

Carbohydrate Counting: Traditional Filipino Food Lists

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Preface

The Carbohydrate Counting tool was created to address the specific dietary needs of the Filipino population. It is an original intellectual work by Ashwini Wagle, Ed.D., MS, RD, Chair of the Department of Nutrition, Food Science, and Packaging at San Jose State University (SJSU).

The development of this tool was made possible through the collaboration and support of several contributors. Serena Starr, MS; Justine Martinez Cuaresma, MS, RD; Nazli Goudarzi, MS; Leah Olaivar; and Joe Johnston—a graduate student in the Department—played integral roles in the project. Their contributions included verifying the authenticity of traditional foods, designing culturally appropriate meal plans, and categorizing foods within the appropriate food groups.

About the Author

Ashwini Wagle, Ed.D, MS, RD, FAND is a Professor and Chair of the Department of Nutrition, Food Science, and Packaging at San José State University (SJSU). She holds a Doctorate in Educational Leadership (Ed.D) from the University of New England and brings over a decade of clinical experience as a registered dietitian (RD), having worked in skilled nursing facilities and acute care hospitals throughout the San Francisco Bay Area.

Dr. Wagle is deeply involved in both campus and community initiatives. She serves on advisory committees for the South Asian Heart Center (SAHC) at El Camino Hospital, the Center for Healthy Aging in Multicultural Populations (CHAMP), Rise Against Hunger, and the Education Council of the California Academy of Nutrition and Dietetics. Her research explores the intersection of food, culture, and health, with a particular focus on traditional health beliefs, dietary practices, an

d nutritional behaviors among multicultural groups—especially South Asians and their risks for diabetes and heart disease. Her additional interests include food insecurity, hunger, and foodservice systems. She has authored numerous publications in peer-reviewed journals and has presented over 100 abstracts at conferences at the national, state, and local levels. Dr. Wagle is the author of Carbohydrate Counting: Traditional South Asian Food Lists: For Management and Prevention of Diabetes Mellitus, a widely used nutrition education resource implemented in healthcare settings across the United States, United Kingdom, Canada, Australia, and Hong Kong. She was recently featured in the documentary “The Brown Heart, which raises awareness about the silent epidemic of early and severe heart disease in South Asian communities worldwide.

Her professional excellence has been recognized by several honors, including her designation as a Fellow of the Academy of Nutrition and Dietetics. In 2025, she received the “Excellence in Research” award from the California Academy of Nutrition and Dietetics, and previously, the “Excellence in Education” award for 2016–2017.

With 22 years of service at SJSU, Dr. Wagle remains dedicated to the university’s mission and to nurturing the next generation of nutrition professionals. Outside of her academic and professional pursuits, she is an avid cook, hiker, and runner, having completed over 100 races—including half-marathons, triathlons, and relays. She looks forward to continuing her adventures on hiking trails around the world.

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Carbohydrate Counting for Filipino Population

Introduction

Diabetes is one of the leading causes of morbidity and mortality among Filipinos.

Diabetes can be managed with:

- Healthy eating (especially carbohydrates)
- Being physically active and managing stress
- Monitoring blood glucose and managing with insulin or diabetes medicine

The standard carbohydrate counting tools available in the United States do not include culturally sensitive ethnic Filipino foods. Filipino dietary practices and habits make up for a complex cuisine that varies from different regions and states throughout the region. This tool will help you get started in planning a healthy Filipino meal of your choice.

Healthy Eating in Filipinos

Healthy eating plan includes getting a wide variety of foods each day, watching portion sizes and choosing foods that are not processed, including:

- Eat 3 meals a day and not skipping meals.
- Consuming vegetables, whole grains, fruits, legumes (beans, peas, and lentils), nuts and seeds, low-fat or non-fat dairy products, lean meats, poultry, and fish
- Avoiding processed foods that may contain high amounts of added salt, sugar, or saturated fat/trans fat
- Maintaining healthy weight
- Eating more fiber
- Limiting intake of alcohol
- Knowing blood glucose levels

Carbohydrate Counting

Carbohydrate counting, or “carb counting,” is a meal planning technique for managing your blood glucose levels. Carbohydrate counting helps you keep track of how much carbohydrate you are eating. Carbohydrate counting is not a diet, it is a way of planning your carbohydrate intake to manage your blood glucose levels. It places importance in keeping the carbohydrate content of your meals and snacks consistent from day to day, especially if the person is on diabetes medications. Eating the same amount of carbohydrate for meals and snacks every day, setting meal time maximums for carbohydrates, and matching the insulin plan based on number of carbohydrates consumed are a few ways to ensure better blood glucose control. The insulin dose can be adjusted based on number of carbohydrates consumed.

The American Diabetes Association and many health professionals use carbohydrate counting to teach patients how to control their blood glucose. Carbohydrate counting allows for

flexibility in meals and snacks and most importantly allows one to follow their traditional diet. It allows for better control of blood glucose in people using an insulin pump or taking rapid-acting insulin at mealtimes along with a daily dose of longer-acting insulin to allow for changes in blood glucose. With carbohydrate counting, a person is not bound to consuming the same amount of carbohydrate at each meal. Instead, he/she can calculate the amount of carbohydrate eaten and adjust the mealtime rapid-acting insulin dose to match.

One carbohydrate choice is a serving of food that has 15 grams of carbohydrates and comprises of 60-80 Calories. Examples of one carbohydrate choice are a slice of bread or ½ cup of cooked cereal. Look at the food label and measure how much you will be eating. There are 2 things to locate on the food label; the serving size, and the number of grams of carbohydrate per serving. The number of grams of carbohydrates can be used to calculate the number of carbohydrate choices in the amount you are eating by dividing the number of grams of carbohydrate by 15 (1 Carbohydrate Choice), hence read the food label.

Carbohydrate Choices				
	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Starch/Bread	15	3	trace	80
Vegetable	5	2	-	25
Fruit	15	-	-	60
Milk				
Skim	12	8	0-3	90
Low-fat	12	8	5	120
Whole	12	8	8	150

Food Label

Nutrition Facts	
2 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 5mcg	25%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

How to Count Carbohydrate Servings

<u>Grams of Carbohydrates</u>	<u>Carbohydrate Choices</u>
0-5 grams	free food (do not count)
6-10 grams	½
11-20 grams	1
21-25 grams	1 ½
26-35 grams	2
45 grams	3
60 grams	4
75 grams	5

How many Carbohydrate Choices am I allowed to eat?

You can consult a registered dietitian for an individualized diet plan that fits your needs. Nutrition goals differ depending on the person's goals and lifestyle. Please remember, no one plan fits all. Suggested plans for weight maintenance and weight loss are:

Weight Maintenance:

- Men need approximately 4-5 Carbohydrate choices (60 to 75 grams) at each meal.
- Women generally need about 3-4 Carbohydrate choices (45 to 60 grams) at each meal.
- If you eat snacks, 1 Carbohydrate choice (15 grams) per snack is adequate.

Weight Loss:

- Men need approximately 3-4 Carbohydrate choices (45 to 60 grams) at each meal.
- Women generally need about 2-3 Carbohydrate choices (30 to 45 grams) at each meal.
- If you eat snacks, 1 Carbohydrate choice (15 grams) per snack is adequate.

