



ENERGIZE WITH CARBOHYDRATE! Muscle and Brain Fuel

Here's a handy tool to help you make wise food choices. It is designed to give you an indication of the carbohydrate (CHO) content of common foods. Foods marked * could be high in fat.

0–5 grams of CHO/serving	6–10 grams of CHO/serving	11–20 grams of CHO/serving	More than 20 grams of CHO/serving
GRAIN PRODUCTS	1 Serving = 1 slice bread or 125 mL (½ c) cooked cereal/pasta/rice or 30g ready-to-eat cereal (check the label for the volume) or equivalent as indicated.		
	Cream of wheat; taco shell (13 cm diameter); 2 graham crackers (14 g); 2 melba toast (10 g); 4 saltine crackers (12 g); 4 Ritz™ crackers* (12 g); 250 mL (1 c) air popped popcorn; rice cake (9 g); fig bar; oatmeal cookie*; peanut butter cookie* (15 g).	Bread: all types; 125 mL (½ c) croutons; ½ pita (16.5 cm diameter); ½ English muffin; ½ crusty roll; ½ hamburger bun; ½ hot dog roll; tortilla (18 cm diameter); hot oat bran cereal; large flake oatmeal hot cereal; granola bar* (28 g); pancake or waffle (10 cm diameter); wild rice; instant rice; bulgur; couscous.	½ bagel (10 cm diameter); 1 pouch instant cream of wheat; 1 pouch instant oatmeal; bran flakes; cheerios; corn flakes; low fat granola; mini-wheats, muesli; raisin bran; wheatibix; most cereal; macaroni; pasta; long grain rice; 2 fig bars (32 g); date square.
VEGETABLES AND FRUIT	1 Serving = 125 mL (½ c) or equivalent as indicated. Fruits and juices are based on unsweetened varieties.		
Alfalfa or bean sprouts; asparagus; broccoli; cabbage; cauliflower; celery; chard; cucumber; green or red pepper; green or yellow beans; lettuce; mushrooms; radish; spinach; zucchini; rhubarb; tomato; turnips; 1 raw apricot.	½ avocado*; beets; Brussels sprouts; carrots; canned pumpkin; coleslaw*; raw onion; snow peas; winter squash; stewed tomatoes; tomato or vegetables juice; raw blackberries, raspberries, strawberries; grapes; ½ grapefruit (9.5 cm diameter); raw peach, plum, tangerine, mandarin.	Green peas; parsnips; potatoes (boiled, hash brown*, mashed); 5 onion rings*; 10 French fries*; applesauce; 60 mL (¼ c) dried apricots, blueberries, cherries, canned fruit cocktail or peaches or pears, nectarine, orange. Juices: carrot, apple, apricot, grape, grapefruit, orange, pineapple.	Corn; lima beans; sweet potato; apple; banana; mango; pear; watermelon slice (2.5 cm x 25 cm diameter). 4 dried dates; 2 dried figs; 5 prunes; 60 mL (¼ c) raisins. Juices: pear nectar; prune juice.
MILK PRODUCTS	1 Serving = 250 mL (1 c) or 50 g (1½ oz) cheese or equivalent as indicated.		
Cheese, dry curd cottage cheese; 50 mL cheese spread*.	Soy based beverage; cottage cheese (0.1–2%).	Milk; 125 mL (½ c) skim milk powder; 175 g plain yogurt; hot cocoa sweetened with aspartame; 125 mL (½ c) frozen yogurt; ice milk or ice cream*.	Chocolate milk; hot cocoa made with milk and sugar; eggnog*; milkshake; 175 g flavoured or fruit yogurt; yogurt beverage; 125 mL (½ c) milk pudding* or sherbet.
MEAT AND ALTERNATIVES	1 Serving = 90 g (3 oz) cooked, lean meat, fish or poultry (visible fat and/or skin removed) or 250 mL (1 c) cooked/canned legumes (e.g., kidney beans, chickpeas, lentils) or equivalent as indicated.		
Meat, poultry; fish (unless breaded or battered); 2 eggs; tofu; 60 mL (¼ c) brazil*, macadamia*, pine* nuts, filberts*, pecans*, walnuts*.	30 mL (2 Tbsp) peanut butter*; 60 mL (¼ c) almonds*, cashews*, coconut*, mixed nuts*, peanuts*, pine nuts*, seeds*; 125 mL (½ c) tuna salad*.	Breaded or battered fish fillet*; fish sticks*.	Beans; peas; lentils.
COMBINATION DISHES	1 Serving = 250 mL (1 c) or equivalent as indicated.		
	Canned noodle soups; mushroom soup with water.	Chunky soups; minestrone soup; mushroom soup with milk; ½ medium pizza; taco*; beef stew; French toast.	Pea soups; 60 mL (¼ c) hummus*; macaroni with cheese*; spaghetti with tomato sauce or with meat balls*; chili con carne; baked beans.
OTHER FOODS CATEGORY	1 Serving = 15 mL (1 Tbsp) or equivalent as indicated. Other foods can be included in moderation if you have sufficient servings from the other food groups.		
1 chocolate chip cookie*; 10 pretzel sticks.	10 potato or corn chips*.	Cranberry cocktail; lemonade; popsicle (75 g).	Soft drink (not diet).

