

# What about breakfast?

The 50/50 method doesn't work as well for breakfast because a lot of typical breakfast foods are high in carbohydrate. Perhaps the most helpful approach is to control the overall amount of high-carbohydrate foods eaten at breakfast. Follow the recommendations of your dietitian or diabetes educator. Here are some examples of breakfasts that have 3 servings of high-carb foods:



## **Oatmeal** *347 calories / 41 grams of carbohydrate*

- ½ c cooked oatmeal - 1 serving
- ½ c milk – 1 serving
- 1 slice toast – 1 serving
- handful of pecans – 1 serving (low-carbohydrate food)

## **Dry Breakfast Cereal** *338 calories / 43 grams of carbohydrate*

- ¾ c oat rings – 1 serving
- 1 c milk – 1 serving
- 1 slice toast – 1 serving
- 1 tablespoon peanut butter – ½ serving (low-carbohydrate food)

## **Pancakes** *231 calories / 36 grams of carbohydrate*

- Four 4" pancakes – 2 servings
- ¾ c blueberries – 1 serving

## **Egg and Breakfast Potatoes** *322 calories / 40 grams of carbohydrate*

- 1 poached egg – 1 serving (low-carbohydrate food)
- 1 slice toast – 1 serving
- 1 small potato, diced and cooked in non-stick skillet – 1 serving
- 1 c milk – 1 serving

## **Breakfast Burrito** *427 calories / 56 grams of carbohydrate*

- 1 flour tortilla – 2 servings
- 1 scrambled egg – 1 serving (low-carbohydrate food)
- 1 diced small potato – 1 serving
- 2 tablespoons green chile (low-carbohydrate food)
- sprinkle of grated cheese (low-carbohydrate food)