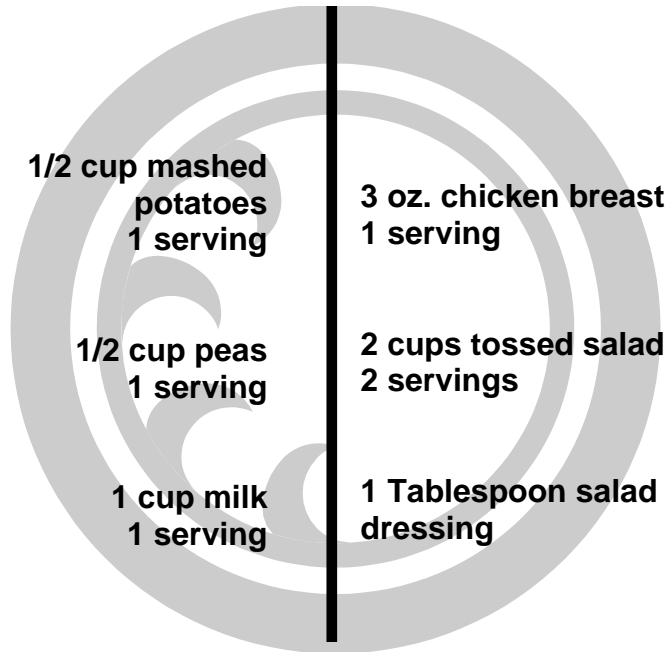


## Chicken Dinner

501 calories / 47 grams of carbohydrate

High-carb foods

Low-carb foods

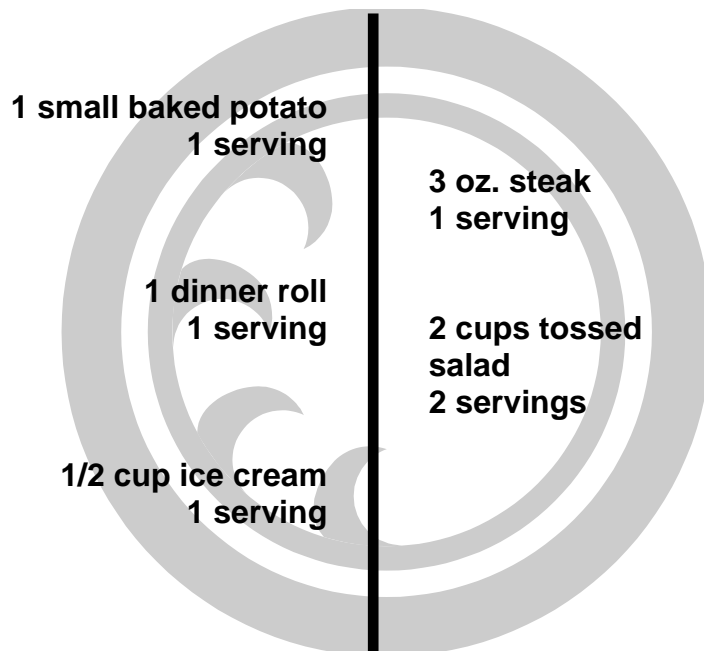


## Steak Dinner

539 calories / 50 grams of carbohydrate

High-carb foods

Low-carb foods

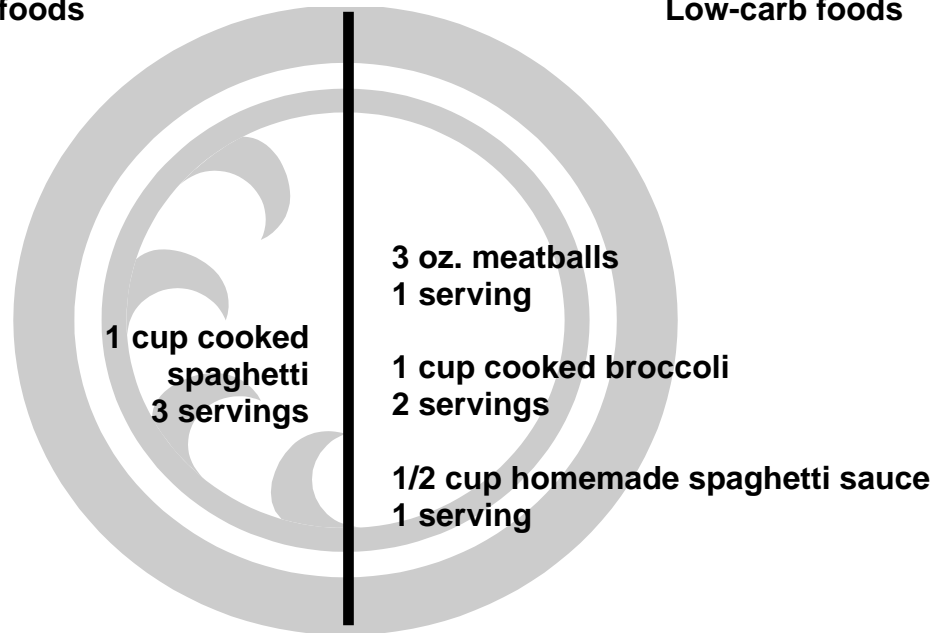


## Spaghetti

480 calories / 60 grams of carbohydrate

High-carb foods