Sample Meal Plans

The table below shows sample meal plans, by numbers of servings, for different calorie requirements. (Three servings of vegetables may be consumed to make 1 carbohydrate choice)

Calories per Day	1200	1500	1600	1800	2000	2200	2500
Carbohydrates	5	6	7	8	9	10	11
Starch (15 grams carb servings)							
Fruit (15 grams carb servings)	3	3	3	3	4	4	6
Milk (12 grams carb servings)	2	3	3	3	3	3	3
Vegetables (5 grams carb servings)	3	3	3	5	6	6	7
Other Carbohydrates							
Meat and Meat Substitutes (1 oz per serving)	4	4	6	6	7	8	9

Planning Your Meals

Meal Pattern	No. of Carb choices	No. of Carb choices	No. of Carb choices	No. of Carb choices	No. of Carb choices	No. of Carb choices	No. of Carb choices
	1200 kcal	1500 kcal	1600 kcal	1800 kcal	2000 kcal	2200 kcal	2500 kcal
Breakfast	3	3	3	3	3	4	5
Morning Snack	1	1	1	2	2	2	3
Noon Meal	3	4	4	4	4	5	5
Afternoon Snack	1	1	1	2	2	2	2
Evening Meal	2	3	3	3	4	4	5
Evening Snack	1	1	2	2	2	2	2
Total No. of Carb choices	11	13	14	16	17	19	22
Total Grams of Carbs/day	165	195	210	240	255	285	330
Calories from Carbs	660	780	840	960	1,020	1,140	1,320
% of Calories from Carbs	55	52	52	53	51	52	53

Food List at a Glance

The following chart shows the amount of nutrients in 1 Choice from each list.

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates				
Starch/Bread	15	0-3	0-1	80
Non-Starchy Vegetables	5	2	-	25
Fruits	15	-	-	60
Milk: Skim	12	8	0-3	90
Milk: Low-fat	12	8	5	120
Milk: Whole	12	8	8	150
Sweets, Desserts, and Other Carbohydrates	15	varies	varies	varies
Proteins				
Very Lean Protein	-	7	0-1	35
Lean Protein	-	7	3	55
Medium-Fat Protein	-	7	5	75
High-Fat Protein	-	7	8	100
Plant-Based Protein	varies	7	varies	varies
Fats	-	-	5	45
Alcohol	varies	-	-	100

My Individual Carbohydrate Goals

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Carbohydrates						
Starch						
Fruits						
Milk and Milk Products						
Vegetables						
Other Carbohydrates						
Proteins						
Meat and Meat Substitutes						
Fat						
Free Foods						

Tips and Suggestions

- Eat a variety of foods. Try to include 5 servings of fruits and vegetables, 6 servings of grains (3 whole grains) and 3 servings of low-fat dairy daily.
- Foods in the protein (including meat, poultry and fish) and fat groups do not directly affect blood glucose. However, to keep your heart healthy, some healthy fats (like those found in nuts, seeds and fish) can be helpful and should be used.
- Make half the plate non-starchy vegetables (10-15 grams carbohydrate or 2/3 to 1 Carb choice).
- Make quarter of the plate protein foods (meat, poultry, fish, eggs)
- Make the remaining quarter of the plate starchy foods (30-45 grams of carbohydrate or 2 to 3 carb choices)
- Add dairy (1 cup milk, or 2/3 cup low-fat yogurt) and fruit (1 small) to the meal.
- Foods such as meat, poultry and fish do not contain carbohydrates, but if they are prepared with sauces, vegetables or breaded, they may contain carbohydrates.
- Substitute brown rice for white rice. Generally, people with diabetes are told to avoid rice altogether. This is a misconception. You can eat rice in reasonable quantities as long as the total carbohydrate for that meal does not exceed your limit.

- Instead of eating only rice, try other grains such as cracked wheat, barley and quinoa (available in most stores and very high in protein).
- Avoid starchy vegetables. When using potatoes, yams or other starchy vegetables, always remember to cut down on the amount of rice eaten at that meal. Better still, select green vegetables in place of starchy ones.
- Use green vegetables freely and prepare them in a small amount of oil.
- Avoid frying as a cooking method; learn to use other methods such as dry roasting, baking etc.
- Try to cook with a minimum amount of oil. Use olive or canola oils as they are high in monounsaturated fats which are good for your heart. Avoid lard, butter and cream in cooking.
- Switch to skim or 1% milk and yogurt. When making desserts like leche flan, use 1% milk or evaporated skim milk and use artificial sweeteners. Whole milk and yogurt and products made with them are high in saturated fats, which raise cholesterol in your blood.
- Tofu is a good source of high-quality protein especially for vegetarians.
- Avoid coconut milk/cream or use less than called for in the recipe. Coconut milk is high in saturated fat.
- Be choosy when eating out and select steamed, tomato-based sauces over cream sauces, choose grilled, roasted, broiled, baked, and poached over fried foods.
- Restaurants usually serve large portions, so be mindful of portion sizes.

Starches

Each item under the Breads, Starchy Vegetables, Cereals/Grains, Pulses/Dals/Beans list contains approximately **one carbohydrate choice** (15 grams of carbohydrate, 3 grams of protein, 0-1 grams of fat and a total of 80 Calories). The whole grain products contain approximately 2 grams of fiber per serving. Commonly 1/2 cup of cooked cereal, cooked grains or cooked pasta and 1 slice (1 oz) of bread or a bread product is equivalent to one serving.

Breads

One carbohydrate choice per Serving

(Each Serving = 15 g Carbohydrate, 3 g protein, 0-1 gm Fat, 80 Calories)

Food	Amount
Bagel	¼ large, 30g, 1 oz)
Bagel, Egg	¼, 30g, 1 oz)
Biscuit	1, 2.5" diameter
Bread sticks (Crisp)	2, 4" long and ½" thick, ⅔ oz
Bread (White, Wheat, Rye, Wholegrain)	1 slice, 30g, 1 oz
Bread (White, Wheat) Toast (Tinapay, Tostado)	1 slice, 30g, 1 oz
Bread, Pumpkin	1 slice, 30g, 1 oz
Bread, Raisin unfrosted	1 slice, 30g, 1 oz
Bread, Reduced-calorie	2 slices, 1½ oz
Cornbread	1 ¾", 1½ oz
Croissant	1 small, 30g, 1 oz
Dinner Roll	1 small, 30g, 1 oz
English Muffin	½, 30g, 1 oz
Ensaymada*	1 piece, 46 g, 1.6 oz
Hamburger/Hot Dog bun	½, 1 oz
Muffin*	1 small
Muffin, Oat Bran*	1 small
Monay	1 piece or 1 slice
Pancake	1, 4" diameter x ¼" thick
Pandesal	1 bun, 2 ½" diameter
Pan de Bonete	1 ½ piece, 35g
Pan de Leche	½ piece, 35g
Pan de Limon	1 piece, 35g
Pan de Monay	½ piece, 35g

Food	Amount
Pandesal, Ube with Cheese Filling	½ bun, 21g
Pinagong	1 piece, 35g
Pita Bread (Whole Wheat/White)	½, 6" diameter
Putok	1 piece, 35g
Senorita Bread*	1 piece or slice
Siopao Pork Asado*	½ Bun, 42.5g, 1.5 oz
Siopao Pork, Toasted or Baked	1 piece, 50g
Stuffing, Bread	⅓ cup
Taco shell or Tostada shell	2 crisp shells, 5" across
Tortilla:	
Corn Flour	1, 6" across
Flour	⅓, 10" across
Waffle, Buttermilk	1, 4" square or diameter
Waffle	1, 4" square or diameter

*These items also contain 5 grams of fat and are counted as 1 starch and 1 fat choice

Siopao



Pandesal



Ensaymada

Starchy Vegetables

One carbohydrate choice per Serving

(Each Serving = 15 g Carbohydrate, 3 g protein, 0-1 gm Fat, 80 Calories)

