1 pepper, med (2 ¾" long 2 ½" diameter), raw	24	5.5	2	3.5	Free	4 ½ med peppers
	1 pepper, sm, raw	15	3.4	1.3	2.1	Free	7 sm peppers
	1 ring (3" diameter ¼" thick), raw	2	0.46	0.2	0.26	Free	57 rings
	10 strips, raw	5	1.3	0.5	0.8	Free	187 ½ strips
Peppers, sweet, red	½ c, chopped, cooked	19	4.6	0.8	3.8	Free	2 c
	½ c, strips, cooked	19	4.5	0.8	3.7	Free	2 c
	½ c, halves, canned	13	2.7	0.8	1.9	Free	4 c
	½ c, freeze-dried	10	2.2	0.7	1.5	Free	5 c
	1 c, chopped, raw	46	9	3.1	5.9	⅓	2 ½ c
	1 c, sliced, raw	29	5.6	1.9	3.7	Free	4 c
	1 pepper, lg (3 ¾" long 3" diameter), raw	51	9.9	3.4	6.5	½	2 ⅓ lg peppers
	1 pepper, med (2 ¾" long 2 ½" diameter), raw	37	7.2	2.5	4.7	⅓	3 med peppers
	1 pepper, sm, raw	23	4.5	1.6	2.9	Free	5 sm peppers
	1 ring (3"	3	0.6	0.2	0.4	Free	37 ½ rings



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	diameter 1/4" thick), raw						
Peppers, sweet, yellow	1 pepper, lg (3 3/4" long 3" diameter), raw	50	11.8	1.7	10.1	2/3	1 1/2 lg peppers
	10 strips, raw	14	3.3	0.5	2.8	Free	53 1/2 strips
Plantain	1 c, sliced, cooked	179	48	3.5	44.5	3	1/3 c
Pumpkin	1 c canned	83	19.8	7.1	12.7	1	~ 1 c
	1 c boiled, mashed	49	12	2.7	9.3	2/3	1 2/3 c
Scallop squash	1 c, sliced, boiled	29	5.9	3.4	2.5	Free	6 c
Snow peas	1 c, boiled	67	11.3	4.5	6.8	1/2	~ 2 c
	1 c, frzn, boiled	83	14.4	5	9.4	2/3	1 2/3 c
	1 c whole, raw	26	4.8	1.6	3.2	Free	4 2/3 c
Spaghetti squash	1 c, boiled/baked	42	10	2.2	7.8	1/2	2 c
Summer Squash	1 c sliced, boiled	36	7.8	2.5	5.3	1/3	2 3/4 c
	1 c sliced, raw	23	4.9	2.1	2.8	Free	5 1/3 c
Squash, winter	1 c, cubed, baked	80	17.9	5.7	12.2	2/3	1 1/4 c
Tomatillo	1 med, raw	11	2	0.6	1.4	Free	10 3/4 med
Tomato paste	6 oz can	139	32.8	7	25.8	1 2/3	3.5 oz
Tomato puree	1 c, canned	100	23.9	5	18.9	1	3/4 c
Tomato, green	1 med, raw	30	6.3	1.4	4.9	1/3	3 med
Tomato, orange	1 tomato, raw	18	3.5	1	2.5	Free	6 tomatoes
Tomato, red	1 c boiled	65	14	2.4	11.6	2/3	1 1/4 c
	1/4 c, crushed, canned	20	3	1	2	Free	~ 2 c
	1/2 c, diced, canned	30	6	2	4	Free	~ 2 c
	1 med (2 3/5" diameter), raw	26	5.7	1.4	4.3	Free	3 1/2 med
	1 c, chopped, sliced, raw	26	5.7	1.4	4.3	Free	3 1/2 c
	1 c stewed, canned	71	17.3	2.6	14.7	1	1 c
	1 c, sun-dried	139	30.1	6.6	23.5	1 1/2	2/3 c
	1 c sun-dried, canned, packaged in oil	234	25.7	6.4	19.3	1	3/4 c
	1 c canned, whole, peeled	46	10.5	2.4	8.1	1/2	1 3/4 c
Tomato, red, cherry	1 c raw	31	6.9	1.6	5.3	1/3	2 3/4 c
Tomato, red, Italian	1 tomato, raw	13	2.9	0.7	2.2	Free	6 3/4 tomatoes
Tomato, red, plum	1 tomato, raw	13	2.9	0.7	2.2	Free	6 3/4 tomatoes
Tomato, yellow	1 tomato, raw	32	6.3	1.5	4.8	1/3	~ 3 tomatoes
Yellow snap beans	1 c boiled	44	9.9	4.1	5.8	1/3	2 1/2 c
	1 c canned	27	6.1	1.8	4.3	Free	3 1/2 c
	1 c frzn	38	8.7	4.1	4.6	1/3	3 1/4 c



Zucchini	1 c sliced, boiled	29	7.1	2.5	4.6	1/3	3 1/4 c
	1 c sliced, frzn, boiled	38	7.9	2.9	5	1/3	3 c
	1 c sliced, raw	16	3.3	1.4	1.9	Free	~ 8 c