Low-carb foods



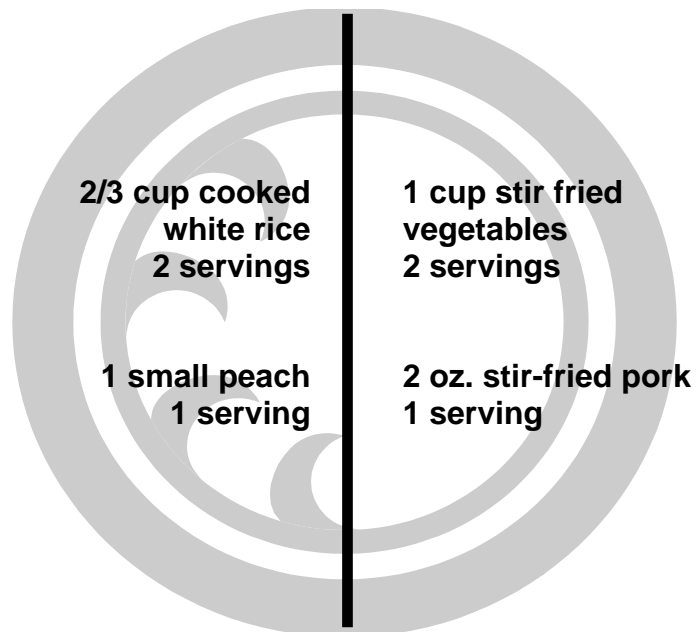
**Note:** Canned spaghetti sauce often contains sugar or corn syrup in addition to tomato sauce. These ingredients are high in carbohydrates, so this type of spaghetti sauce belongs on the high-carb side of the plate. Homemade spaghetti sauce made only with tomato sauce and spices would go on the low-carb side.

