

CARBOHYDRATE SOURCES TO PROMOTE HEALTH

- Carbohydrates are your body's preferred source of energy¹. Fruits, vegetables, whole grains, legumes and dairy all have carbohydrates.
- Fruits and vegetables, beans and legumes, and whole grains have a variety of other nutrients including fiber¹. Fiber supports digestive and heart health.
- Eat a consistent amount of carbohydrates throughout each day to sustain your energy level. A consistent carbohydrate intake can help to stabilize blood sugar levels¹.

It is recommended that adults aged 55 and above eat at least 130g of carbohydrates (CHO) daily². Try to meet this goal by incorporating a variety of these foods. Reach out to your Registered Dietitian Nutritionist for specific goals for your needs.



FRUITS³

2 cups/day²

3/4 cup blueberries = 15gm CHO*

1 small apple = 15gm CHO*

2 tbsp dried cranberries = 15gm CHO*



LEGUMES³



1.5 cups/week²

1/2 cup cooked black beans = 15gm CHO*

1/2 cup cooked split peas = 15gm CHO*

1/2 cup cooked lentils = 15gm CHO*



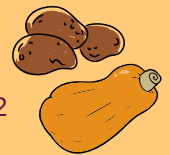
DAIRY³

3 cups/day²

3/4 cup non-fat plain yogurt = 15gm CHO*

1 cup low-fat milk = 12gm CHO*

VEGETABLES³



2 1/2 cups/day²

Starchy Vegetables:

1/2 cup corn = 15gm CHO*

1/2 cup parsnips = 15gm CHO*

1 cup acorn squash = 15gm CHO*

Non-Starchy Vegetables:

1 cup raw spinach = 5gm CHO*

1/2 cup cooked broccoli = 5gm CHO*

1/4 cup cooked carrots = >5gm CHO*

WHOLE GRAINS³



6 oz/day²

1/3 cup cooked rice (3 oz) = 15gm CHO*

1 slice of bread (1 oz) = 15gm CHO*

1/2 cup oatmeal (1.5 oz) = 15gm CHO*

*CHO = carbohydrate

*15 gm = 1 serving of carbohydrates

1. Carbohydrates part of a healthful diabetes diet. Academy of Nutrition and Dietetics. <https://www.eatright.org/health/diseases-and-conditions/diabetes/carbohydrates-part-of-a-healthful-diabetes-diet>. Published November 16, 2020. Accessed April 2, 2021.

2. 2020-2025 Dietary Guidelines for Americans. USDA and HHS. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf. Published December 2020. Accessed April 2, 2021.

3. Mahan LK, Stump ES, Raymond JL. Krause's food, nutrition, & diet therapy /L. Kathleen Mahan, Sylvia Escott-Stump, Janice L. Raymond. In: Krause's Food and the Nutrition Care Process. 13th ed. St Louis, MO: Elsevier; 2012:1109-1121.

*This information is for educational purposes only. Contact your Registered Dietitian, Physician, or Medical team for specific guidance.