VEGETABLES: LEAFY

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Amaranth leaves	1/2 c, cooked	14	2.7	0	2.7	Free	2 3/4 c
	1 c, raw	6	1.1	0	1.1	Free	13 2/3 c
Arugula	1 c, raw	6	0.8	0.4	0.4	Free	37 1/2 c
Beet greens	1/2 c, cooked	19.5	4	2.1	1.9	Free	4 c
	1 c, raw	8	1.7	1.4	0.3	Free	50 c (3 gals., 2 c)
Brussels sprouts	1/2 c boiled	30	6.8	2	4.8	1/3	1 1/2 c
	1 c frzn, boiled	65	12.9	6.4	6.5	1/2	2 1/3 c
Burdock root	1/2 c, cooked	55	13.2	1.2	12	2/3	2/3 c
Cabbage, Chinese (pak-choi)	1/2 c, shredded, cooked	10	1.5	1.4	0.1	Free	75 c (4 2/3 gals)
	1/2 c, shredded, raw	9	1.5	0.7	0.8	Free	9 1/3 c
Cabbage, Chinese (pe-tsai)	1/2 c, shredded, cooked	8.5	1.5	1.0	0.5	Free	15 c
	1/2 c, shredded, raw	12	2.5	2.4	0.1	Free	75 c
Cabbage, green	1/2 c, shredded, cooked	17	3.3	1.7	1.6	Free	4 2/3 c
	1 c, shredded, raw	18	3.8	1.6	2.2	Free	6 3/4 c
Cabbage, red	1/2 c, shredded, cooked	16	3.5	1.5	2.0	Free	3 3/4 c
	1 c, shredded, raw	18	4.2	1.4	2.8	Free	5 1/3 c
Cabbage, savoy	1/2 c, shredded, cooked	18	3.9	2.0	1.9	Free	4 c
	1 c, shredded, raw	18	4.2	2.2	2.0	Free	7 1/2 c
Cabbage, swamp	1 c shredded, raw	20	3.6	1.9	1.7	Free	8 3/4 c
Celtuce	12 leaves, raw	18	3.7	1.7	2	Free	90 leaves
Chard, swiss	1 c chopped, boiled	35	7.2	3.7	3.5	Free	4 1/4 c
Chicory greens	1 c chopped, raw	41	8.5	7.2	1.3	Free	11 1/2 c
Chicory, witloof	1/2 c raw	8	1.8	1.4	0.4	Free	18 3/4 c



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Collards	1 c chopped, boiled	49	9.3	5.3	4	Free	3 ¾ c
	1 c frzn, chopped, boiled	61	12.1	4.8	7.3	½	2 c
Dandelion greens	1 c chopped, boiled	35	6.7	3	3.7	Free	4 c
	1 c chopped, raw	25	5.1	1.9	3.2	Free	4 ⅔ c
Dock (sorrel)	3.5 oz boiled	20	2.9	2.6	0.3	Free	175 oz (~ 11 lb)
	1 c chopped, raw	29	4.3	3.9	0.4	Free	37 ½ c
Endive	½ c chopped, raw	4	0.8	0.8	0	Free	-----
Fiddlehead ferns	1 c chopped, raw	24	4.4	2.4	2	Free	7 ½ c
Garden cress	1 c boiled	31	5.1	0.9	4.2	Free	3 ½ c
	1 c raw	16	2.8	0.6	2.2	Free	6 ¾ c
Kale	1 c chopped, boiled	36	7.3	2.6	4.7	⅓	~ 3 c
	1 c chopped, frzn, boiled	39	6.8	2.6	4.2	Free	3 ½ c
Kale, scotch	1 c chopped, boiled	36	7.3	1.6	5.7	⅓	2 ⅔ c
Lambsquarters	1 c chopped, boiled	58	9	3.8	5.2	⅓	2 ¾ c
Lettuce, butterhead	1 c chopped, raw	7	1.3	0.6	0.7	Free	21 ½ c
Lettuce, iceberg	1 c chopped, raw	7	1.1	0.8	0.3	Free	50 c
Lettuce, looseleaf (leaf)	½ c shredded, raw	5	1	0.5	0.5	Free	15 c
Lettuce, romaine	½ c shredded, raw	4	0.7	0.5	0.2	Free	37 ½ c
Malbar spinach	1 c boiled	10	1.2	0.9	0.3	Free	50 c
Mixed greens	½ c chopped, canned	25	3	2	1	Free	7 ½ c
Mustard greens	1 c chopped, boiled	21	2.9	2.8	0.1	Free	150 c
	1 c chopped, frzn, boiled	29	4.7	4.2	0.5	Free	30 c
Mustard spinach (tendergreen)	1 c chopped, boiled	29	5	3.6	1.4	Free	10 ¾ c
	1 c chopped, raw	33	5.9	4.2	1.7	Free	8 ¾ c
Pumpkin leaves	1 c boiled	15	2.4	1.9	0.5	Free	30 c
Radicchio	1 c chopped, raw	9	1.8	0.4	1.4	Free	10 ¾ c
Spinach	1 c boiled	41	6.8	4.3	2.5	Free	6 c
	1 c canned	49	7.3	5.1	2.2	Free	6 ¾ c
	½ c frzn, boiled	27	5.1	2.9	2.2	Free	3 ⅓ c
	1 c chopped, raw	7	1.1	0.8	0.3	Free	50 c
Sweet potato leaves	1 c steamed	22	4.7	1.2	3.5	Free	4 ¼ c
Taro leaves	1 c steamed	35	5.8	2.9	2.9	Free	~ 5 c
Turnip greens & turnips	1 c boiled, frzn	28	4.7	2.9	1.8	Free	8 ⅓ c



	1 c chopped, boiled	29	6.3	5	1.3	Free	11 ½ c
	1 c chopped, frzn, boiled	49	8.2	5.6	2.6	Free	5 ¾ c
	½ c canned	16	2.8	2	0.8	Free	9 ⅓ c
	1 c chopped, raw	15	3.2	1.8	1.4	Free	10 ¾ c
Watercress	1 c chopped, raw	4	0.4	0.2	0.2	Free	75 c

VEGETABLES: SPROUT & SHOOT

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Alfalfa sprouts	1 c, raw	10	1.2	0.8	0.4	Free	37 ½ c
Bamboo shoots	½ c, cooked	7	1.2	0.6	0.6	Free	12 ½ c
	½ c, canned	12.5	2.1	0.9	1.2	Free	6 ¼ c
	1 c, raw	41	7.9	3.3	4.6	⅓	3 ¼ c
Mung bean sprouts	1 c boiled	26	5.2	1	4.2	Free	3 ½ c
	1 c canned	15	2.7	1	1.7	Free	8 ¾ c
	1 c raw	31	6.2	1.9	4.3	Free	3 ½ c
	1 c stir-fried	62	13.1	2.4	10.7	⅓	~1 ⅓ c
Pokeberry sprouts (poke)	1 c boiled	33	5.1	2.5	2.6	Free	5 ¾ c
Soy sprouts	½ c raw	43	3.3	0.4	2.9	Free	2 ½ c
	1 c steamed	76	6.1	0.8	5.3	⅓	2 ¾ c
	1 c stir-fried	156	11.8	1	10.8	⅓	1 ⅓ c