## Stir Fry

378 calories / 56 grams of carbohydrate

High-carb foods

Low-carb foods

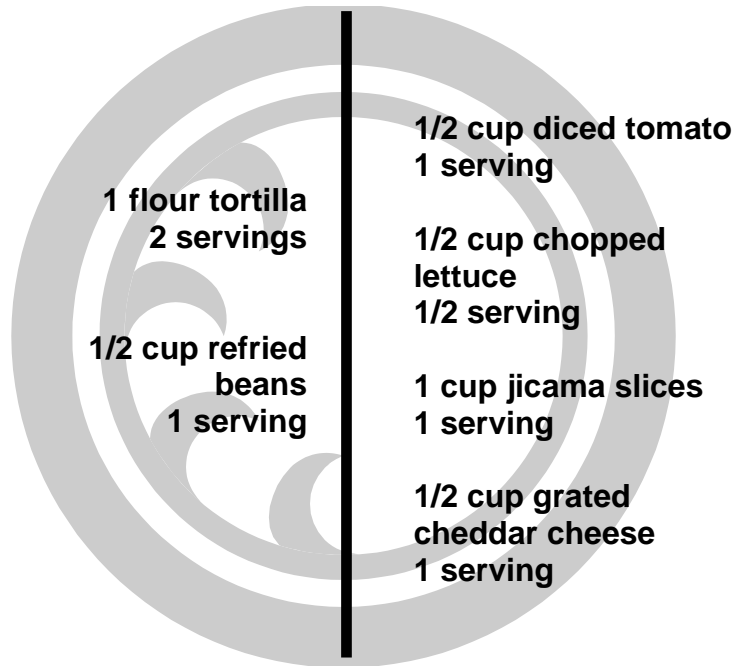


## Bean Burrito

535 calories / 56 grams of carbohydrate

High-carb foods

Low-carb foods

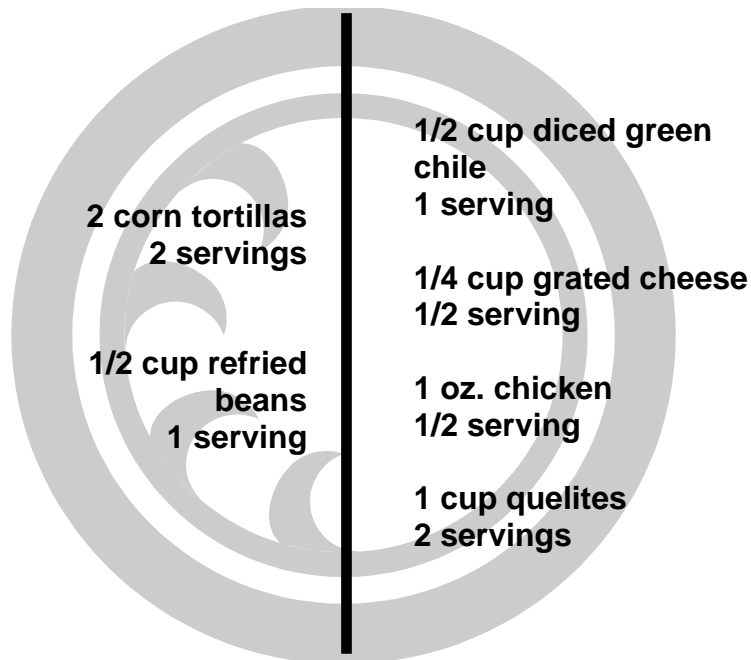


## Enchiladas

500 calories / 60 grams of carbohydrate

High-carb foods

Low-carb foods

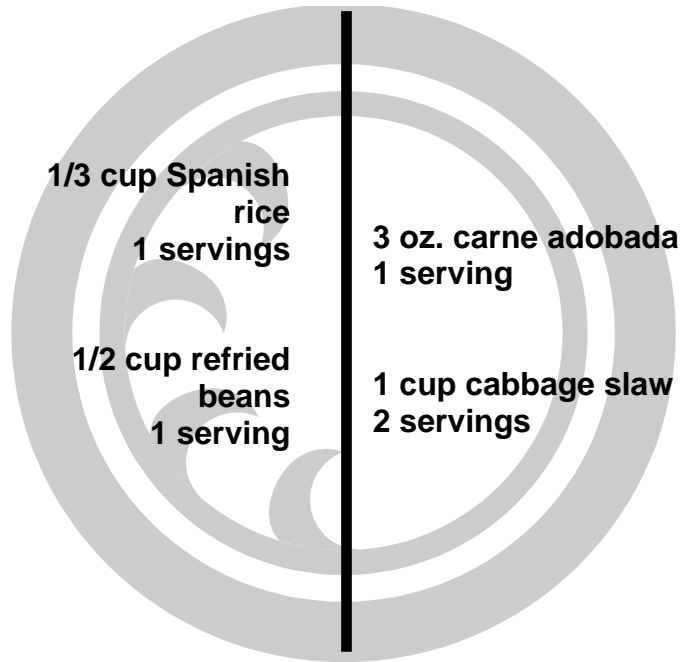


## Carne Adovada

469 calories / 54 grams of carbohydrate

High-carb foods

Low-carb foods

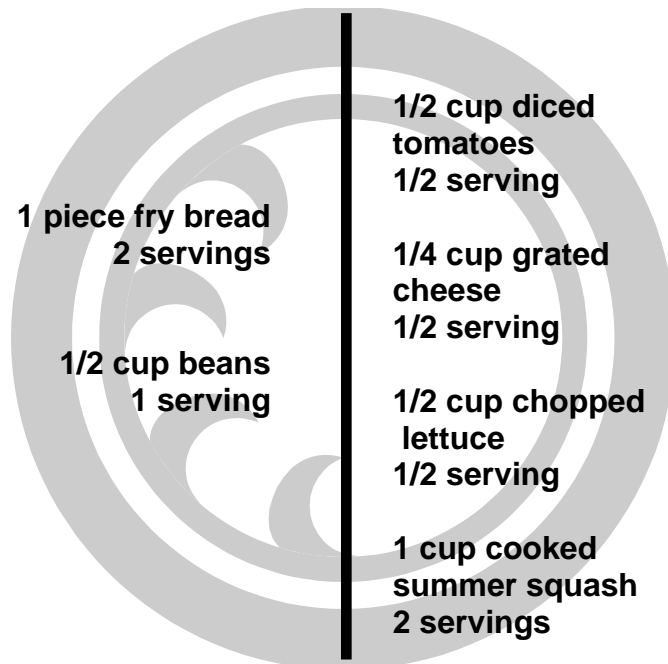


## Navajo Taco

400 calories / 54 grams of carbohydrates

High-carb foods

Low-carb foods