Food	Amount
Arrowroot, Sliced	1 cup
Banana, Saba, Cardava	1 piece, 9.5 x 3.5 x 3.5 cm
Banana Saba, Boiled (Saging Saba Nilagang)	½ cup
Beets (Remolacha)	½ cup cooked
Breadfruit (Rimas, bunga)	½ cup
Breadnut (Kamansi)	½ cup
Cassava (Kamoteng Kahoy, Balinghoy)	⅓ cup
Chestnuts, Roasted (Kastanyas Binusa)	8 pieces, 40g, 1.4 oz
Chinese Water Chestnut (Apulid)	2/3 cup, 65g, 2.3 oz
Chinese Water Chestnut Canned (Apulid de lata)	4 pieces, 40g, 1.4 oz
Coconut Shoot (Ubod)	½ cup
Corn, Baby or Young (Anagon)	1 cup raw or ½ cup cooked
Corn, Baby Canned (Mais Mura de lata)	2 each (3" x 2" circumference each)
Corn, Boiled with Coconut and Salt (Binatog)	½ cup
Corn Yellow or White Whole Kernels, Canned (Mais Butil de Lata)	2 Tbsp
Corn Yellow or White, Creamed (Mais Cream Style de lata)	½ cup
Corn Yellow or White, Fresh Raw	⅓ cup, 60 g
Corn Yellow or White, Fresh Boiled/Cooked	½ cup cooked
Corn, Grits (Mais Durog, Dilaw Puti)	½ cup cooked
Corn on the Cob (Mais sa Busal, Dilaw Puti)	1, 6", 5 oz
Corn, White (Tinigib, Mais Bisaya)	½ cup cooked
Corn, Yellow or White Roasted (Lime Juice and Spices)	½ cup
Cornmeal, Cooked	⅓ cup
Cornmeal, Uncooked	2 Tbsp, 20 g
Cornstarch	¼ cup, 25g
Cow Peas Pods (Paayap, bunga)	½ cup cooked
Heart of Palm (Ubod Niyog)	½ cup
Hominy, Canned	¾ cup
Jackfruit, Raw (Langka, hilaw)	½ cup

Food	Amount
Jackfruit, Seed (Langka Buto)	14 pieces, 75g
Jicama (Singkamas ugat)	½ cup or 1 piece
Lima Bean Pods (Patani, bunga)	½ cup
Mixed Vegetables Fresh (Carrots, Corn, Peas)	2 Tbsp
Mixed Vegetables Fresh (Corn, Peas)	½ cup
Mung Bean Sprouts (Toge)	½ cup
Nilagang Kamote	⅓ cup, 1 oz, 28g
Palm Starch Ball, Boiled (Sago, Nilaga)	½ cup
Parsnips	½ cup
Peas, Green (Guisantes, Gisantes)	½ cup
Peas, Green Canned (Guisantes nakalata)	1 Tbsp
Pigeon Peas, Fresh (Kadyos, bunga)	½ cup cooked
Plantain, Green	⅓ cup
Plantain, Ripe	⅓ cup
Potato, Boiled or Baked (Patatas	½ cup or 1 small, 3 oz
Potatoes, Fried French Fries*	10, 2 oz
Potatoes, Hashbrowns*	⅓ cup
Potatoes, Mashed	½ cup
Pumpkin Puree, Canned (No Sugar Added)	1 cup
Pumpkin, Cooked	½ cup
Sago, Cooked	⅓ cup
Sago, Uncooked	2 Tbsp, 20 g
String Beans, Pods (Sitaw, bunga)	½ cup
Tapioca Pearls, Cooked	⅓ cup
Tapioca Pearls, Uncooked	2 Tbsp, 20 g
Succotash	½ cup
Sweet Potatoes (Kamote)	½ cup
Sweet Potatoes (Kamote Cue)*	1 stick, 30g
Sweet Potatoes (Kamote, Nilagang)	⅓ cup, 28g, 1 oz
Taro Cooked (Gabi, Malanga)	½ cup cooked
Taro (Gabi, Malanga)	1/3 cup, 55g, 2 oz
Turnip, Tuber (Lamang, ugat)	½ cup cooked
Winter Squash (Acorn or Butternut)	1 cup

Food	Amount
Yakon, Yacon	½ cup
Yam, Purple (Ube)	½ cup, 55g, 2 oz
Yam, Spiny (Tugi)	½ cup, 55g, 2 oz

* These items also contain 5 grams of fat and are counted as 1 starch and 1 fat choice.

Cereals/Grains

One carbohydrate choice per Serving

(Each Serving = 15 g Carbohydrate, 3 g protein, 0-1 gm Fat, 80 Calories)

Food	Amount
Amaranth Cooked	⅓ cup
Amaranth Raw	1 2/3 Tbsp, 20 g
Amaranth Flour	2 Tbsp
Barley, Cooked	½ cup
Barley, Raw	2 ¼ Tbsp, 20 g
Bran Cereals	½ cup
Buckwheat, Cooked	½ cup
Buckwheat, Raw	1 ¾ Tbsp, 20 g
Buckwheat Groats, Cooked	½ cup
Buckwheat Groats, Raw	2 ¼ Tbsp, 25 g
Buckwheat Flour	3 Tbsp
Bulgur, Cooked	½ cup
Bulgur, Raw	2 Tbsp, 20 g
Cereals	
- Bran	½ cup
- Oatmeal, Cooked	½ cup
- Puffed	1½ cups
- Shredded wheat, plain	½ cup
- Ready to eat, unsweetened	¾ cup
- Sugar-frosted	½ cup
Cream of Wheat or Rice, Cooked	½ cup
Cream of Wheat or Rice, Raw	1 ¾ Tbsp, 20 g
Couscous, Cooked	⅓ cup
Couscous, Raw	2 Tbsp, 20 g

Food	Amount
Granola, Regular or Low Fat	¼ cup
Grape-Nuts®	¼ cup
Grits, Cooked	½ cup
Kasha	½ cup
Maize, Cooked	½ cup
Maize, Raw	2 Tbsp, 20 g
Masa, Uncooked	2 Tbsp
Millet, Barnyard Cooked	⅓ cup
Millet, Barnyard Raw	1 ¾ Tbsp, 20 g
Millet, Finger Cooked	⅓ cup
Millet, Finger Raw	1 ¾ Tbsp, 20 g
Millet, Foxtail Cooked	⅓ cup
Millet, Foxtail Raw	1 ¾ Tbsp, 20 g
Millet, Little Cooked	⅓ cup
Millet, Little Raw	1 ¾ Tbsp, 20 g
Millet, Pearl Cooked	⅓ cup
Millet, Pearl Raw	1 ¾ Tbsp, 20 g
Muesli	¼ cup
Noodles, Rice (Bihon)	½ cup
Noodles, Wheat, Thin (Misua)	½ cup
Noodles, Mung Bean Starch (Sotanghon)	½ cup
Noodles, Sweet Potato	½ cup
Oats, Cooked	½ cup
Oats, Raw Whole Grain	5 Tbsp, 25 g
Oats, Rolled Oats Cooked	½ cup
Oats, Rolled Raw	5 Tbsp, 25 g
Pasta Cooked	½ cup
Pasta Dry Uncooked	⅓ cup, 25 g
Polenta, Cooked	⅓ cup
Polenta, Raw	1 ⅓ Tbsp, 20 g
Quinoa, Cooked	⅓ cup
Quinoa, Raw	2 ¼ Tbsp, 25 g
Rice, Brown Cooked	⅓ cup

Food	Amount
Rice, Brown Raw	1 ½ Tbsp, 20 g
Rice, Purple Cooked	½ cup
Rice, Red, Cooked	½ cup
Rice, Vermicelli Cooked	⅓ cup
Rice, Vermicelli Raw	1 ½ Tbsp, 20 g
Rice, White Cooked	⅓ cup
Rice, Puffed (Ampaw, Ampao, Arroz Inflado))	1 ¼ cup
Rice, White Raw	1 ½ Tbsp, 20 g
Rice, “protein-reduced” (Kanin, “protein-reduced”)	⅓ cup
Rice, Well-Milled, Boiled (Bigas, maputi, sinaing)	½ cup
Rice, Undermilled, Red, Boiled (Bigas, Mapula, Sinaing)	½ cup
Rice, (Undermilled/Brown Rice), Boiled (Pinuwa, Sinaing)	½ cup
Sorghum, Cooked	⅓ cup
Sorghum, Raw	1 ¾ Tbsp, 20 g
Spring Roll Wrapper, Plain (Balat ng Lumpia)	7 pieces, 6.5” diameter each
Tapioca, Cooked	⅓ cup
Tapioca, Uncooked	2 Tbsp, 20 g
Udon	1 cup
Wheat, Cracked, Cooked	1/8 cup
Wheat, Cracked	2 Tbsp, 20 g
Wheat Germ, Dry	6 ¼ Tbsp, 35 g
Wheat, Semolina	¼ cup, 20 g
Wheat, Shredded	½ cup, 20 g
Wheat, Sprouted	⅓ cup, 40 g
Wheat, Vermicelli Cooked	⅓ cup
Wheat, Vermicelli Raw	2 ¾ Tbsp, 20 g
Whole Wheat Flour	2 ½ Tbsp, 20 g
All-Purpose Flour	2 ¾ Tbsp, 20 g
Wild Rice, Cooked	½ cup
Wild Rice, Raw	1 ¾ Tbsp, 20 g