VEGETABLES: TUBER & ROOT

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Arrowroot	1 c sliced, raw	78	16.1	1.6	14.5	1	1 c
Beet (beetroot)	½ c, slices, cooked	37	8.5	1.7	6.8	½	~1 c
	2 beets (2" diameter), cooked	44	10	2	8	½	4 beets
	½ c, diced, canned	24.5	5.7	1.4	4.3	Free	1 ¾ c
	½ c, shredded, canned	30	7	1.7	5.3	⅓	1 ½ c
	½ c, slices, canned	26.5	6.2	1.5	4.7	⅓	1 ⅓ c
	½ c whole beets,	25.5	5.9	1.4	4.5	⅓	1 ⅔ whole beets



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	canned						
	1 slice, canned	2	0.6	0.1	0.5	Free	30 slices
	1 c, raw	58.5	13	3.8	9.2	⅓	1 ⅔ c
Burdock root	1 c pieces, boiled	110	26.4	2.3	24.1	1 ⅔	⅔ c
Carrots	½ c, slices, cooked	35	8.2	2.6	5.6	⅓	1 ⅓ c
	½ c, slices, canned	17	4.0	1.1	2.9	Free	2 ⅔ c
	½ c, slices, frzn, cooked	26	6.0	2.6	3.4	Free	2 ¼ c
	1 c, chopped, raw	55	13	3.8	9.2	⅓	1 ⅔ c
	1 c, grated, raw	47	11.2	3.3	7.9	½	2 c
	1 c, strips or slices, raw	52.5	12.4	3.7	8.7	½	1 ¾ c
Cassava	½ c, raw	165	39.2	1.85	37.4	2 ½	~ ¼ c
Celeriac	½ c, pieces, cooked	21	4.6	0.95	3.7	Free	2 c
	1 c, pieces, raw	66	14.4	2.8	11.6	⅓	1 ¼ c
Garlic	3 cloves, raw	13	3	0.2	2.8	Free	16 cloves
Jerusalem artichoke (sunchoke)	1 c sliced, raw	114	26.2	2.4	23.8	1 ⅔	⅔ c
Jicama (yambean)	1 c sliced, raw	46	10.6	5.9	4.7	⅓	~ 3 c
Lotus root	10 slices (2 ½" diameter), sliced, raw	60	14	4	10	⅓	15 slices
	10 slices (2 ½" diameter), sliced, boiled	59	14.3	2.8	11.5	⅓	13 slices
Onion	1 c chopped, boiled	92	21.3	2.9	18.4	1	¾ c
	½ c chopped, canned	21	4.5	1.3	3.2	Free	2 ⅓ c
	½ c chopped, frzn, boiled	29	6.9	1.9	5	⅓	1 ½ c
	1 c raw	61	13.8	2.9	10.9	⅓	1 ⅓ c
Parsnip	1 parsnip (9" long), boiled	130	31.2	6.4	24.8	1 ⅔	~ ⅔ parsnip
Poi	1 c	269	65.4	1	64.4	4	¼ c
Potato, baked	1 med potato (2 ¼" diameter), w/skin	161	36.6	3.8	32.8	2	½ med
	1 potato (2 ½" diameter), microwaved, w/skin	212	48.7	4.6	44.1	3	⅓ potato
	1 potato (2 ⅓" x 4 ¾"), w/o skin	145	33.6	2.3	31.3	2	½ potato
	1 potato (2 ⅓" x 4 ¾"), microwaved, w/o skin	156	36.3	2.5	33.8	2	½ potato



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Potato, boiled	1 med potato (2 ¼" - 3 ¼" diameter), w/o skin	144	33.4	3	30.4	2	½ med
Potato, raw	1 potato (2 ¼" - 3 ¼" diameter), w/skin	164	37.2	4.7	32.5	2	½ potato
Potato, red-skinned	1 sm (1 ¾" - 2 ½" diameter), baked w/skin	123	27	2.5	24.5	1 ⅔	⅓ sm
	1 med (2 ¼" - 3 ¼" diameter), baked w/skin	154	33.9	3.1	30.8	2	½ med
	1 lg (3 - 4 ¼" diameter), baked w/skin	266	58.6	5.4	53.2	3 ½	¼ lg
	1 potato (2 ¼" - 3 ¼" diameter), raw w/skin	153	33.9	3.6	30.3	2	½ potato
Potato, russet	1 sm (1 ¾" - 2 ½" diameter), baked w/skin	134	29.6	3.2	26.4	1 ⅔	½ sm
	1 med (2 ¼" - 3 ¼" diameter), baked w/skin	168	37.1	4	33.1	2	½ med
	1 lg (3 - 4 ¼" diameter), baked w/skin	290	64.1	6.9	57.2	3 ⅔	¼ lg
	1 potato (2 ¼" - 3 ¼" diameter), raw w/skin	168	38.5	2.8	35.7	2 ⅓	~ ½ potato
Potato, white-skinned	1 sm (1 ¾" - 2 ½" diameter), baked w/skin	130	29.1	2.9	26.2	1 ⅔	~ ½ sm
	1 med (2 ¼" - 3 ¼" diameter), baked w/skin	163	36.5	3.6	32.9	2	½ med
	1 lg (3 - 4 ¼" diameter), baked w/skin	281	63	6.3	56.7	3 ⅔	¼ lg
	1 potato (2 ¼" - 3 ¼" diameter), raw w/skin	149	33.5	5.1	28.4	2	½ potato
Radish, oriental	1 radish (7" long), raw	61	13.9	5.4	8.5	½	1 ¾ radish
	1 c sliced, boiled	25	5	2.4	2.6	Free	5 ¾ c
Radish, red	½ c sliced, raw	12	2.1	0.9	1.2	Free	6 ¼ c
Radish, whit icicle	½ c sliced, raw	7	1.3	0.7	0.6	Free	12 ½ c
Rutabaga	1 c cubed, boiled	66	14.9	3.1	11.8	⅓	1 ¼ c



