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Carbs Portion Patient Handout - Spanish

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Carbs Portion Patient Handout - Spanish

Description

For meal planning, this picture-based patient education handout explains how many grams of carbohydrates and the equivalent Tablespoons of sugar are found in portions of common foods. (Spanish)

Keywords

Carbs, carbohydrates, diabetes, nutrition, patient education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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Una porción es igual a 15 gramos de
carbohidratos o una cucharada de azúcar



 <p>1 rebanada de pan</p> 	 <p>1 pan de hamburguesa</p>  	 <p>1 concha</p>    	 <p>7 galletas</p> 
 <p>1 bagel</p>    	 <p>1 tortilla</p> 	 <p>1 bolillo</p>   	 <p>1 pancake</p> 
 <p>1 burrito grande</p>    		 <p>1/3 de taza de arroz</p>	
 <p>1 taza de avena</p>  	 <p>1 sobre de avena</p> 	 <p>3/4 taza de cereal</p> 	
<p>media taza de frijoles, pasta, maiz o papas</p>			
 	 	 	 

 <p>15 chips</p> 	 <p>1 papa chiquita</p> 	 <p>mediana</p>   
 <p>1 rebanada de pizza</p>   	    	 <p>1 elote</p>  
 <p>café dulce</p>    	 <p>media taza de jugo</p> 	 <p>1 soda</p>   
 <p>vaso de leche</p> 	 <p>1 yogurt</p>  	 <p>1 taza de nieve</p>  
 <p>1 dona chiquita</p>  	 <p>1 galleta</p>  	    
  	    	

 <p>1 manzana</p> 	 <p>1 plátano</p> 	 <p>1 pera</p> 
 <p>1 naranja</p> 	 <p>1 mango chiquito</p> 	 <p>1 durazno</p> 
 <p>medio melon</p> 	 <p>15 uvas</p> 	 <p>15 fresas</p> 
 <p>2 ciruelas chicas</p> 	 <p>media rebanada de sandía</p> 	 <p>2 cucharadas de fruta seca como pasas</p> 
 <p>1 taza de bolita azul, cerezas o moras</p> 	 <p>2 anillos de piña</p> 	

Algunas comidas no tienen carbo o tienen muy poco carbo

Verduras tienen muy poco carbo



Proteínas no tienen carbo



Las grasas y nueces tienen poco o casi nada de carbo



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