

Fuel Up with Carbohydrates

Carbohydrates help to maintain blood sugar levels and give energy for daily activities. Each serving = 15 grams of carbohydrates

Measurements	Fruits
1 medium	Apple, orange, pear
2 medium	Kiwi, plum, clementine orange
½ medium	Mango
1 small	Banana, grapefruit
1 large	Peach, nectarine
2 cups (500 mL)	Strawberries, blackberries, raspberries
1 cup (250 mL)	Blueberries
1 cup (250 mL)	Melon
¾ cup (175 mL)	Pineapple
15	Grapes, cherries
4 tbsp (60 mL)	Mixed dried fruit
½ cup (125 mL)	Canned or diced fruit
Measurements	Milk and alternatives
1 cup (250 mL)	Milk, fortified soy milk (plain)
½ cup (125 mL)	Chocolate milk, fortified soy milk (flavoured)
4tbsp (60 mL)	Powdered milk
½ cup (125 mL)	Evaporated milk
¾ cup (175 mL)	Plain yogurt, artificially sweetened yogurt
Measurements	Grains and starches
½ cup (125 mL)	Corn, potato, pasta, couscous, cold cereal
1/3 cup (90 mL)	Sweet potato, brown rice, white rice, millet
¾ cup	Hot cereal
1 slice	Whole grain bread
½	Pita bread (6 inch), English muffin
¼ large	Bagel
1	Whole wheat chapatti, roti, tortilla (6 inch)
2-4	Crackers