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Sweet potato	1 med (2" diameter, 5" long), baked w/skin	117	27.7	3.4	24.3	1 2/3	2/3 med
	1 c boiled, w/o skin, mashed	344	79.6	5.9	73.7	5	~ 1/4 c
	1 c canned, mashed	258	59.2	4.3	54.9	3 2/3	1/4 c
	1 c pieces, canned, vacuum packed	182	42.3	3.6	38.7	2 1/2	1/3 c
	1 c cubed, baked, frzn	176	41.2	3.2	38	2 1/2	~ 1/3 c
Taro	1 c sliced, cooked	187	45.7	6.7	39	2 2/3	1/3 c
Turnip	1 c boiled, mashed	48	11.3	4.6	6.7	1/2	2 1/4 c
	1 c boiled, cubed	33	7.6	3.1	4.5	1/3	3 1/3 c
	1 c boiled, frzn	36	6.8	3.1	3.7	Free	4 c
Wasabi root	1 c sliced, raw	142	30.6	10	20.6	1 1/3	3/4 c
Yam	1 c cubed, boiled/baked	158	37.5	5.3	32.2	2	1/2 c
Yautia (tannier)	1 c sliced, raw	132	32	2	30	2	1/2 c

VEGETABLES: OTHER

Name	Serving Size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choiced	Amount that equals ~1 carb choice
Corn, yellow	1 baby ear, boiled	9.0	2	0.2	1.8	Free	8 1/3 baby ears
	1 ear, boiled	83	19.3	2.2	17.1	1	~ 1 ear
	1 c, boiled	177	41.2	4.6	36.6	2 1/2	~ 1/3 c
	1 c, canned	133	30.5	3.3	27.2	1 2/3	1/2 c
	1 c canned, vacuum packed	83	20.4	2.1	18.3	1	3/4 c
	1/2 c, boiled, frzn	66	16	2	14	1	1/2 c
Hearts of Palm	1 c, canned	41	6.7	3.5	3.2	Free	4 2/3 c
Hominy	1 c, canned, white	119	23.5	4.1	19.4	1	3/4 c
	1 c, canned, yellow	115	22.8	4	18.8	1	3/4 c
Mushrooms, common white	1 c pieces, boiled	42	8	3.4	4.6	1/3	3 1/4 c
	1 c pieces, canned	37	7.7	3.7	4	Free	3 3/4 c
	1/2 c pieces, raw	18	2.9	0.8	2.1	Free	3 1/2 c
Mushrooms, crimini, Italian	1 piece, raw	3	0.6	0.1	0.5	Free	30 pieces



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Mushrooms, enoki	1 lg, raw	2	0.4	0.1	0.3	Free	50 lg
Mushrooms, oyster	1 lg, raw	55	9.2	3.6	5.6	1/3	2 2/3 lg
Mushrooms, portabella	1 med (3.9 oz), raw	29	5.6	1.7	3.9	Free	3 3/4 med
Mushrooms, shiitake	4 mushrooms, cooked	40	10.3	1.5	8.8	2/3	6 3/4 mushrooms
	4 mushrooms, dried	44	11.3	1.7	9.6	2/3	6 1/4 mushrooms
Mushrooms, straw	1 c, canned	58	8.5	4.6	3.9	Free	3 3/4 c
Nopales (prickly pear)	1 c, cooked	22	4.9	3	1.9	Free	~ 8 c
	1 c, sliced, raw	14	2.9	2	0.9	Free	16 2/3 c
Seaweed, agar	1 oz, dried	86	22.6	2.2	20.4	1 1/3	0.74 oz
	2 T, raw	3	0.7	0.1	0.6	Free	50 T
Seaweed, Irish moss	2 T, raw	5	1.2	0.1	1.1	Free	27 1/4 T
Seaweed, kelp (kombu/tangle)	2 T, raw	4	1	0.1	0.9	Free	33 1/3 T
Seaweed, laver (nori)	2 T (~4 sheets), raw	4	0.5	0	0.5	Free	60 T (~120 sheets)
Seaweed, spirulina	1 c, dried	44	3.6	0.5	3.1	Free	4 3/4 c
Seaweed, wakame	2 T, raw	5	0.9	0.1	0.8	Free	37 1/2 T
Tree fern	1/2 c, chopped, cooked	28	7.8	2.6	5.2	1/3	~ 1 1/2 c
Water chestnuts, Chinese (matai)	1/2 c sliced, raw	60	14.8	1.9	12.9	1	~ 1/2 c
	1/2 c, sliced, canned	35	8.7	1.8	6.9	1/2	1 c

CEREALS & GRAINS, COOKED

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Barley	1 c, pearled, cooked	193	44.3	6	38.3	2 1/2	~ 1/3 c
	1 oz scotch, reg/quick dry, Quaker	97	21.4	2.9	18.5	1	0.81 oz
Buckwheat	1 c roasted,	155	33.5	4.5	29	2	1/2 c



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groats	cooked						
Bulgur	1 c, cooked	151	33.8	8.2	25.6	1 2/3	~ 1/2 c
Couscous	1 c, cooked	176	36.5	2.2	34.3	2	~ 1/2 c
Millet	1 c, cooked	207	41.2	2.3	38.9	2 2/3	1/3 c
Oat Bran,	1/2 c, dry, Quakers/Mothe r's	146	25.2	5.7	19.5	1 1/3	~ 1/3 c
	1 c, prepared w/water, Quakers/Mothe r's	101	17.5	4	13.5	1	~ 1 c
Oatmeal, instant, prepared	1 c prepared	138	23.9	4	19.9	1 1/3	3/4 c
Oatmeal, microwave, dry, Quick & Hearty	1 oz packet	106	19.1	2.4	16.7	1	~ 0.9 oz
Oatmeal, quick/reg	1 c, cooked	145	25.3	4	21.3	1 1/2	2/3 c
	1/3 c (0.95 oz), dry	104	18.1	2.9	15.2	1	1/3 c
	1/2 c, dry, Quaker	150	27	4	23	1 1/2	1/3 c
Ralston	1 c, cooked	134	28.3	6.1	22.2	1 1/2	2/3 c
Rice, brown	1 c, cooked, long grain	216	44.8	3.5	41.3	2 2/3	1/3 c
	1 c, cooked, med grain	218	45.8	3.5	42.3	2 2/3	1/3 c
Rice, wild	1 c, cooked	166	35	3	32	2	1/2 c
Roman meal	1 c prepared	147	33	8.2	24.8	1 2/3	2/3 c
Wheatena	1 c, cooked	136	28.7	6.6	22.1	1 1/2	2/3 c
Whole wheat hot natural cereal	1 c, cooked	150	33.2	3.9	29.3	2	1/2 c

