

# Liiska Cuntada 15 Garaam ee Kaarbohaydareet

## Khudaarta iyo digiraha

Mid kaste waa 15 g ee kaarb



### Khudaarta budada leh

- ½ koob digir cagaaran oo la kariyey
- ½ koob galley la kariyey
- ½ galley qori ku taalla, weyn (5 wiq)
- ½ koob galley ridqan oo la kariyey
- ½ koob baradho macaan oo la kariyey
- ½ koob baradho la kariyey
- 1 baradho ama baradho macaan oo yar
- ½ koob baradho hash brown ama baradho qolof la saaray
- 10 ilaa 15 baradho hab Faransiis u shiilan
- 1 koob geed bocor jiilaal (bocor, akorn, butternut)
- 1 koob marinara ama suugo baasto
- ½ koob casiir tamaandho
- ¼ koob tamaandho ridqan

### Digiraha

- ½ koob digir la karkariyey (kelyo u eeg, pinto, cas, dhaadheer, iwm.)
- ½ koob digir dib loo shiilay
- ½ koob misir la kariyey
- ¼ koob digir la dubay

## Cuntooyinka caanaha leh

Mid kaste waa 13 g ee kaarb



- 1 koob caano (bilaa dufan, 1%, 2%, kaamil)
- 6 wiq koob gadhoodh (saafi ama dhadhan loogu yeelay macaaneeye aanan dabiici ahayn)
- 1 koob cabbitaan bilaa caano ah ( g ee kaarb)

## Kaarb yar: Khudaarta aanan budada lahayn

Mid kaste waa 5 g ee kaarb!

1 koob qayriin AMA ½ koob la kariyey:

Asbaragus	Kaabaj	Isbinaj	Barbarooni
Digir cagaar ah	Dabacase	Tamaandho	Qajaar
Biqil digir	Kauliflower	Caleen saladh	Digir snab
Brokoli	Eggblant	Zucchini	Turnib



## Miraha

Mid kaste waa 15 g ee kaarb



- 1 miro daray ah oo yar (tufaax, liin, cambaruud, khookh, liinta tanjariin, nektariin)
- ½ koob suugo tufaax, aanan la macaanayn 4 mishmish daray ah
- 7 nus mishmish la engejiyey
- ½ moos
- 2 Qaaddo weyn ee miro la engejiyey
- 1 koob jarjar bartiikh (kantaloob, qare, bartiikh malab)
- ½ koob miraha jeri 2 tiin ama murcood
- ½ koob miro qasacad ku jira, aanan la macaanayn
- ½ banbeelmo 15 canab
- 1 miraha kiwi oo weyn
- ¾ koob cananas
- ½ canbe ama babaay 3 buruun qiyaas dhexe
- 2 Qaaddo weyn ee sabiib ama kranberi qayb loo engejiyey
- 15 istirowberi, qiyaas dhexe 1 koob buluuberi
- 1 koob rasberi
- ½ koob casiir

## Macmacaanka

Mid kaste waa 15 g ee kaarb



- 2" keeg afargees leh, dahaar macaan lahayn (2 wiq) 1¼ insh keeg browni afargees leh, dahaar macaan lahayn (1 wiq), ⅞" dherer taag
- 2 buskud kooki yar yar (⅔ wiq)
- ½ koob budhin bilaa sonkor
- ½ koob ayskiriim
- ½ koob gadhoodh barafaysan, dufan yar ama bilaa dufan
- 1 Qaaddo weyn sharooto, malmalaado, jelli, sonkor ama malab
- 1 Qaaddo weyn sharooto mable
- 1 koob cabbitaan sboorti
- 1 koob shukulaate kulul biyo lagu sameeyey

## Cuntooyin budo leh

Mid kaste waa 15 g ee kaarb



### Rootiyaha

- 1 jeex rooti
- ½ muffin Ingiriisi 1 karawasan yar
- 1 muffin yar (1 wiq)
- 1 bankeek ama waffle (4")
- ¼ bagel weyn
- ½ rooti hot dog ama rooti bargar 1 tortilla (6")
- 1 rooti galley yar ama buskud (2" jarjar, 2 wiq)
- 1 rooti duuban oo saafi ah oo yar (1 wiq)
- ½ bita yar (6")

### Siiriyal, baasto iyo bariis (la kariyey)

- ½ koob siiriyal qolof leh
- ¼ koob granola
- ½ koob siiriyal la kariyey
- ¾ koob siiriyal engegsan
- ½ koob siiriyal dahaar sonkor la saaray
- ⅓ koob baasto la kariyey
- ⅓ koob bariis cad ama boodhe la kariyey
- ½ koob nuudal jow mein
- ⅓ koob hadhuudh quinoa
- ½ koob kuskus