Pulses/Legumes/Beans

1 Carbohydrate choice and 1 Very Lean Protein choice

(Each Serving = 15 g Carbohydrate, 7 g protein, 0-3gm Fat, 125 Calories)

Food	Amount
Baked Beans	½ cup
Chickpeas, Garbanzo, Canned (Garbansos de lata)	1 Tbsp
Chickpeas, Garbanzo, Cooked (Garbansos)	½ cup
Chickpeas, Garbanzo, Raw (Garbansos)	2 Tbsp, 25 g
Black Eyed Peas, Cooked	½ cup
Black Eyed Peas, Raw	2 Tbsp, 25 g
Field Beans, Split Cooked	½ cup
Field Beans, Split Raw	2 Tbsp, 25 g
Field Beans, Whole Cooked	½ cup
Field Beans, Whole Raw	2 Tbsp, 25 g
Kidney Beans, Cooked	½ cup
Kidney Bean, Raw	2 Tbsp, 25 g
Lentils, Brown/Green/Yellow, Split Cooked	½ cup
Lentils, Brown/Green/Yellow, Split Raw	2 Tbsp, 25 g
Lentils, Brown/Green/Yellow, Whole Cooked	½ cup
Lentils, Brown/Green/Yellow, Whole Raw	2 Tbsp, 25 g
Lima Beans, Cooked	⅔ cup
Moth Beans, Cooked	½ cup
Moth Beans, Raw	2 Tbsp, 25 g
Moth Beans	½ cup
Peas, Cooked	½ cup
Peas, Dry Raw	2 Tbsp, 25 g
Red Gram, Cooked	½ cup
Red Gram, Raw	2 Tbsp, 25 g
Refried Beans, Canned	½ cup
Split Peas, Cooked	½ cup
Split Peas, Raw	2 Tbsp, 25 g
Soybean Cooked	⅔ cup
Soybean Raw	4 Tbsp, 50 g
Soy Flour	3 Tbsp

Fruits

Each item on the fruit list contains approximately **one carbohydrate choice** (15 grams of carbohydrate and a total of 60 Calories). Fruits have about 2 grams of fiber per serving.



Fruits

Food	Amount
Fresh or Canned Fruits (Unsweetened)	½ cup
Dried Fruit	¼ cup
Fruit Juice	½ cup

Fruits

One carbohydrate choice per Serving

(Each Serving = 15 g Carbohydrate, 0 g protein, 0 gm Fat, 60 Calories)

Food	Amount
Apple, Green (Mansanas Berde)	1 small, 2" across
Apple, Java (Makopa)	9 each
Apple, Red (Mansanas Pula)	1 small, 2" across
Apple, Velvet (Mobolo)	½ each
Apple, Dried	4 rings
Applesauce (Sweetened)	4 Tbsp
Applesauce (Unsweetened)	½ cup
Apricots	4 whole
Apricots, Canned	½ cup
Apricots, Dried	8 halves

Food	Amount
Apricots, Raw	4 whole, medium
Banana (Saging)	1 small (4 oz) or ½ medium
- Saging Bungulan	½ each
- Saging Cavendish Hinog	½ each
- Saging Gloria	½ each
- Saging Lakatan	½ each
- Saging Latundan	½ each
- Saging Murado	½ each
- Saging Saba	½ each
Bignay	2 cups
Blackberries, Dried	1½ Tbsp
Blackberries, Raw	¾ cup
Blackberries, Heavy Syrup, Solids and Liquids	¼ cup or 9 pieces
Blackberries, Light Syrup, Drained	¼ cup or 29 pieces
Blueberries, Dried	1 ½ Tbsp
Blueberries, Raw	¾ cup
Calamansi (Philippine Lime	5 fruits
Cantaloupe, diced	1 cup
Cashew Fruit (Kasuy Bunga)	2 pieces
Cherries Bird's (Datiles, Aratiles)	½ cup or 25 pieces
Cherries, Canned	½ cup
Cherries, Hinog	7 each
Clementine	2 each
Cotton Fruit (Santol)	1 piece
Cranberries, Dried	2 Tbsp
Cranberries, Raw	½ cup
Custard Apple (Atis, Anonas)	1 medium or ½ of 2"x3"
Dates	2 ½ medium (deglet noor) or 1 large (mejdoor)
Dragon Fruit	½ cup or 1/4 th fruit
Dried Fruits: Apricots, Prunes, Sour Plums (Champoy)	1/8 cup or 2Tbsp or 2 pieces
Durian	2 segments
Figs, Dried	3 small
Figs, Raw	1½ large or 2 medium

Food	Amount
Fruit Cocktail, Canned in Juice	½ cup
Fruit Cocktail, Canned in Syrup	¼ cup
Grapefruit Segments	¾ cup
Grapefruit	½ large, 11 oz
Grapes (Ubas)	17 small, 3 oz
Guava, Pink (Bayabas Pula)	2 small or 1 large
Guava (Bayabas Puti)	2 pieces
Jackfruit, Ripe Sliced or Pieces (Langka Hinog)	½ cup or 1 ½ segments
Key Lime	2 ¼ fruit, or 150g
Kiwi Fruit	1
Lanzones (Lansones, Langsat)	5 Pieces
Lemon	3 small or 1 large
Lichi or Lychees (Lechiyas)	10
Lichi or Lychees in Syrup	4 pieces
Longan	13 pieces
Loquat	4 or ¾ cup cubed
Mandarin Oranges Canned (Dalanghita)	¾ cup
Mandarin Oranges (Dalanghita)	2 each
Mango	
- Fresh	½ small, ½ cup
- Philippine Dried	3 slices, 20g
Mango (Mangga)	
- Indian Green (Mangga Indian Hilaw)	½ cup or 1 piece
- Philippine Green Mango (Kalabaw, Carabao, Hilaw)	½ cup or 1 piece
- Philippine Mature Mango (Mangga Kalabaw Manibalang)	½ cup or 1 slice
- Philippine Ripe Mango (Mangga Kalabaw Hinog)	½ cup or 1 slice
- Mango Green, Paho (Mangga Paho Hilaw)	9 pieces
- Mango Green, Pico (Mangga Pico Hilaw)	1 slice
- Mango Ripe, Pico (Mangga Pico Hinog)	1 slice
- Mango Mature, Pico (Mangga Pico Manibalang)	1 slice
- Mango Susupin, Ripe (Mangga Susupin Hinog)	1 piece
- Mango Chips	2 pieces

Food	Amount
Mangosteen	2 pieces
Mangosteen, canned and drained	½ cup, 93g
Marang	10 pieces
Melon, Cantaloupe (Milon Kastila)	⅓ melon, 5” across
Melon, Cantaloupe, Cubes (Milon Kastila)	1 cup
Melon, Honeydew (Milon Honeydew)	1 slice, 10 oz
Melon, Honeydew Cubes (Milon Honeydew)	1 cup
Milon Tagalog	1 ¼ cup or 1 slice
Melon, Watermelon (Pakwan)	1 ½ cup or 1 slice
Mix Fruit, Dried	2 Tbsp
Nectarine	1 small
Orange <ul style="list-style-type: none"> - Orange Florida - Orange Kiat Kiat - Orange Ponkan - Orange Sweet (Dalandan) 	1 small 3 pieces 1 each 3 pieces
Papaya Ripe (Papaya Hinog)	1 cup or 1 slice
Passion Fruit	½ medium or ¼ cup
Peach, Raw	1 medium, ¾ cup
Peaches/Pears, Canned in Juice	½ cup or 2 halves
Peaches in Heavy Syrup	1 piece
Pear Raw (Peras)	½ large
Persimmon Raw	½ fruit of 2½ inch diameter, 85g
Pineapple, Crushed/Tidbits/Chunks Canned (Pinya)	1/3 cup
Pineapple, Dried	1 slice, 2 oz
Pineapple, Raw (Pinya)	¾ cup
Pineapple Slice	1 ring
Plums, Canned	½ cup
Plums, Dried	3
Plum Preserves (Dikyam)	2 pieces
Plums, Java (Duhat)	12 pieces
Plums, Raw	2 small
Plums, Scarlet (Siniguwelas)	5 pieces