CEREALS, READY-TO-EAT

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Arrowhead Amaranth Flakes	1 c	140	26	3	23	1 1/2	2/3 c
Arrowhead	1 c	170	33	3	30	2	1/2 c



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Multigrain Flakes							
Arrowhead Nature O's	1 c	130	25	2	23	1 ½	¾ c
Arrowhead Spelt Flakes	1 c	120	24	3	21	1 ⅓	¾ c
All Bran	½ c, Kellogg's	81	22.9	9.9	13	1	~ ½ c
	½ c, w/extra fiber	50	20	13	7	½	1 c
Bran Flakes	¾ c, Post	96	24.1	5.3	18.8	1	~ ½ c
Cheerios, General Mills	1 c	111	22.2	2.7	19.5	1 ⅓	¾ c
	1 c, multi-grain	108	24.3	2.7	21.6	1 ½	¾ c
Ezekiel 4:9 Sprouted Whole Grain Cereal	½ c, Golden Flax	180	37	6	31	2	¼ c
	½ c, Original	190	40	6	34	2	¼ c
Fiber One	½ c	59	24.3	14.4	9.9	⅔	¾ c
Heartland Natural, Heartland Co.	1 c	499	78.5	7	71.5	4 ⅔	~ ¼ c
	1 c, w/coconut	463	71.3	7.5	63.8	4	¼ c
	1 c, w/raisins	468	75.9	6.1	69.8	4 ⅔	~ ¼ c
Kashi Go Lean	1 c	140	30	10	20	1 ⅓	¾ c
Mueslix, raisin almond crunch w/dates, Kellogg's	3/5 c	196	40.2	4	36.2	2 ⅓	¼ c
Oat Bran Flakes, Common Sense, Kellogg's	¾ c	105	23.1	3.9	19.2	1	~ ½ c
Oat Bran, Quaker	1 ¼ c	212	42.7	5.6	37.1	2 ½	½ c
Shredded Spoonfuls, Barbara's Bakery	¾ c	120	24	4	20	1 ⅓	~ ½ c
Shredded Wheat, Post	1 rectangular biscuit	82	19.8	2.6	17.2	1	~ 1 biscuit
	2 round	129	31.3	4.1	27.2	1 ⅔	~ 1 biscuit



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	biscuits						
	2 biscuits	156	38.1	5.3	32.8	2	~ 1 biscuit
	1 ¼ c, n' bran, Post	197	47.1	7.9	39.2	2 ⅔	½ c
	1 c, spoon size, Post	167	40.7	5.6	35.1	2 ⅓	~ ½ c
Total, whole grain, General Mills	¾ c	110	23	3	20	1 ½	~ ½ c
Uncle Sam	¾ c	190	38	10	28	2	~ ½ c
Wheat Bran Flakes, Kellogg's Complete	¾ c	92	22.9	5.1	17.8	1	⅔ c
Wheaties, General Mills	1 c	107	24.3	3	21.3	1 ½	⅔ c

BREAD PRODUCTS

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
English muffin, whole wheat	2.3 oz muffin	134	26.7	4.4	22.3	1 ½	1.5 oz
English muffin, 7-sprouted grains, Food for Life	½ muffin	80	16	3	13	1	~ ½ muffin
Sprouted Grain Burger Buns, Ezekiel 4:9	1 bun	170	34	6	28	2	½ bun
Sprouted 100% Whole Grain Flourless Bread, Ezekiel 4:9	1 slice, original	80	15	3	12	⅔	1 ¼ slice
	1 slice, low sodium	80	15	3	12	⅔	1 ¼ slice
	1 slice, sesame	80	14	3	11	⅔	1 ⅓ slice
Sprouted Grain & Seed Bread, Genesis 1:29	1 slice	80	14	3	11	⅔	1 ⅓ slice



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ETHNIC GRAIN PRODUCTS

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Matzo, whole wheat	1 matzo (1 oz)	98	22.1	3.3	18.8	1	¾ matzo
Phyllo dough	1 sheet	57	10	0.4	9.6	⅔	1 ½ sheets
Pita bread	1 lg pita (6 ½" diameter), white	165	33.4	1.3	32.1	2	½ lg pita
	1 lg pita (6 ½" diameter), whole wheat	170	35.2	4.7	30.5	2	½ lg pita
Pocket Bread, Ezekiel 4:9 Prophet's	1 pocket bread	100	21	4	17	1	~ 1 pocket bread
Rice noodles	1 c, cooked	192	43.8	1.8	42	2 ⅔	⅓ c
Taco shells, Garden of Eatin	2 taco shells, blue corn	140	17	1	16	1	~ 2 taco shells
	2 taco shells, yellow corn	140	17	1	16	1	~ 2 taco shells
Tortilla, corn	1 med (6" diameter)	53	11.2	1.2	10	⅔	1 ½ med
	2 tortillas, shelf-stable, Old El Paso	160	26	0	26	1 ⅔	~ 1 tortilla
	1 tortilla, Food for Life Sprouted Corn Tortilla	60	12.5	2	10.5	⅔	~ 1 ½ tortillas
Tortilla, flourless	1 tortilla, Ezekiel 4:9 Sprouted 100% Whole Grain	150	24	5	19	1	¾ tortilla

PASTA

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Corn pasta	1 c, cooked	176	39.1	6.7	32.4	2	½ c
Macaroni, enriched	1 c, cooked	197	39.7	1.8	37.9	2 ½	⅓ c
Macaroni, vegetarian	1 c, cooked	172	35.7	5.8	29.9	2	½ c



