

## Carbohydrate guidelines for improving insulin sensitivity:

Eat 3 meals per day with 2 snacks. Each meal can have 15 grams of carbohydrate, and each snack, 7.5 grams. As your activity increases, you can slowly begin to double this. This is not intended to be a life-long way of eating. As insulin sensitivity improves, you can increase your consumption of natural carbohydrates to 30-50 grams per meal. Choose primarily from starchy vegetables, whole grains, legumes, fruit and yogurt. Reduce refined carbohydrates and sugars.

**STARCHY VEGETABLES** (Cooked unless noted otherwise. Each selection contains 15 grams of carbohydrate)

Food Item	Serving	Food Item	Serving
Winter squash	½ cup	Artichokes	1
Beetroot	1 cup	Burdock Root (raw)	½ root
Carrots	1 cup	Corn	½ cup
Green peas	½ cup	Jerusalem artichokes	½ cup
Turnips	½ cup	Lima Beans	½ cup
Parsnip	2/3 cup	Baked Potato	½ medium
Pumpkin	1 cup	Swede	¼ large
Sweet potato/yam	½ medium		

**LEGUMES** (amounts are cooked unless noted otherwise. Each serving contains 15 grams of carbohydrate)

Food Item	Serving	Food Item	Serving
Adzuki beans	¼ cup	Black bean	1/3 cup
Broad (fava) beans	½ cup	Chickpeas	1/3 cup
Black-eyed beans	½ cup	French beans	1/3 cup
Kidney beans	1/3 cup	Lentils	1/3 cup
Mung beans	1/3 cup	Navy or pinto beans	1/3 cup
Split peas	1/3 cup		

Grains (cooked unless noted)

Food Item	Serving	Food Item	Serving
Brown rice	1/3 cup	Millet	1/3 cup
Buckwheat (kasha)	1/3 cup	Polenta	1/3 cup
Teff	1/3 cup	Quinoa	1/3 cup
		Popcorn (popped)	2 ½ cups

Whole-grain Flour and meals (items are dry, and contain 15 grams carbohydrates)

Food Item	Serving	Food Item	Serving
Amaranth flour	2 Tbls.	Arrowroot flour	2 Tbls.
Brown rice flour	2 Tbls.	Buckwheat flour	3 1/2 Tbls.

Fruit (all fruits are raw, unless noted) Selections equal 15 grams carbohydrate

Food Item	Serving	Food Item	Serving
Apple	1 small	Dried apples	3 rings
Applesauce w/o sugar	$\frac{3}{4}$ cup	Apricots	2 medium
Dried apricots	7 halves	Avocados	$\frac{1}{2}$ avocado
Banana	$\frac{1}{2}$ medium	Dried banana	1 Tbls.
Fresh berries	$\frac{3}{4}$ cup	Cherries	1 cup
Currants, dried	2 Tbls.	Dates	2 medium
Figs, dried	1 medium	Grapefruit	$\frac{1}{2}$ large
Grapes	15 grapes	Kiwi	1 large
Mangos	$\frac{1}{2}$ medium	Melons	1 cup cubes
Nectarines	1 medium	Oranges	1 medium
Tangerines	2 small	Peaches	1 medium
Pears	$\frac{1}{2}$ large	Plums	2 fruits
Prunes	3 prunes	Raisins	2Tbls
Strawberries	1 $\frac{1}{2}$ cup	Sun-dried Tomatoes	1/6 ounce
Tomatoes	1 medium		

Bread and crackers (These are less wholesome carbohydrate options than the previous lists. But are convenient. Whole grains are always a better option.)

Food Item	Serving	Food Item	Serving
Rice crackers	4 crackers	Rice cakes	2 cakes