

EQUAL® MAKES A DIFFERENCE

- Equal helps make food and beverages taste great while controlling calories and carbohydrates
- Using Equal is an easy way to do something positive for your healthy lifestyle



KEYS TO A HEALTHY EATING PLAN:

- Eat meals and snacks regularly (at planned times)
- Eat about the same amount of food at each meal or snack
- Choose healthful foods to support a healthy weight and heart

Discover recipes and ideas at www.equal.com



ESTIMATING SERVING SIZES

Knowing serving sizes can help you accurately count the number of carbs you're eating.

Use these "handy" measuring tips to estimate appropriate serving sizes.



fist = 1 cup
(Example: three servings of pasta or two servings of oatmeal)



thumb = 1oz
piece of cheese



handful = 1oz
snack food (Example: 1oz nuts = 1 handful)



thumb tip = 1 tsp
margarine, mayonnaise, or other fats such as oils



palm = 3oz
(a cooked serving of meat)

equal
EMBRACE YOUR TASTE

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EASY, EVERYDAY
CARB COUNTING GUIDE



**EMBRACE
YOUR TASTE**



Visit www.equal.com

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WHAT IS CARB COUNTING?

Carb counting is a meal planning technique for managing blood glucose levels

- A food that contains 15 grams of carbohydrate is called “one carb choice”.
- Carb counting helps to keep track of how many carbohydrates you are eating and allows for flexibility in your meal plan.
- Talk to your registered dietitian nutritionist or healthcare provider to determine how many carbs are right for you. It is very individual and based on your age, gender, size, activity level and medicine.
- Your meal plan may call for you to eat a specified amount of carbohydrate at each meal or snack.
- You do not have to eat the same foods everyday. Your food choices can change from day to day as long as the total carbs specified for each meal and snack stay about the same.

GRAMS OF CARBS	NUMBER CARBOHYDRATE CHOICES
0 to 5	Do Not Count
6 to 10	½ carb choice
11 to 20	1 carb choice
21 to 25	1 ½ carb choices
26 to 35	2 carb choices

The following amounts of carbohydrate rich foods each contain about 15 grams of carbohydrates (1 carb choice)

BREADS, CEREALS, GRAINS

FOOD	SERVING SIZE (1 carb choice)
Bagel, small	½ (1 oz)
Bread, whole wheat	1 slice (1 oz)
Cereals (cooked)	½ cup
Cereals, unsweetened	¾ cup
Pasta	½ cup
Rice, white or brown	½ cup
Tortilla, corn or flour, 6"	1
Waffle, 4" square	1

FRUIT AND FRUIT JUICE

FOOD	SERVING SIZE (1 carb choice)
Apple, small	1 (4 oz)
Apple Juice, unsweetened	½ cup
Banana, small (about 4" long)	1
Blueberries	¾ cup
Cantaloupe	1 cup cubes
Grapes, small	17
Juice blends, reduced cal	1 cup
Orange, small	1
Orange Juice, unsweetened	½ cup
Pear	½ large (4 oz)
Strawberries, whole berries	1 ¼ cup

STARCHY VEGETABLES

FOOD	SERVING SIZE (1 carb choice)
Corn	½ cup
Corn on the cob, med. 3"	1 (5 oz)
Peas, green	½ cup
Potato, baked, small	1 (3 oz)
Potato, mashed	½ cup
Squash, winter-acorn, butternut	1 cup
Sweet potato, yam	½ cup

BEANS, PEAS AND LENTILS

FOOD	SERVING SIZE (1 carb choice)
Baked Beans	½ cup
Beans and peas, cooked garbanzo, pinto, kidney, split, black-eyed, white and lima beans	½ cup
Lentils, cooked	½ cup

MILK AND YOGURT

FOOD	SERVING SIZE (1 carb choice)
Milk (fat free, 1%, 2%, whole, soy)	1 cup
Yogurt, plain, non fat or low fat	⅔ cup (6 oz)
Yogurt, non fat fruit flavored, sweetened with sugar substitute	⅔ cup (6 oz)

VEGETABLES, NON-STARCHY

SERVING SIZE	CARBS (g)
½ cup cooked or 1 cup raw	5
1 ½ cups cooked or 3 cups raw	15
Green Beans, Broccoli, Carrots, Cauliflower, Celery, Cucumber, Greens, Onions, Peppers, Salad Greens, Spinach, Tomato, Zucchini	

UNLIMITED USE

FOOD/DRINK/EXTRAS
Sweeteners, like Equal® sweetener
Club Soda
Diet Soft Drinks
Herbs and Spices
Lemon or Lime Juice
Tea



**ZERO CALORIES
ZERO COMPROMISE**