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Macaroni, whole wheat	1 c, cooked	174	37.2	3.9	33.3	2	½ c
Organic Sprouted 100% Whole Grain Pasta, Ezekiel 4:9	2 oz, uncooked, fettuccine	210	39	7	32	2	0.94 oz
	2 oz, uncooked, linguine	210	39	7	32	2	0.94 oz
	2 oz, uncooked, penne	210	39	7	32	2	0.94 oz
	2 oz, uncooked, spaghetti	210	39	7	32	2	0.94 oz
Ribbons, spinach, Eden Foods	½ c, uncooked	210	41	4	37	2 ½	~ ¼ c
Ribbons, thick kluski, Eden Foods	½ c, uncooked	210	41	4	37	2 ½	~ ¼ c
Rigatoni, endless tubes, Eden Foods	½ c, uncooked	210	41	4	37	2 ½	~ ¼ c
Spaghetti, enriched	1 c, cooked	197	39.7	2.4	37.3	2 ½	~ ⅓ c
Spaghetti, whole wheat	1 c, cooked	174	37.2	6.3	30.9	2	½ c
	½ c, uncooked, 100% whole wheat, Eden Foods	210	40	6	34	2	¼ c
	½ c, uncooked, 50% whole wheat, Eden Foods	210	41	4	37	2 ½	~ ¼ c
Spirals, Eden Foods	½ c, uncooked, kamut wheat & veg	210	40	6	34	2	¼ c
	½ c, uncooked, kamut wheat	190	33	6	27	1 ⅓	¼ c
	½ c, uncooked, mixed grain	210	41	7	34	2	¼ c
	½ c, uncooked, rye	200	44	8	36	2 ⅓	~ ¼ c
	½ c, uncooked, sesame rice	200	37	4	33	2	¼ c
	½ c, uncooked, spinach	210	41	4	37	2 ½	~ ¼ c



OTHER GRAIN-BASED FOODS

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Crackers, Ryvita	2 slices, dark rye	70	16	4	12	2/3	2 1/2 slices
	1 slice, pumpkin seeds and oats	60	9	2	7	1/2	~ 2 slices
Crackers, Wasa	1 slice, fiber rye	30	7	2	5	1/3	3 slices
	1 slice, hearty rye	45	11	2	9	2/3	1 2/3 slices
	2 slices, light rye	60	14	3	11	2/3	2 3/4 slices
	1 slice, sourdough rye	35	9	2	7	1/2	~ 2 slices
Popcorn, plain	1 oz (~3 1/2 c), air-popped	108	22.1	4.3	17.8	1	0.84 oz (~ 3 c)
	1 oz (~2 2/3 c), oil-popped	142	16.2	2.8	13.4	1	~ 1 oz (~ 3 c)
Rice cakes (brown rice)	0.32 oz cake	35	7.3	0.4	6.9	1/2	~ 2 cakes
	0.32 oz cake, buckwheat	34	7.2	0.3	6.9	1/2	~ 2 cakes
	0.32 oz cake, corn	35	7.3	0.3	7	1/2	~ 2 cakes
	0.32 oz cake, multigrain	35	7.2	0.3	6.9	1/2	~ 2 cakes
	0.32 oz cake, rye	35	7.2	0.4	6.8	1/2	~ 2 cakes
	0.32 oz cake, sesame seed	35	7.3	0.5	6.8	1/2	~ 2 cakes
Tortilla chips, baked, Guiltless Gourmet	1 oz (18 chips)	110	22	2	20	1 1/3	0.75 oz (~ 14 chips)
Tortilla chips, Garden of Eatin'	1 oz (18 chips)	140	18	2	16	1	1 oz

LEGUMES (BEANS & PEAS)

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
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Adzuki beans	½ c, cooked	147	28.5	8.4	20.1	1 ½	½ c
Baked beans, vegetarian	1 c, canned	236	52.1	12.7	39.4	2 ⅔	⅓ c
	½ c, Bush's	130	24	6	18	1	~ ½ c
Black bean dip	2 T, canned, Old El Paso	25	5	1	4	Free	7 ½ T
Black beans	½ c, cooked	113.5	20.4	7.5	12.9	1	½ c
	½ c, canned	100	18	6	12	⅔	~ ⅔ c
Black turtle beans	½ c, cooked	120.5	22.5	4.9	17.6	1	½ c
	½ c, canned	109	19.9	8.3	11.6	⅔	⅔ c
Broad beans (Fava beans)	½ c, cooked	93.5	16.7	4.6	12.1	⅔	~ ⅔ c
	½ c, canned	91	15.9	4.75	11.2	⅔	⅔ c
Chickpeas (garbanzo beans)	1 c, boiled	269	45	12.5	32.5	2	½ c
	1 c, canned	286	54.3	10.6	43.7	3	⅓ c
	1 T, hummus, commercial	23	2	0.8	1.2	Free	12 ½ T
	1 T hummus, homemade	26	3	0.8	2.2	Free	6 ¾ T
	½ c w/kombu seaweed, canned, Eden Foods	120	19	5	14	1	½ c
Cowpeas (blackeye peas), immature	1 c, boiled	160	33.5	8.3	25.2	1 ⅔	~ ½ c
	1 c, boiled, frzn	224	40.4	10.9	29.5	2	½ c
Cowpeas (blackeye peas), mature	1 c, boiled	200	35.7	11.2	24.5	1 ⅔	~ ⅔ c
	1 c, canned	185	32.7	7.9	24.8	1 ⅔	~ ⅔ c
Cowpeas, catjang, mature	1 c, boiled	200	34.7	6.2	28.5	2	~ ½ c
Cranberry beans (roman), mature	1 c, boiled	241	43.3	17.7	25.6	1 ⅔	~ ½ c
	1 c, canned	216	39.3	16.4	22.9	1 ½	⅔ c
French beans, mature	1 c, boiled	228	42.5	16.6	25.9	1 ⅔	~ ½ c
Great northern beans, mature	1 c, boiled	209	37.3	12.4	24.9	1 ⅔	~ ⅔ c
	1 c, canned	299	55.1	12.8	42.3	2 ⅔	⅓ c
Kidney beans,	1 c, all types,	225	40.4	11.3	29.1	2	½ c