Food	Amount
Pomegranate (Granada)	½ cup
Pomelo (Suha)	2 segments
Prunes, Dried Seedless	3
Pummelo	1 cup, 190g
Raisins Seedless	2 Tbsp
Rambutan	
- Fresh	5 pieces
- Canned in syrup	½ cup, 75g
Raspberries, Raw	1 cup
Raspberries, Dried	2 Tbsp
Rattan Fruit or Snake Fruit (Alimuran)	13 pieces
Sapota (Chico)	1 medium
Star Apple, Green (Kaymito Berde, Caimito Berde)	½ piece
Star Apple, Purple (Kaymito Murado, Caimito Berde)	½ piece
Starfruit (Carambola, Balimbing)	4 ½ pieces
Strawberries Raw	1¼ cup, whole
Strawberries, Frozen, Unsweetened	¾ cup or 26 pieces
Soursop (Guyabano)	
- Fresh	1 slice
- Pulp	½ cup, 110g
Tamarind (Sampalok Hinog)	
- Fresh	12 segments
- Pulp	25g
Tangerine, Raw	2 small

Mangosteen



Rambutan



Fruits Juices and Drinks

One carbohydrate choice per Serving

(Each Serving = 15 g Carbohydrate, 0 g protein, 0 gm Fat, 60 Calories)

Food	Amount
Apple Juice/Cider	½ cup
Apple Juice, Sweetened	¼ cup
Apricot Juice	½ cup
Calamansi juice	½ cup
Carrot Juice	½ cup
Coconut Water (Niyog, Tubig, Buko Water)	1 cup
Cranberry Juice Cocktail	⅓ cup
Cranberry Juice Cocktail, Reduced-Calorie	1 cup
Energy Drink	½ cup, 4 oz
Fruit Drink or Lemonade	½ cup, 4 oz
Fruit Juice Bar, Frozen (100% Fruit)	1, 3 oz
Fruit Juice Blends, 100% Juice	⅓ cup
Grapefruit Juice	½ cup
Grape Juice	⅓ cup
Guava Juice	½ cup
Guyabano Juice	⅓ cup
Lemon Juice	½ cup
Mango Juice	⅓ cup
Mango Juice, Sweetened	¼ cup
Melon (Cantaloupe) Juice	½ cup
Orange Juice	½ cup
Papaya Juice	½ cup
Passion Fruit Juice	¼ cup
Pineapple Juice	½ cup
Pineapple-Grapefruit Juice, Sweetened	¼ cup
Pineapple-Orange Juice, Sweetened	¼ cup
Pomegranate Juice	½ cup
Prune Juice	⅓ cup
Soft Drink, Soda	5 oz
Sports Drink	1 cup, 8 oz
Strawberry Juice	½ cup

Vegetables

Each vegetable on this list contains approximately 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat and a total of 25 Calories. Vegetables contain 2-3 grams of dietary fiber.

Vegetables



Food	Amount
Cooked Vegetables	½ cup, 45g
Raw Vegetables	1 cup, 25g

Food	Amount
Alfalfa Sprouts	1 cup raw or ½ cup cooked
Amaranth (Kulitis)	1 cup raw or ½ cup cooked
Arugula	1 cup raw or ½ cup cooked
Artichokes Cooked	1 medium
Asparagus (Asparago)	½ cup cooked
Asparagus Canned (Asparagus de lata)	1 cup
Avocado, Raw	1/3 medium
Baguio Beans, Snap Bean pod (Abitsuelas, bunga)	1 cup raw or ½ cup cooked
Bamboo Shoot (Labong)	1 cup raw or ½ cup cooked
Banana Heart (Butuan)	1 cup raw or ½ cup cooked
Banana Heart, Banana Blossoms (Puso ng saging)	1 cup raw or ½ cup cooked
Beans Broad	1 cup raw or ½ cup cooked

Food	Amount
Beans Cluster	1 cup raw or ½ cup cooked
Beans French	1 cup raw or ½ cup cooked
Beans Green	1 cup raw or ½ cup cooked
Bean Sprouts	1 cup raw or ½ cup cooked
Bell Pepper	1 cup raw or ½ cup cooked
Birchflower (Alukon)	1 cup raw or ½ cup cooked
Birchflower (Himbabao, bulaklak)	1 cup raw or ½ cup cooked
Birchflower Leaves (Himababo, dahon)	1 cup raw or ½ cup cooked
Bittermelon/Gourd Fruit (Ampalaya, bunga)	1 cup raw or ½ cup cooked
Bittermelon/Gourd Leaves (Ampalaya dahon)	1 cup raw or ½ cup cooked
Bottle Gourd/White Squash, Fruit (Upo, bunga)	1 cup raw or ½ cup cooked
Broccoli	1 cup raw or ½ cup cooked
Brussels Sprouts	1 cup raw or ½ cup cooked
Cabbage (Repolyo)	1 cup raw or ½ cup cooked
Cassava Leaves and Tops (Kamoteng kahoy, dahon)	1 cup raw or ½ cup cooked
Cauliflower (Kuliplor)	1 cup raw or ½ cup cooked
Carrots	1 cup raw or ½ cup cooked
Celery Stalk	1 cup raw or ½ cup cooked
Chard or Swiss Chard (Acelgas)	1 cup raw or ½ cup cooked
Chayote Fruit (Sayote, bunga)	1 cup raw or ½ cup cooked
Chayote Leaves (Sayote, dahon)	1 cup raw or ½ cup cooked
Chinese Celery (Kintsay)	1 cup raw or ½ cup cooked
Chinese White Cabbage (Petsay)	1 cup raw or ½ cup cooked
Cilantro, Coriander (Unsoy)	1 cup raw or ½ cup cooked
Cucumber (Pipino)	1 cup raw or ½ cup cooked
Eggplant (Talong)	1 cup raw or ½ cup cooked
Fiddlehead Fern, Leaves (Pako, dahon)	1 cup raw or ½ cup cooked
Fragrant Premna Leaves (Alagaw dahon)	1 cup raw or ½ cup cooked
Garlic Leaves (Bawang gulay)	1 cup raw or ½ cup cooked
Gourd Ash, Winter Melon (Kundol)	1 cup raw or ½ cup cooked
Gourd Bitter, Bitter Melon	1 cup raw or ½ cup cooked
Gourd Bottle	1 cup raw or ½ cup cooked
Gourd Ivy, Gourd Little	1 cup raw or ½ cup cooked
Gourd, Indian Round	1 cup raw or ½ cup cooked
Gourd Pointed	1 cup raw or ½ cup cooked
Gourd Ridge (Patola, bunga)	1 cup raw or ½ cup cooked
Gourd Snake	1 cup raw or ½ cup cooked
Gourd Sponge, Fruit (Patola, bunga)	1 cup raw or ½ cup cooked
Greens (Collard, Kale, Swiss Chard, Turnip)	1 cup raw or ½ cup cooked
Hyacinth Bean, Pod (Bataw, bunga)	1 cup raw or ½ cup cooked

