

The _____ Doctors Center

Health & Wellness

1800 CALORIE LOW CARBOHYDRATE(SUGAR AND STARCH)DIET

FOOD GROUP	SERVINGS PER DAY	SAMPLE FOOD CHOICES
Grains and Starches	8	Breads, cereals, rice and pasta as well as starchy vegetables like corn, peas and potatoes are included in this carbohydrate group. Dried beans like pinto beans and black beans also. Serving sizes: 1 slice of bread, 1/4 of a bagel (1 ounce) 1/2 an English muffin or pita bread, 3/4 cup dry cereal, 1/2 cup of cooked cereal, 1/2 cup potato, yam, peas, corn, cooked beans or 1/3 cup of rice or pasta.
Vegetables	3	Spinach, chicory, Swiss chard, broccoli, cabbage, bok choy, brussel sprouts, cauliflower, kale, tomatoes, cucumbers and lettuce are examples. Serving sizes: 1 cup of raw or 1/2 cup cooked.
Fruits	2	Another healthy carbohydrate choice includes blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots, and grapes. Serving size: 1/2 cup canned fruit, 1 small fresh fruit, 2 tbs dried fruit, 1 cup of melon or raspberries or 1 1/4 cups of whole strawberries.
Lean Meats	2	The meat group includes the following protein rich items: beef, chicken, turkey, fish and meat substitutes like eggs, tofu, dried beans, cheese, cottage cheese, and peanut butter. Serving size: the leaner the meat the better. Only 4-6 ounces daily. One portion is equal to the size of a deck of cards or 3 ounces. You may divide this between meals.
Dairy	2	Milk products are a rich source of protein and calcium. Non-fat or low fat dairy products contain little or no saturated fats making these healthy to choose. Serving size: 1 cup of non-fat or low -fat milk or 1 cup of yogurt.
Fats	2	Fats are necessary for vitamin absorption as well as other functions in the body but a little goes a long way. Healthy fats include olive oil, canola oil, peanut oil, sesame, soybean an safflower oil. You may use a small amount of tub margarine. Serving size 1 tbs of salad dressing, 1 tsp of margarine, 1 tbs of mayonnaise, 2 tsp of peanut butter.

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