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mature	boiled						
	1 c, all types, canned	207	38.1	9	29.1	2	½ c
	1 c, CA red, boiled	207	38.1	9	29.1	2	½ c
	½ c, dark w/kombu seaweed, canned, Eden Foods	100	18	10	8	½	~ 1 c
	1 c, red, boiled	225	40.4	13.1	27.3	1 ⅔	½ c
	1 c, red, canned	218	39.9	16.4	23.5	1 ½	⅔ c
	1 c, royal red, boiled	218	38.7	16.5	22.2	1 ½	⅔ c
Lentils, mature	1 c, boiled	230	39.9	15.6	24.3	1 ⅔	~ ⅔ c
Lima beans, baby, fresh	½ c, cooked	105	20.1	4.5	15.6	1	½ c
	½ c, canned	88	16.5	4.5	12	⅔	⅔ c
	½ c, frzn, cooked	95	17.5	5.4	12.1	⅔	~ ⅔ c
Lima beans, Fordhook (butter Beans)	½ c, cooked	88	16.4	4.9	11.5	⅔	⅔ c
	½ c, frzn, cooked	85	16.0	4.9	11.1	⅔	⅔ c
Mung beans, mature	1 c, boiled	212	38.7	15.4	23.3	1 ½	⅔ c
Mungo beans, mature	1 c, boiled	189	33	11.5	21.5	1 ½	⅔ c
Navy, cooked	1 c, boiled	258	47.9	11.6	36.3	2 ½	~ ½ c
	½ c, canned, baked w/sorghum, Eden Foods	150	27	7	20	1 ⅓	⅓ c
	1 c, canned	296	53.6	13.4	40.2	2 ⅔	⅓ c
	½ c w/kombu seaweed, canned, Eden Foods	110	20	7	13	1	~ ½ c
Peas, green	1 c, boiled	134	25	8.8	16.2	1	~ 1 c
	1 c, canned	117	21.4	7	14.4	1	1 c
	½ c, frzn, boiled	62	11.4	4.4	7	½	1 c
	1 c, raw	117	21	7.4	13.6	1	~ 1 c
	½ c, w/onions, red peppers, and garlic, canned	57	10.5	2.3	8.2	½	~ 1 c



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Peas, split, mature	1 c, boiled	231	41.4	16.3	25.1	1 ⅔	~ ½ c
Pigeon peas (red gram), immature	1 c, boiled	170	29.8	9.5	20.3	1 ⅓	¾ c
Pigeon peas (red gram), mature	1 c, boiled	203	39.1	11.3	27.8	2	½ c
Pink beans, mature	1 c, boiled	252	47.2	9	38.2	2 ½	~ ⅓ c
Pinto beans (red Mexican beans)	½ c, cooked	117	22	7.4	14.6	1	½ c
	½ c, canned	103	18.3	5.5	12.8	1	½ c
Refried beans, vegetarian	½ c, canned, Old El Paso	100	17	6	11	⅔	⅔ c
Soybeans (edamame), green	1 c, boiled	254	19.9	7.6	12.3	⅔	1 ¼ c
Soybeans, mature	1 c, boiled	298	17.1	10.3	6.8	½	~ 2 ¼ c
	1 c, raw	774	56.1	17.3	38.8	2 ⅔	⅓ c
White beans, mature	1 c, boiled	249	44.9	11.3	33.6	2	~ ½ c
	1 c, canned	307	57.5	12.6	44.9	3	⅓ c
	1 c, sm, boiled	254	46.2	18.6	27.6	2	½ c
Yardlong bean, mature	1 c, boiled	202	36.1	6.5	29.6	2	½ c
Yellow beans, mature	1 c, boiled	255	44.7	18.4	26.3	1 ⅔	~ ½ c

NUTS & NUT PRODUCTS

Name	Serving size	Calories	Total carb (g)	Fiber (g)	Net carb (g)	# of carb choices	Amount that equals ~1 carb choice
Almond butter	1 T	101	3.4	0.6	2.8	Free	5 ⅓ T
Almond paste	1 oz	130	13.6	1.4	12.2	⅔	1.2 oz
Almonds	1 oz (~22 nuts), dry roasted	169	5.5	3.3	2.2	Free	6.8 oz (~150 nuts)
	1 oz (~22 nuts), oil roasted	172	5	3	2	Free	7.5 oz (~165 nuts)
Brazilnuts	1 oz(6-8 nuts), dried	186	3.6	1.5	2.1	Free	7.1 oz (~43-57 nuts)
Butternuts	1 oz (~9 nuts), dried	174	3.4	1.3	2.1	Free	7.1 oz (~64 nuts)



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Cashew butter	1 T	94	4.4	0.3	4.1	Free	3 ½ T
Cashews	1 oz, dry roasted	163	9.3	0.9	8.4	½	1.8 oz
	1 oz (18 nuts), oil roasted	164	8.5	0.9	7.6	½	2 oz (~35 nuts)
	1 oz, raw	160	7.7	0.9	6.8	½	2.2 oz
Chestnuts, European	1 oz, dried	106	21.9	3.3	18.6	1	0.81 oz
	1 oz, raw	60	12.9	2.3	10.6	⅔	1.4 oz
	1 oz (3 nuts), roasted	69	15	1.4	13.6	1	1.1 oz (~3 nuts)
Coconut cream	8 fl oz, raw	792	16	5.3	10.7	⅔	11 oz (~ 1 ⅓ c)
	8 fl oz, sweetened, canned	568	24.7	6.5	18.2	1	6.6 oz (~ ¾ c)
Coconut, dried	1 oz	187	6.9	4.6	2.3	Free	6.5 oz
	1 oz, sweetened, flaked, packaged	134	13.5	1.2	12.3	⅔	1.2 oz
	1 c, sweetened, shredded	466	44.3	4.2	40.1	2 ⅔	⅓ c
Coconut milk	8 fl oz, raw	552	13.3	5.3	8	½	15 oz (~ 2 c)
Coconut, raw	1.6 oz piece (2" x 2" x ½")	159	6.9	4.1	2.8	Free	5 ⅓ pieces
Coconut water	8 fl oz	46	8.9	2.6	6.3	½	19 oz (2 ⅓ c)
Filberts (hazelnuts)	1 oz (20 nuts), dried	178	4.7	2.7	2	Free	7.5 oz (150 nuts)
	1 oz, dry roasted	183	5	2.7	2.3	Free	6.5 oz
Hickorynuts	1 oz (~9-10 nuts), dried	186	5.2	1.8	3.4	Free	4.4 oz (~ 40-44 nuts)
Macadamia nuts	1 oz (10-12 nuts), dry roasted	204	3.8	2.3	1.5	Free	10 oz (100-120 nuts)
	1 oz (10-12 nuts), raw	204	3.9	2.4	1.5	Free	10 oz (100-120 nuts)
Mixed nuts	1 oz, dry roasted	168	7.2	2.6	4.6	⅓	3.3 oz
	1 oz, oil roasted	175	6.1	2.8	3.3	Free	4.5 oz
	1 oz, w/o peanuts, oil roasted	174	6.3	1.6	4.7	⅓	3.2 oz
Peanut butter	2 T, chunk style/crunchy	188	6.9	2.1	4.8	⅓	6 ¼ T
	2T, creamy/smooth	190	6.2	1.9	4.3	Free	7 T
Peanut flour	1 oz, defatted	93	9.8	4.5	5.3	⅓	2.8 oz
	1 oz, low fat	121	8.9	4.5	4.4	Free	3.4 oz



