

TELENDOCRINE

Diabetes · Endocrinology · Nutrition

Daily servings of foods to lose weight and let the body find its' ideal weight... not yours!

BASED ON 2 TO 3 MEALS DAILY

CARBOHYDRATES

One serving size = 15 grams total carbs

Women: 1-2 servings total carbs per meal=15-30 grams per meal

Men: 2-3 servings total carbs per meal= 30-45 grams per meal

PROTEIN

Serving Size:

Women: 3 ounces per meal = 90 grams

Men: 6 ounces per meal = 180 grams

NON STARCHY VEGETABLES

UNLIMITED

EXAMPLES of 1 SERVING of CARBOHYDRATES

1 SLICE OF BREAD

½ CUP BEANS, PEAS, CORN, POTATO

½ CUP CEREAL

2 SMALL COOKIES

1/3 CUP COOKED PASTA/RICE

½ CUP COOKED OATMEAL

3 CUPS OF POPCORN

1 OUNCE OF POTATO

EXAMPLES OF PROTEINS

BEEF

CHICKEN

DEER

EGGS

FISH

NUTS & SEEDS

PEANUT BUTTER

PORK

SEAFOOD

TURKEY

EXAMPLES OF VEGETABLES

ASPARAGUS

BROCCOLI

CABBAGE

CARROTS

CAULIFLOWER

CELERY

CUCUMBERS

GREEN BEANS

MUSHROOMS

<p>CHIPS</p> <p>6 SALTINES</p> <p>1 SMALL PIECE OF FRUIT: APPLE, PEAR, ORANGE</p> <p>1 CUP STRAWBERRIES</p> <p>¾ CUP OF BLUEBERRIES</p> <p>12 GRAPES</p> <p>1 CUP OF WATERMELON</p> <p>2 TBSP. DRIED FRUIT</p> <p>½ LARGE BANANA</p> <p>4 OUNCES YOGURT</p> <p>8 OUNCES MILK</p> <p>½ CUP VANILLA ICE CREAM</p>		<p>OKRA</p> <p>ONIONS</p> <p>PEPPERS</p> <p>PUEBLO CHILIS</p> <p>SALAD GREENS</p> <p>SPINACH</p> <p>SQUASH</p> <p>TOMATOES</p>
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<p><u>NUTRITION FACTS</u></p> <p>SERVING SIZE: 15 GRAMS</p> <p>SERVINGS PER CONTAINER: 2</p> <p>AMOUNT PER SERVING</p> <p>TOTAL CARBOHYDRATES: 15 GRAMS=1 SERVING</p>	<p><u>NUTRITION FACTS</u></p> <p>SERVING SIZE: ½ CUP</p> <p>SERVINGS PER CONTAINER: 6</p> <p>AMOUNT PER SERVING</p> <p>TOTAL CARBOHYDRATES: 30 GRAMS=2 SERVING</p>
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LIMIT THE C WORDS:

CAKE, COOKIES, COLAS, CANDY, CHOCOLATE & CHIPS TO ONCE WEEKLY...

MAKE THE C WORDS A SPECIAL TREAT!



