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Carbs Portion Patient Handout - English

Michele Spatz

Pacific University, mspatz@pacificu.edu

Ruth Dallas

Virigina Garcia Memorial Healthcare Clinic, rdallas@vgmhc.org

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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.

Keywords

Carbs, carbohydrates, diabetes, nutrition, patient education

Disciplines













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







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1 portion is 15 grams of carb, which is the same as 1 tablespoon sugar











 <p>1 slice bread</p> 	 <p>1 hamburger roll</p>  	 <p>1 muffin</p>    	 <p>7 crackers</p> 
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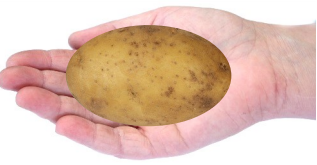





 <p>1 bagel</p>    	 <p>1 tortilla</p> 	 <p>1 large hoagie roll</p>    	 <p>1 pancake</p> 
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 <p>1 large burrito</p>    	 <p>1/3 cup rice</p> 
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 <p>1 cup oatmeal</p>  	 <p>1 package oatmeal</p> 	 <p>3/4 cup cereal</p> 
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1/2 cup beans, pasta, corn or potatoes

 	 	 	 
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 <p>15 chips</p> 	 <p>1 small potato</p> 	 <p>1 medium fries</p>   
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 <p>1 large slice pizza</p>   	 <p>1 packet ramen</p>    	 <p>1 corn on the cob</p>  
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 <p>sweet coffee drink</p>    	 <p>1/2 cup juice</p> 	 <p>1 soda</p>   
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 <p>10 oz. glass of milk</p> 	 <p>6 oz. yogurt</p>  	 <p>1 cup ice cream</p>  
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 <p>1 small donut</p>  	 <p>1 small cookie</p>  	 <p>1 slice cake</p>    
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 <p>1 SNICKERS</p>  	 <p>1 slice pie</p>    
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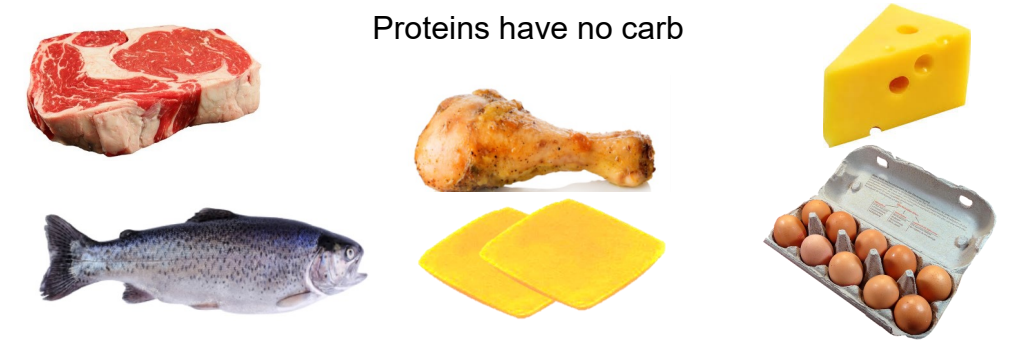
 <p>1 apple</p> 	 <p>1 banana</p> 	 <p>1 pear</p> 
 <p>1 orange</p> 	 <p>1 small mango</p> 	 <p>1 medium peach</p> 
 <p>1/2 melon</p> 	 <p>15 strawberries</p> 	 <p>15 grapes</p> 
 <p>2 small plums</p> 	 <p>1/2 slice watermelon</p> 	 <p>2 tablespoons dried fruit</p> 
 <p>1 cup berries or cherries</p> 	 <p>2 pineapple rings</p> 	

Some foods have no carb or very little carb

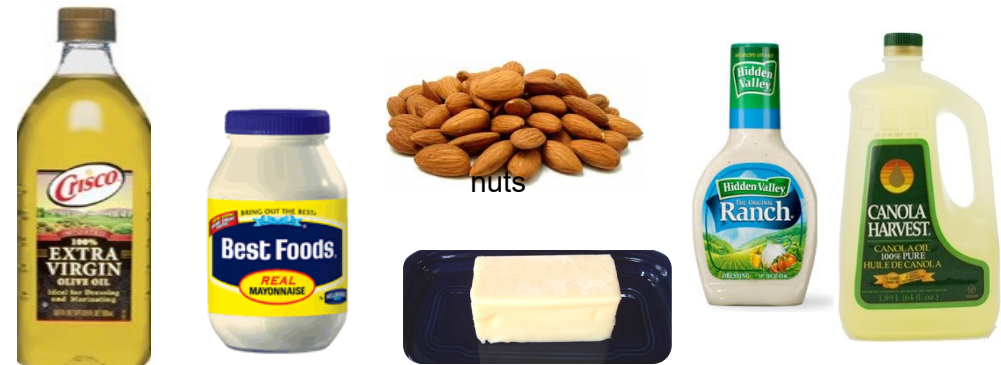
Vegetables have very little carb



Proteins have no carb



Fats have no carb and nuts have very little carb



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