Food	Amount
Jute Leaves (Saluyot, dahon)	1 cup raw or ½ cup cooked
Lettuce, Leaves, and Petioles (Letsugas, dahon at tangkay)	1 cup raw or ½ cup cooked
Lotus Stem or Root (Loto, Ikan na ugat)	1 cup raw or ½ cup cooked
Malabar Spinach, Nightshade Leaves (Alugbati, dahon)	1 cup raw or ½ cup cooked
Moringa Fruit (Malunggay, bunga)	1 cup raw or ½ cup cooked
Moringa Leaves (Malunggay, dahon)	1 cup raw or ½ cup cooked
Mushroom, Canned (Kabute de lata)	¾ cup
Mushroom, Fresh (Kabute, sariwa)	1 cup raw or ½ cup cooked
Mustard Greens (Mustasa, dahon)	1 cup raw or ½ cup cooked
Napa Cabbage/Chinese Cabbage (Bok Choy, Pechay baguio)	1 cup raw or ½ cup cooked
Napa Cabbage/Chinese Cabbage Leaves (Pechay, dahon)	1 cup raw or ½ cup cooked
Okra	1 cup raw or ½ cup cooked
Onion Bulb (Sibuyas)	1 cup raw or ½ cup cooked
Papaya Fruit, Unripe (Papaya, bunga, hilaw)	1 cup raw or ½ cup cooked
Papaya, Green	1 cup raw or ½ cup cooked
Papaya Greens	1 cup raw or ½ cup cooked
Pepper Leaves (Sili, dahon)	1 cup raw or ½ cup cooked
Pepper, Red (Sili, lara)	1 cup raw or ½ cup cooked
Philippine Spinach Leaves (Talinum, dahon)	1 cup raw or ½ cup cooked
Plantain, Green (Tinumbaga)	1 cup raw or ½ cup cooked
Radish (Labanos)	1 cup raw or ½ cup cooked
Seaweed (Balbalulang, Lato, Lukot, Pokpoklo)	1 cup raw or ½ cup cooked
Sesbania, Flower (Katuray, bulaklak)	1 cup raw or ½ cup cooked
Sesbania, Leaves (Katuray, dahon)	1 cup raw or ½ cup cooked
Shallot (Sibuyas Tagalog)	1 cup raw or ½ cup cooked
Snow Peas	½ cup
Spinach Leaves (Spinach, dahon)	1 cup raw or ½ cup cooked
Sorrel Leaves	1 cup raw or ½ cup cooked
Squash, Flower (Kalabasa, bulaklak)	1 cup raw or ½ cup cooked
Squash, Leaves (Kalabasa, dahon)	1 cup raw or ½ cup cooked
Squash (Winter, Acorn, Hubbard) (Kalabasa, bunga)	1 cup raw or ½ cup cooked
String Beans, Leaves (Sitaw, dahon)	1 cup raw or ½ cup cooked
String/Yard Long Beans, Leaves (Sitaw, talbos)	1 cup raw or ½ cup cooked
Sugar Snap Peas	1 cup raw
Swamp Cabbage, Leaves (Kangkong, dahon)	1 cup raw or ½ cup cooked

Food	Amount
Sweet Potato Leaves (Kamote, dahon)	1 cup raw or ½ cup cooked
Sweet Pea Pods (Sitsaro)	1 cup raw or ½ cup cooked
Taro Leaves (Gabi dahon)	1 cup raw or ½ cup cooked
Tomato (Kamatis)	1 cup raw or ½ cup cooked
Tomato Canned (Kamatis de lata)	3 tbsp
Winged Bean, Pods (Sigarilyas, bunga)	1 cup raw or ½ cup cooked
Zucchini	1 cup raw or ½ cup cooked

Juices

Tomato Juice (Kamatis Juice de lata)	½ cup
V8 Juice	½ cup
Vegetable Juice	½ cup

Sauces

Food	Amount
Pasta/Spaghetti sauce	½ cup
Tomato Puree	¼ cup
Tomato Sauce	½ cup

Condiments and Sauces

Food	Amount	Composition
Barbecue Sauce	3 Tbsp	1 Carbohydrate
Chili Sauce, Sweet, Tomato- Type	¼ cup	1 Carbohydrate
Cranberry Sauce, Jellied	¼ cup	1 ½ Carbohydrate
Gravy, Canned or Bottled	½ cup	½ Carbohydrate, ½ Fat
Hoisin Sauce	1 Tbsp	½ Carbohydrate
Plum Sauce	1 Tbsp	½ Carbohydrate
Salad Dressing, Fat-Free, Cream-Based	3 Tbsp	1 Carbohydrate
Sweet and Sour Sauce	3 Tbsp	1 Carbohydrate

Milk and Milk Products

Each serving of milk and milk product on this list contains approximately 12 grams of carbohydrate and 8 grams of protein. Total number of Calories will vary on the amount of fat in the kind of milk chosen. The list is divided into skim/very lowfat milk/yogurt, lowfat milk/yogurt, whole milk/yogurt, and dairy-like foods. * Carabao milk is equivalent to Whole Milk + 2 fat exchanges.

	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
Skim	12	8	trace	90
Low-fat	12	8	5	120
Whole	12	8	8	150

Skim Milk/Very Low-Fat Milk/Yogurt

(Each Serving = 12 g Carbohydrate, 8 g protein, 0-3 g Fat, 90 Calories)

Food	Amount
Buttermilk Non-Fat or Low-Fat 1%	1 cup
Chocolate Milk Low-Fat	½ cup
Dry Milk Powder Non-Fat	⅓ cup
Evaporated Skim Milk	½ cup
Milk 1%	1 cup
Milk Fat-Free	1 cup
Plain Yogurt Non-Fat	2/3 cup
Yogurt Fruit Flavor, Artificial Sweetener	1 cup

Low-Fat Milk/Yogurt

(Each Serving = 12 g Carbohydrate, 8 g protein, 5 g Fat, 120 Calories)

Food	Amount
Buttermilk Low-Fat 2%	1 cup
Kefir	1 cup
Milk 2%	1 cup
Plain Yogurt Low-Fat	2/3 cup

Whole Milk/Yogurt

(Each Serving = 12 g Carbohydrate, 8 g protein, 8 gm Fat, 150 Calories)

Food	Amount
Buttermilk Whole	1 cup
Carabao Milk*	¾ cup
Dry Milk Powder Full Cream	5 Tbsp

Food	Amount
Evaporated Whole Milk	½ cup
Goat's Milk	1 cup
Plain Yogurt Regular	2/3 cup
Sweet Acidophilus Milk	1 cup
Whole Milk	1 cup

Dairy-like Foods

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Almond Milk	1 cup	½ Carbohydrate, 1 Fat, 60 Calories
Almond Milk, Chocolate	1 cup	1 ½ Carbohydrate, 1 Fat, 120 Calories
Almond Milk, Vanilla	1 cup	1 Carbohydrate, 1 Fat, 90 Calories
Chocolate milk		
- Fat-free	1 cup	2 Carbohydrate, 1 Protein, 140 Calories
- Low-fat 1%	1 cup	1 ½ Carbohydrate, 1 Protein, ½ Fat, 160 Calories
- Whole	1 cup	1 ½ Carbohydrate, 1 Protein, 1 ½ Fat, 208 Calories
- Hot Chocolate Mix	1 envelope, 2Tbsp	1 Carbohydrate
Eggnog		
- Fat-free	½ cup	1 ½ Carbohydrate, ½ Protein, 100 Calories
- Low-fat 1%	½ cup	1 ½ Carbohydrate, ½ Protein, ½ Fat, 130 Calories
- Low-fat 2%	½ cup	1 ½ Carbohydrate, 1 Protein, ½ Fat, 150 Calories
- Whole milk	½ cup	1 ½ Carbohydrate, ½ Protein, 2 ½ Fat, 230 Calories
Rice milk		
- Vanilla Flavored, Regular	1 cup	2 Carbohydrate, ½ Fat, 150 Calories
- Plain	1 cup	1 ½ Carbohydrate, ½ Fat, 115 Calories
Smoothies, Fruit	1 cup	2 Carbohydrate, 1 Protein, ½ Fat, 160 Calories
Soy milk		
- Light, Plain	1 cup	½ Carbohydrate, 1 Protein, 70 Calories
- Regular, Plain	1 cup	½ Carbohydrate, 1 Protein, 1 Fat, 100 Calories
- Vanilla Flavored	1 cup	1 Carbohydrate, 1 Protein, 1 Fat, 130 Calories
Yogurt, Greek		
- Nonfat Plain	2/3 cup (5.3 oz)	2 Protein, 90 Calories
- Low-fat Plain	2/3 cup (5.3 oz)	½ Carbohydrate, 2 Protein, 1 Fat, 110 Calories
- Whole Plain	2/3 cup (5.3 oz)	½ Carbohydrate, 2 Proteins, 2 Fat, 150 Calories
- Nonfat Vanilla or Fruit or Chocolate	2/3 cup (5.3 oz)	1 Carbohydrate, 2 Proteins, 120 Calories