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Peanuts, all types	½ c (33 nuts), boiled	89	6	2.5	3.5	Free	~ 2 c (141 nuts)
	1 oz (28 nuts), dry roasted	166	6.1	2.3	3.8	Free	4 oz (110 nuts)
	1 c halves and whole, oil roasted	837	27.3	13.2	14.1	1	1 c
	1 oz, unroasted/raw	161	4.6	2.4	2.2	Free	6.8oz
Peanuts, Spanish	1 oz, oil roasted	164	4.9	2.5	2.4	Free	6.25 oz
	1 oz, unroasted/raw	162	4.5	2.7	1.8	Free	8.3 oz
Peanuts, Valencia	1 oz, oil roasted	167	4.6	2.5	2.1	Free	7 oz
	1 oz, unroasted/raw	162	5.9	2.5	3.4	Free	4.4 oz
Peanuts, Virginia	1 oz, oil roasted	164	5.6	2.5	3.1	Free	4.8 oz
	1 oz, unroasted/raw	160	4.7	2.4	2.3	Free	6.5 oz
Pecans	1 oz (20 halves), dried	196	3.9	2.7	1.2	Free	12.5 oz (250 halves)
	1 oz, dry roasted	201	3.8	2.7	1.1	Free	13.6 oz
	1 oz (15 halves), oil roasted	203	3.7	2.7	1	Free	15 oz (225 halves)
Pine nuts	1 oz (15-16 nuts), pignolia, dried	160	4	1.3	2.7	Free	5.6 oz (~ 83-89 nuts)
	1 oz, pinyon, dried	178	5.5	3	2.5	Free	6 oz
Pistachios	1 oz (47 nuts), dried	158	7.9	2.9	5	⅓	3 oz (141 nuts)
	1 oz (47 nuts), dry roasted	162	7.8	2.9	4.9	⅓	3 oz (141 nuts)
Soy nut butter	2 T, creamy/chunky no added sugar, IM Healthy	160	5	5	0	Free	----
	2 T, creamy/chunky original, IM Healthy	170	10	1	9	⅔	3 ⅓ T
	2 T, creamy/chunky w/honey, IM Healthy	170	12	2	10	⅔	3 T
	1.1 oz, roasted,	186	11.6	2.5	9.1	⅔	1.8 oz



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	Natural Touch						
Soy nuts	1 c, dry roasted	774	56.3	13.9	42.4	2 ⅔	⅓ c
	1 oz, flavored, GeniSoy	190	24	2	22	1 ½	0.68 oz
	1 c, roasted	810	57.7	30.4	27.3	1 ⅔	½ c
	1 oz, unsalted, GeniSoy	190	23	2	21	1 ⅔	0.71 oz
Walnuts	1 oz, black, dried	175	2.8	1.9	0.9	Free	16.7 oz
	1 oz (14 halves), English/Persian, dried	185	3.9	1.9	2	Free	7.5 oz (105 halves)

SEEDS & SEED PRODUCTS

<u>Name</u>	<u>Serving size</u>	<u>Calories</u>	<u>Total carb (g)</u>	<u>Fiber (g)</u>	<u>Net carb (g)</u>	<u># of carb choices</u>	<u>Amount that equals ~1 carb choice</u>
Breadfruit seeds	1 oz, boiled	48	9.1	1.4	7.7	½	1.9 oz
	1 oz, raw	54	8.3	1.5	6.8	½	2.2 oz
	1 oz, roasted	59	11.4	1.7	9.7	⅔	1.5 oz
Flaxseed	1 T	59	4.1	3.3	0.8	Free	18 ¾ T
Pumpkin & squash seed kernels	1 oz (142 seeds), dried	153	5	1.1	3.9	Free	3.8 oz (546 seeds)
	1 oz, roasted	148	3.8	1.1	2.7	Free	5.6 oz
Sesame butter (tahini)	1 T, from roasted & toasted kernels	89	3.2	1.4	1.8	Free	8 ⅓ T
	1 T, from unroasted kernels	85	2.5	1.3	1.2	Free	12 ½ T
Sesame butter paste	1 T	95	4.1	0.9	3.2	Free	4 ⅔ T
Sesame seeds, kernels	1 T, dried	47	0.8	0.9	-0.1	Free	-----
	1 oz, toasted	161	7.4	4.8	2.6	Free	5.8 oz
Sesame seeds, whole	1 T, dried	52	2.1	1.1	1	Free	15 T
	1 oz, roasted & toasted	160	7.3	4	3.3	Free	4.5 oz
Sunflower seed flour	1 T, partially defatted	13	1.4	0.2	1.2	Free	12 ½ T
Sunflower seed kernels	1 c w/o hulls, dried	821	27	15.1	11.9	⅔	1 ¼ c



Stop Diabetes...Before It Stops You

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The 30-Day Diabetes Miracle

	1 oz, dry roasted	165	6.8	3.1	3.7	Free	4 oz
	1 oz, oil roasted	174	4.2	1.9	2.3	Free	6.5 oz
	1 oz, toasted	175	5.8	3.3	2.5	Free	6 oz

References:

- 1) Pennington JAT & Douglass JS. *Bowes and Church's Food Values of Portions Commonly Used, 18th ed.* Philadelphia, PA: Lippincott Williams & Wilkins; 2005.
- 2) USDA National Nutrient Database for Standard Reference, Release 18 (<http://www.ars.usda.gov/ba/bhnrc/ndl>)

