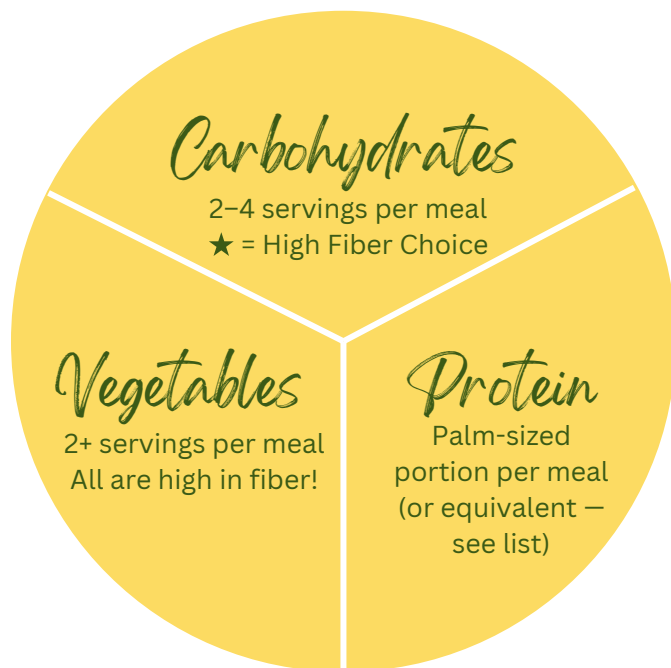




## Meal Building Guide



**Why Fiber Matters:** Fiber helps you stay full and keeps blood sugar steady. Look for the ★ symbol throughout this guide to find high-fiber choices. Choose whole grain options when possible.

**Each item below = 1 carb serving (~15g of carbohydrates). Most people need 2–4 servings per meal.**

**★ = High Fiber Choice**

### STARCHES (½ cup cooked)

- ★ Beans (pinto, black, etc.), canned or baked
- ★ Lentils
- Cream of wheat, cooked
- Noodles (rice, wheat, other)
- ★ Oatmeal, cooked
- Pasta, cooked
- ★ Pasta, whole wheat or garbanzo
- Rice, cooked
- Unsweetened cereal

### SERVING LISTED OR SEE NUTRITION LABEL

- Bread, white – 1 slice
- ★ Bread, whole wheat – 1 slice
- ★ Corn tortilla – 6"
- Cornbread – 2-inch cube
- Crackers, graham – 3 squares
- ★ Crackers, whole wheat – 5
- Flour tortilla – 8"
- French fries – ½ cup
- Frybread – 6"
- Granola – ¼ cup
- Gravy (flour) – 3 tbsp
- Pancake, 4" across
- Pizza – ½ standard slice
- ★ Popcorn, unsweetened – 3 cups
- Roll/biscuit, small – 1
- Stuffing – ½ cup
- Tamale, small – 1
- Waffle, 4" across

## CARBOHYDRATE SOURCES

### SERVING SIZE ½ of the WHOLE ITEM

- Bagel, large
- English muffin
- Hamburger bun
- Hot dog bun
- Pita bread

★ = High Fiber Choice when made from whole grains

### STARCHY VEGETABLES (½ cup cooked)

- ★ Corn
- Potatoes
- ★ Peas, green
- ★ Sweet potato or yam

### FRUIT (½ cup chopped or mashed, 2 small, 1 medium, or ½ large fruit)

- ★ Applesauce (unsweetened)
- ★ Apricots
- ★ Banana
- ★ Cherries
- ★ Grapes
- ★ Mango
- ★ Orange
- ★ Pineapple
- ★ Peach
- ★ Canned fruit in 100% juice
- 100% fruit juice

### FRUIT CONT. (1 cup serving)

- ★ Berries (strawberries, blueberries, etc.)
- ★ Melons (watermelon, cantaloupe, honeydew)

### DRIED FRUIT

**(2 tablespoons or 2 pieces)**

- ★ Unsweetened dried fruit (raisins, prunes, apricots, etc.)
- Dates

### DAIRY (1 cup)

- Milk
- Yogurt, plain
- Note: Cheese and Greek yogurt are counted as proteins — see Protein section.

### SWEETENERS (1 tsp)

- Honey, agave, maple syrup, brown sugar, table sugar

### Other (write in your own):

- 
- 
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## NON-STARCHY VEGETABLE SOURCES

★ All items below are high in fiber / Aim for 2+ servings per meal.