- Low-fat Vanilla or Fruit	2/3 cup (5.3 oz)	1 Carbohydrate, 2 Proteins, 1 Fat, 150 Calories
- Whole Vanilla or Fruit	2/3 cup (5.3 oz)	1 Carbohydrate, 2 Proteins, 2 Fat, 180 Calories
Yogurt		
- Nonfat with Fruit or Juice Blends	2/3 cup (6 oz)	2 Carbohydrate, 1 Protein, 160 Calories
- Low-fat with Fruit or Juice Blends	2/3 cup (6 oz)	2 Carbohydrate, 1 Protein, 1 Fat, 175 Calories
- Low Carbohydrate	2/3 cup (6 oz)	2 Protein, ½ Fat, 90 Calories



Dairy

Combination Foods

The Combination Foods list contains foods commonly consumed by the Filipino population. The amount of Calories from Carbohydrate and Fat vary depending the food consumed.

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Vegetable and Fruit Based Combination Foods

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Chop Suey	1 cup	1 Carbohydrate, 1 Fat
Eggplant Adobo	½ cup	½ Carbohydrate, 3 Fat
Ensaldang Pipino (Cucumber Salad)	1 cup	1 Carbohydrate
Ensaladang Talong (Eggplant Salad) with Egg	1 cup	1 Carbohydrate, 2 Fats, 1 Protein
Ginataang Kalabasa	1 cup	1 Carbohydrate, 2 Proteins, 3 Fats
Ginataang Langka	½ cup	1 Carbohydrate
Ginataang Sitaw At Kalabasa	½ cup	1 Carbohydrate, 1 Fat
Ginisang Kangkong	1 cup	1 Carbohydrate, 1 Fat
Ginisang Kangkong with Tokwa	½ cup	1 Carbohydrate, 1 Protein, 2 Fats
Ginisang Monggo	½ cup	1 Carbohydrates, 1 Protein, 1 Fat
Ginisang Repolyo at Beans	½ cup	1 Carbohydrate, 1 Protein, 1 Fat
Ginisang Sayote	1 cup	1 Carbohydrate, 2 Proteins, 1 Fat
Lumpiang Ubod (Fresh)	1 piece	1 Carbohydrate, 1 Fat
Lumpiang Gulay	2 pieces, 80g	1 Carbohydrate, 2 Fats
Lumpiang Sariwa	1 piece, 66g	1 Carbohydrate, 1 Fat
Lumpiang Togue	2 pieces, 55g	1 Carbohydrate, 2 Fats
Macaroni and Pasta Salad with Pineapple	½ cup	2 Carbohydrate, 3 Fats
Potato Salad with Egg	½ cup	2 Carbohydrate, 1 Protein, 2 Fats
Vegetable Sinigang	1 cup	1 Carbohydrate, 1 Protein, 1 Fat
Vegetable Kare-Kare	½ cup	1 Carbohydrate, 4 Proteins, 2 Fats



Vegetable Kare Kare

Breakfast Foods

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Arroz a La Cubana	1/3 cup	1 Carbohydrate, 1 Fat
Beef Tapa	4 oz	1 Carbohydrate, 2 Proteins, 2 Fats
Breakfast Sandwiches		
- Biscuits, Eggs, Cheese, Bacon	1, 5 oz	2 Carbohydrate, 3 Proteins, 3 Fats
- Biscuits, Sausage	1, 4 oz	2 Carbohydrate, 2 Proteins, 3 Fats
- Burrito, Eggs, Cheese, Sausage	1, 4 oz	2 Carbohydrate, 3 Proteins, 3 Fats
- English Muffin, Eggs, Cheese, Meat	1, 5 oz	2 Carbohydrate, 3 Proteins, 2 Fats
Chamorado (Rice Porridge)	1 Cup	2 Carbohydrates, 1 Protein, 2 Fats
Chicken Tapa	4 oz	1 Carbohydrate, 2 Proteins, 2 Fats
Chicken Tocino	4 oz	1 Carbohydrate, 4 Proteins, 2 Fats
Filipino-style Hotdog	1 hot dog	2 Fats, 1 Protein
Itlog na maalat	1 egg	1 Fat, 1 Protein
Sinangag	3 oz	1 Carbohydrate, 1 Protein
Tinapa Fried rice	1/3 cup	1 Carbohydrate, 1 Protein, 1 Fat
Tortang Talong (Eggplant Omelette)	2 piece or 1 eggplant, 280g	1 Carbohydrates, 4 Proteins, 3 Fats



Ube Champorado

Combination Seafood and Vegetable

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Adobong Pusit	1 cup	1 Carbohydrate, 2 Protein
Adobong Tahong (Mussels)	1 cup	1 Carbohydrate, 4 Protein, 2 Fats
Baked Tahong with Butter, Garlic and Cheese	12 mussels	1 Protein, 2 Fats
Crab in Coconut Milk	160g	1 Carbohydrate, 1 Protein, 3 Fats
Fish balls	5 Pieces	1 Protein
Ginataang Dilaw na Palikpik (Yellow Fin)	1 cup	1 Carbohydrate, 3 Protein, 3 Fats
Ginataang Kalabasa With Hipon	1 cup	1 Carbohydrate, 2 Protein, 3 Fats
Ginataang Labong, Tambo	1 cup	½ Carbohydrate, 1 Protein, 3 Fats
Ginataang Tulingan	1 cup	1 Carbohydrate, 3 Protein, 3 Fats
Ginisang Hipon	3 oz	3 Proteins, 1 Fat
Kinilaw (Ceviche)	½ cup, 4 oz	3 Proteins, 2 Fats
Paksiw Na Isda	1 oz	1 Protein, 1 Fat
Pangat fish	100g, 3.5 oz	2 Proteins, 1 Fat

Food	Amount	Composition
Pesang Isda	3 oz	4 Proteins
Relyenong Bangus (Stuffed Milkfish)	½ cup	1 Carbohydrate, 3 Proteins, 2 Fats
Relyenong Hubad	½ cup	1 Carbohydrate, 2 Proteins, 2 Fats
Salmon Sinigang sa Sampaloc	1 cup	1 ½ Carbohydrates, 2 Proteins, 1 Fat
Shrimp In Coconut Milk (Ginataang Hipon)	1 cup (3 oz shrimp)	3 Proteins, 3 Fats
Sinigang Na Bangus sa Sampaloc	1 cup	1 Carbohydrate, 5 Proteins, 1 Fat
Sinigang Na Hipon sa Sampaloc	1 cup	3 Carbohydrates, 2 Proteins
Tambo	1 Serving	2 Carbohydrate, 4 Protein, 4 Fats
Tinolang Tahong (Mussel and Ginger Soup)	1 cup (5 oz mussels)	1 Carbohydrate, 5 Proteins, 2 Fats
	1 egg	1 Protein, 3 Fats
Tortang Alimasag (Crab Omelette)	1 egg, 1 oz crab	½ Carbohydrate, 2 Protein, 2 Fats
Okoy, Ukoy (Shrimp and Vegetable Fritters)	60g, 2 oz	1 Carbohydrate, 1 Protein, 1 Fat