### Karaakar, jibs iyo salool

- 6 karaakar Saltine ama Ritz 3 karaakar Graham
- 6 ilaa 7 karaakar xayawaan
- ¾ wiq bretzel (15 qallooc yar yar) 1 wiq jibs cuwaaf
- 9 ilaa 13 jibs tortilla
- 3 koob salool

## Kaarb yar: Borotiin iyo dufan

waxaa aad ugu yar ama ku yar kaarbohaydareet



**Tusaalooyin borotiin:** Ukun, burcad, hilib (digaag, lo', doofaar), kalluun iyo xayawaan badeed

**Tusaalooyin dufan:** Saliid, subag, maayaniis





# 15 Gram Carbohydrate Food List

## Vegetables and legumes

Each is 15 g carbs



### Starchy vegetables

- ½ cup cooked green peas
- ½ cup cooked corn
- ½ corn on the cob, large (5 oz)
- ½ cup cooked hominy
- ½ cup cooked sweet potatoes
- ½ cup cooked potatoes
- 1 small potato or sweet potato
- ½ cup hash browns or au gratin potatoes
- 10 to 15 French fries
- 1 cup winter squash (pumpkin, acorn, butternut)
- 1 cup marinara or pasta sauce
- ½ cup tomato juice
- ¼ cup tomato puree

### Legumes

- ½ cup boiled beans (kidney, pinto, red, green, etc.)
- ½ cup refried beans
- ½ cup cooked lentils
- ¼ cup baked beans

## Dairy products

Each is 13 g carbs



- 1 cup milk (fat-free, 1%, 2%, whole)
- 6-oz cup yogurt (plain or flavored with artificial sweetener)
- 1 cup dairy-free beverage (\_\_\_ g carbs)

## Lower carbs: Non-starchy vegetables

Each is 5 g carbs!

1 cup raw OR ½ cup cooked:

- |              |             |          |           |
|--------------|-------------|----------|-----------|
| Asparagus    | Cabbage     | Spinach  | Peppers   |
| Green beans  | Carrots     | Tomato   | Cucumber  |
| Bean sprouts | Cauliflower | Lettuce  | Snap peas |
| Broccoli     | Eggplant    | Zucchini | Turnips   |



## Fruits

Each is 15 g carbs



- 1 small fresh fruit (apple, orange, pear, peach, tangerine, nectarine)
- ½ cup applesauce, unsweetened
- 4 fresh apricots
- 7 dried apricot halves
- ½ banana
- 2 Tbsp dried fruit
- 1 cup melon cubes (cantaloupe, watermelon, honeydew)
- ½ cup cherries
- 2 figs or plums
- ½ cup canned fruit, unsweetened
- ½ grapefruit
- 15 grapes
- 1 large kiwi
- ¾ cup pineapple
- ½ mango or papaya
- 3 medium prunes
- 2 Tbsp raisins or raisins
- 15 strawberries, medium size
- 1 cup blueberries
- 1 cup raspberries
- ½ cup juice

## Sweets and desserts

Each is 15 g carbs



- 2"-square cake, unfrosted (2 oz)
- 1¼ inch-square brownie, unfrosted (1 oz), ⅞" high
- 2 small cookies (⅔ oz)
- ½ cup sugar-free pudding
- ½ cup ice cream
- ½ cup frozen yogurt, low-fat or fat-free
- 1 Tbsp syrup, jam, jelly, sugar or honey
- 1 Tbsp maple syrup
- 1 cup sports drink
- 1 cup hot chocolate made with water

## Starches

Each is 15 g carbs



### Breads

- 1 slice bread
- ½ English muffin
- 1 small croissant
- 1 small muffin (1 oz)
- 1 pancake or waffle (4")
- ¼ of a large bagel
- ½ hot dog bun or burger bun
- 1 tortilla (6")
- 1 small cornbread or biscuit (2" cube, 2 oz)
- 1 small plain roll (1 oz)
- ½ small pita (6")

### Cereals, pasta and rice (cooked)

- ½ cup bran cereal
- ¼ cup granola
- ½ cup cooked cereal
- ¾ cup dry cereal
- ½ cup sugar frosted cereal
- ⅓ cup cooked pasta
- ⅓ cup cooked white or brown rice
- ½ cup chow mein noodles
- ⅓ cup quinoa
- ½ cup couscous

### Crackers, chips and popcorn

- 6 Saltine or Ritz crackers
- 3 Graham crackers
- 6 to 7 animal crackers
- ¾ oz pretzels (15 mini twists)
- 1 oz snack chips
- 9 to 13 tortilla chips
- 3 cups popcorn

## Lower carbs: Proteins and fats

have very little or less carbohydrates



**Examples of proteins:** Eggs, cheese, meat (chicken, beef, pork), fish and seafood

**Examples of fats:** Oil, butter, mayonnaise