1 serving = ½ cup cooked or 1 cup raw

|                  |                |                |                  |                   |
|------------------|----------------|----------------|------------------|-------------------|
| Artichokes       | Cabbage        | Green beans    | Nopales          | Summer squash     |
| Asparagus        | Carrots        | Hearts of palm | Okra             | (yellow or green) |
| Bamboo shoots    | Cauliflower    | Kale           | Onions           | Swiss chard       |
| Bean sprouts     | Celery         | Lettuce        | Radishes         | Tomatoes          |
| Bell peppers     | Collard greens | Mexican squash | Snow peas        | Zucchini          |
| Broccoli         | Cucumber       | Mushrooms      | Spaghetti squash |                   |
| Brussels sprouts | Eggplant       | Mustard greens | Spinach          |                   |

**Note:** Potatoes, corn, winter squash, and peas are starchy vegetables — they are counted as carbohydrate servings.

## PROTEIN SOURCES

Include a palm-sized portion of protein (or equivalent) at each meal.

### MEAT & POULTRY

(serving ≈ palm of your hand)

Beef, ground, 80–97% lean  
 Beef, round – trim fat off  
 Beef, tenderloin – trim fat off  
 Buffalo, lean cuts  
 Chicken, skinless, no breading  
 Game (deer, elk, etc.)  
 Fish, grilled or baked  
 Hot dog, 2 – turkey or chicken  
 Pork, center loin  
 Sausage, 2 – turkey or chicken  
 Turkey, whole cuts  
 Turkey, 93% lean ground

### OTHER PROTEIN SOURCES

(grams of protein listed)

Beef jerky, 97% fat free – 1 large piece  
 Cheeses, low fat – 1 oz (size of thumb) or ⅓ cup shredded (7g)  
 Cottage cheese, low fat – 1 cup (28g)  
 Egg – 2 whole or 3 egg whites (14g)  
 ★ Nuts – ¼ cup (6g)  
 ★ Peanut butter – 2 tablespoons (8g)  
 ★ Seeds – 2 tablespoons (5g)  
 Turkey jerky – 1 large piece  
 Yogurt (Greek only) – 1 cup (20g)

### Plant-Based Proteins

(also count as a carb serving)

★ Beans (pinto, black, kidney, etc.)  
 – ½ cup (7–9g)  
 • ★ Lentils – ½ cup (9g)  
 • ★ Edamame – ½ cup (9g)  
 These do double duty as both a protein and a carb serving!

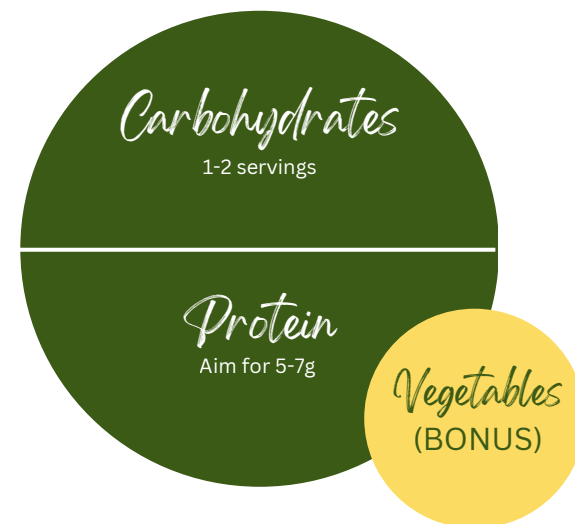
### RECIPE RESOURCES:

- Budget Bytes
- The Kitchen (no 'e')
- Spend with Pennies
- NYT Cooking app
- Food Hero (Oregon State University)
- The Garden Kitchen (University of Arizona)
- Diabetes Food Hub
- Yummy Toddler Food

**HEALTHY FATS:** Avocado, olive oil, nuts, seeds.

These add nutrition but are calorie-dense — enjoy in moderate portions.

## Snacks



A balanced snack pairs protein with carbohydrates to keep you full and your blood sugar steady. Adding non-starchy vegetables is a bonus!

### SNACK PAIRING IDEAS

Each example combines a carb + a protein source:

Apple slices + peanut butter  
 Whole wheat crackers + cheese  
 Greek yogurt + berries  
 Banana + handful of nuts  
 Corn tortilla + beans  
 Carrots & bell peppers + hummus  
 Whole grain toast + egg  
 Orange + string cheese