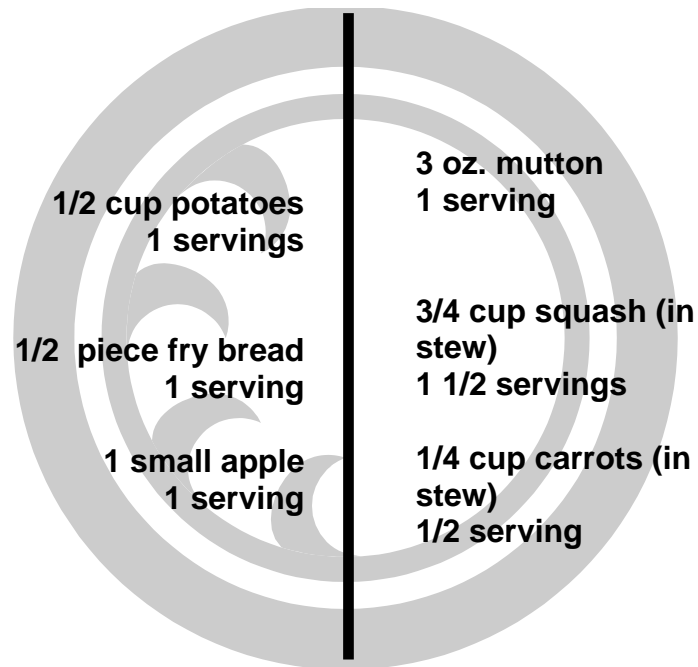


## Mutton Stew

495 calories / 54 grams of carbohydrate

High-carb foods

Low-carb foods



## What about snacks?

Snacks are a good way to get needed nutrients and spread carbohydrate intake over the day. Choose snacks from the Diabetes Food Guide Pyramid.

Often, a single serving of food from one of the food groups is enough for a snack, such as a piece of fruit or a cup of yogurt.

For bigger snacks, the 50/50 method can be helpful. An example might be half a sandwich made with 1 slice of bread, 1 ounce of lean roast beef, 2 tomato slices, 1/2 cup chopped lettuce and 1 teaspoon mayonnaise.