

## SAMPLE MENU FOR 250 + GRAM CARBOHYDRATE DIET

<p><b>BREAKFAST</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Orange juice</td><td>1 cup</td><td>20</td></tr> <tr><td>Corn flakes</td><td>1 1/2 cups</td><td>30</td></tr> <tr><td>Toast</td><td>1 slice</td><td>15</td></tr> <tr><td>Jelly</td><td>1 teaspoon</td><td>5</td></tr> <tr><td>Milk</td><td>4 ounces</td><td>5</td></tr> <tr><td>Coffee or Tea</td><td>as desired</td><td>0</td></tr> <tr><td colspan="2">Breakfast Total Carbohydrate</td><td style="text-align: right;">75</td></tr> </table> <p><b>AFTERNOON SNACK:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Candy Bar</td><td></td><td></td></tr> <tr><td colspan="2">Afternoon Total Carbohydrate</td><td style="text-align: right;">25</td></tr> </table> <p><b>EVENING SNACK:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Ice Cream</td><td>1/3</td><td>15</td></tr> <tr><td colspan="2">Evening Total Carbohydrate</td><td style="text-align: right;">15</td></tr> </table>	Orange juice	1 cup	20	Corn flakes	1 1/2 cups	30	Toast	1 slice	15	Jelly	1 teaspoon	5	Milk	4 ounces	5	Coffee or Tea	as desired	0	Breakfast Total Carbohydrate		75	Candy Bar			Afternoon Total Carbohydrate		25	Ice Cream	1/3	15	Evening Total Carbohydrate		15	<p><b>LUNCH</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Sandwich</td><td></td><td></td></tr> <tr><td>(including 2 bread)</td><td>1</td><td>30</td></tr> <tr><td>Potato chips</td><td>10-12 chips</td><td>15</td></tr> <tr><td>Carrot sticks</td><td>2</td><td>0</td></tr> <tr><td>Banana</td><td>1</td><td>20</td></tr> <tr><td>Milk shake</td><td>12 ounces</td><td>35</td></tr> <tr><td colspan="2">Lunch Total Carbohydrate</td><td style="text-align: right;">100</td></tr> </table> <p><b>DINNER</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chicken</td><td>1 piece</td><td>0</td></tr> <tr><td>Mashed potatoes</td><td>1 cup</td><td>30</td></tr> <tr><td>Green beans</td><td>1/3 cup</td><td>0</td></tr> <tr><td>Lettuce salad</td><td>1</td><td>0</td></tr> <tr><td>Bread</td><td>1 slice</td><td>15</td></tr> <tr><td>Apple juice</td><td>8 ounces</td><td>30</td></tr> <tr><td colspan="2">Dinner Total Carbohydrate</td><td style="text-align: right;">75</td></tr> </table>	Sandwich			(including 2 bread)	1	30	Potato chips	10-12 chips	15	Carrot sticks	2	0	Banana	1	20	Milk shake	12 ounces	35	Lunch Total Carbohydrate		100	Chicken	1 piece	0	Mashed potatoes	1 cup	30	Green beans	1/3 cup	0	Lettuce salad	1	0	Bread	1 slice	15	Apple juice	8 ounces	30	Dinner Total Carbohydrate		75
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**TOTAL DAILY CARBOHYDRATE** → **290**

### SUBSTITUTIONS

FOOD ITEM	AMOUNT or SERVING	CARBO-HYDRATE GRAMS	FOOD ITEMS	AMOUNT or SERVING SIZE	CARBO-HYDRATE GRAMS
<b>BEVERAGES:</b>			<b>BREADS AND OTHER STARCHES (con't)</b>		
<b>MILK</b>			Dried beans or peas		
Whole 2%. low fat, skim	8 ounces*	10	Casseroles	1/3 cup	15
Buttermilk	8 ounces*	10	Canned, all sweetened		
Chocolate Milk	8 ounces*	25	<b>FRUITS:</b>		
Cocoa (made with milk)	8 ounces*	20	<b>RAW</b>		
Milkshakes (any type)	8 ounces*	25	Apple, orange, pear, peach, plum	1 medium	50
Yogurt, plain	8 ounces*	10	Banana	2	50
Yogurt, fruit flavored	8 ounces*	40	Cantaloupe	1/4	50
<b>CARBONATED</b>			Grapes	12 whole	50
(regular or sweetened)	12 ounces	30	Watermelon	1 slice (3")	50
<b>FRUIT JUICES</b>			Canned, all sweetened		
Apple, pineapple, cider	8 ounces	30	<b>SNACK FOODS and DESSERTS:</b>		
Grape, hawaiian punch, nectars	8 ounces	40	Cake with icing	1 slice (1/12)	15
Grapefruit, orange	8 ounces	20	Candy bar (1 oz. or more);	1	15
Tomato	8 ounces	10	Ice Cream	1/3 cup	15
<b>BREADS AND OTHER STARCHES</b>			Marshmallows	2 medium	15
Bread, any kind	1 slice	15	Pie	1 slice (1/12)	15
Buns (hamburger, hot dogs)	1 slice	20	Popcorn	1 1/2 Cups	15
Biscuits, muffins	1	15	Popsicle	1 whole	15
Cereals, cooked	1/2 cup	15	Potato chips	1 cup (10-12)	15
ready to eat, unsweetened	3/4 cup	15	Pretzels	1/2 cup	15
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Crackers	8 or more	15	Sherbet	1/2 cup	15
Macaroni, noodles,	1/2 cup	15	Cookies	2	15
spaghetti and rice			<b>MISCELLANEOUS:</b>		
Vegetables			Apple butter	1 tablespoon	5
Beans, carrots, peas	1/3 cup	8	Chocolate syrup	1 tablespoon	5
Corn	1/3 cup	15	Honey	1 teaspoon	5
Potatoes, white	1/2 cup or 1	15	Jelly, jam	1 teaspoon	5
Potatoes, french fried	8 large	15	Maple or Pancake syrup	1 tablespoon	5
Potatoes sweet	1/3 cup	30	Soup, any kind except clear broths	1/2 cup	5
			Sugar	1 teaspoon	5