










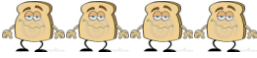








Healthy Carb Substitutes

Did you know that every **15 grams of carbohydrate** is the equivalent of :

- 1 slice of bread or
- 2 sugar cookies or
- 4 teaspoons of sugar?

Can you find some easy substitutions?

Instead of high sugar carbs:	Calories	Sugar (tsp)	Try high fiber carbs:
<p>Muffin/Pastry/Doughnut</p> <p>5 breads</p>  <p>10 cookies</p>  <p>20 teaspoons of sugar</p> 	480	20	<p>Make it from home!</p> <p>Breakfast Sandwich:</p> <ul style="list-style-type: none"> ○ Beat egg & microwave 1 min ○ Add a slice of lowfat cheese ○ Whole wheat toast or english muffin <p>Calories: 250 Fiber: 4 g</p> <p>On the Go:</p> <ul style="list-style-type: none"> ○ Protein bar & low fat milk ○ Greek yogurt & piece of fruit <p>Calories: 150 Fiber: 5 g</p>
<p>4" square brownie or cake</p> <p>6 breads</p>  <p>12 cookies</p>  <p>12 teaspoons of sugar</p> 	290	12	<ul style="list-style-type: none"> ○ Piece of fruit with 2 tbsp nut butter ○ Frozen grapes (15) or 1 small frozen bananas ○ Fruit parfait made with Greek yogurt <p>Calories: 100-250 Fiber: 3-5 g</p>
<p>Bowl Raisin Bran and milk</p> <p>7 breads</p>  <p>14 cookies</p>  <p>28 teaspoons of sugar</p> 	503	28	<ul style="list-style-type: none"> ○ 1 cup unsweetened cereal (Cheerios, bran flakes, Chex, Kashi) ○ Low fat milk, unsweetened vanilla almond milk ○ Pick a protein to go with cereal: <ul style="list-style-type: none"> ○ Boiled egg ○ 2 tbsp nuts ○ ½ cup low fat cottage cheese or Greek yogurt <p>Calorie: 240 Fiber: 3 g</p>

Instead of:	Calories	Sugar (tsp)	Try:
<p>20 oz juice – even 100% juice</p> <p>4 breads </p> <p>8 cookies </p> <p>16 teaspoons of sugar </p>	250	16	<ul style="list-style-type: none"> ○ Water with fresh fruit (orange/watermelon/berries) ○ Water with fresh veggies/herbs (cucumber/basil/mint) <p>Calories: 0</p>
<p>20 oz Regular soda pop</p> <p>5 breads </p> <p>10 cookies </p> <p>19 teaspoons of sugar </p>	300	19	<p>Sparkling waters Diet soda</p> <p>Calories: 0</p>
<p>20 oz Latte/Coffee Drinks</p> <p>5 breads </p> <p>10 cookies </p> <p>18 teaspoons of sugar </p>	375	18	<p>Make it from home!</p> <ul style="list-style-type: none"> ○ Skim or 1% milk instead of creamer ○ Unsweetened vanilla almond milk + cinnamon ○ Truvia instead of sugar ○ Sugar free coffee mate <p>At a coffee shop:</p> <ul style="list-style-type: none"> ○ Choose non-fat or “skinny” drink versions <p>Calories: 0-30</p>