Okoy

Combination Meat and Vegetable

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Adobong Baboy (Pork Adobo)	1/2 cup	3 Fats, 2 Proteins
Adobong Kangkong	1 cup	½ Carbohydrate, 2 Proteins, 2 Fats
Adobong Sitaw	1 cup	1 Carbohydrate, 3 Proteins, 2 Fats,
Ampalaya with Scrambled Egg	½ cup	1 Protein, 2 Fats
Beef Adobo in Coconut Milk with Rice	½ cup rice, ¾ cup Beef	2 Carbohydrates, 5 Proteins, 3 Fats
Beef Caldereta	½ cup	3 Proteins, 1 Fat
Beef Giniling	1 cup	1 Carbohydrate, 4 Proteins, 4 Fats
Beef Mechado	1 cup	1 Carbohydrate, 3 Proteins, 1 Fat
Beef Pares	100g	1 Carbohydrate, 2 Proteins, 1 Fat
Beef Picadillo	1 cup	1 Carbohydrate, 3 Proteins, 3 Fats
Beef Salpicao	3 oz	3 Proteins, 5 Fats
Beef Sinigang	1 cup	1 Carbohydrate, 3 Proteins, 2 Fats
Bicol Express	1 cup, 246g	1 Carbohydrate, 3 Proteins, 4 Fats
Bistek	¾ cup	2 Carbohydrates, 5 Proteins, 3 Fats
Broccoli Beef	1 ½ cup	1 Carbohydrate, 6 Proteins, 2 Fats
Bulalo	3 cups	2 Carbohydrates, 9 Proteins, 2 Fats
Chicken & Pork Adobo	½ cup	1 Carbohydrate, 1 Protein, 2 Fats
Chicken Adobo	½ cup	1 Carbohydrate, 3 Proteins, 1 Fat
Chicken Afritada	1 cup	½ Carbohydrate, 3 Proteins, 2 Fats
Chicken Hamonado	1 cup	1 Protein, 1 Fat
Chicken Inasal	⅓ chicken	3 Proteins, 2 Fats
Chicken Lumpia Shanghai	2 pieces, 56g, 2 oz	1 Carbohydrate, 1 Protein, 2 Fats
Creamy Beef Kare-Kare	3 cups	1 Carbohydrate, 4 Proteins, 7 Fats
Dinakdakan	120g, 4 oz	3 Proteins, 3 Fats
Dinuguan - Pork Blood Stew (Chocolate Meat)	1 cup	5 Proteins, 2 Fats
Embutido Pork	90g, 3 oz	1 Carbohydrate, 5 Proteins, 6 Fats
Empanada, Beef*	1 small, 70g	1 Carbohydrate, 1 Protein, 4 Fats
Empanada, Chicken*	1 small, 75g	1 Carbohydrate, 1 Protein, 2 Fats
Empanada, Pork*	1 small, 65g	1 Carbohydrate, 1 Protein, 2 Fats
Filipino-style chicken curry	1 cup	1 Carbohydrate, 4 Proteins, 4 Fats
Ginataang Kuhol [Freshwater snails]	1 cup	2 Proteins, 1 Fat,

Food	Amount	Composition
Ginataang Pinakbet	1 cup	1 Protein, 1 Fat
Ginisang Beef with Ampalaya	1 ½ cup	1 Carbohydrate, 3 Proteins, 4 Fats
Ginisang Corned Beef	½ cup	2 Proteins, 5 Fats
Ginisang Upo	1 cup	1 Carbohydrate, 2 Proteins, 1 Fat
Gising Gising	1 cup	1 Carbohydrate, 2 Proteins, 5 Fats
Ground Pork and String Bean Stir-fry	1 cup	1 Carbohydrate, 3 Proteins, 3 Fats
Igado	½ cup	1 Carbohydrate, 3 Proteins, 1 Fats
Inihaw na liempo	1 oz	1 Carbohydrate, 1 Protein, 2 Fats
Kadyos Baboy Langka	1 cup	1 Carbohydrate, 5 Proteins, 3 Fats
Kare-kare	½ cup	1 Carbohydrate, 1 Protein, 4 Fats
Kwek kwek	3 eggs	1 Protein, 2 Fats
Laing	1 cup	1 Carbohydrate, 1 Protein, 3 Fats
Lugaw with Beef Tripe (Goto)	1 bowl	2 Carbohydrates, 4 Proteins, 4 Fats
Lumpiang Shanghai	2 pieces, 56g, 2 oz	1 Carbohydrate, 1 Protein, 2 Fat
Monggo Guisado	1 cup	1 Carbohydrate, 2 Proteins, 1 Fat
Nilagang baka	1 cup	2 Carbohydrates, 8 Proteins, 2 Fats
Pakbet	1 cup	2 Carbohydrates, 2 Proteins, 1 Fat
Paksiw Na Pata	40g, 1.4 oz	2 Carbohydrates
Pinapaitan, Papaitan	1 cup, 237g	3 Proteins, 2 Fats
Pinakbet	1 cup	1 Carbohydrate, 1 Protein
Pinakbet With Kalabasa	1 cup	1 Carbohydrate, 2 Proteins, 2 Fats
Pork Afritada	1 cup	1 Carbohydrate, 4 Proteins, 4 Fats
Pork Asado	85g, 3oz	1 Carbohydrate, 1 Protein, 3 Fats
Pork Barbeque	57g, 2 oz	3 Proteins, 3 Fats
Pork Binagoongan	½ cup, 120g	3 Proteins, 2 Fats
Pork Caldereta	330g	1 Carbohydrate, 7 Proteins, 2 Fats
Pork Embutido	140g, 5 oz	1 Carbohydrate, 3 Proteins, 3 Fats
Pork Giniling	1 cup	1 Carbohydrate, 2 Proteins, 3 Fats
Pork Hamonado	140g, 5 oz	1 Carbohydrates, 1 Protein, 3 Fats
Pork Higado, Igado	100g, ½ cup	2 Proteins, 1 Fat
Pork Mechado	½ cup, 120g, 4 oz	1 Carbohydrate, 2 Proteins, 1 Fat
Pork Menudo	230g, 1 Cup	5 Proteins, 2 Fats
Pork Nilaga	1 cup	1 Carbohydrate, 4 Proteins, 1 Fat
Pork Pochero	1 cup	1 Carbohydrates, 4 Proteins, 5 Fats
Pork Sinigang, Sinigang na Baboy	1 cup	1 Carbohydrate, 4 Proteins, 5 Fats
Sinampalukang Manok	½ cup, 120g, 4 oz	1 Carbohydrate, 3 Proteins, 1 Fat
Siopao, Pork	½ bun, 65g	1 Carbohydrate, 1 Protein, 1 Fat
Sisig	1 cup	1 Carbohydrate, 6 Proteins, 1 Fat

Food	Amount	Composition
Steak Ala Pobre	8 oz	1 Carbohydrate, 3 Proteins, 4 Fats
Tinolang Manok	1 cup	4 Proteins, 3 Fats
Toasted Baked Siopao	50g or 1 piece	1 Carbohydrate, 1 Protein
Tokwa't Baboy	½ cup	1 Carbohydrate, 2 Proteins, 4 Fats
Torta (Pork Egg Omelette)	1 piece	3 Proteins, 4 Fats
Tortang Talong With Giniling	180g	1 Carbohydrate, 3 Proteins, 4 Fats



Pork Adobo



Ginisang Ampalya

Pasta and Noodle Dishes

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Bola Bola with Misua	½ cup	1 Carbohydrates, 2 Proteins, 2 Fats
Backed Mac, Filipino-Style	½ cup	1.5 Carbohydrates, 2 Proteins, 2 Fats
Chicken Sopas, Filipino-Style	1 Cup	1 Carbohydrate, 1 Protein, 1 Fat
Lasagna, Filipino-Style	1 (1.5"x2")	1 Carbohydrate, 2 Proteins, 3 Fats
Lasagna with Meat Sauce	1 (1.5"x2")	1 Carbohydrate, 1 Proteins, 2 Fat
La Paz Batchoy	13 oz	3 Carbohydrates, 1 Protein, 3 Fats
Lomi, Fresh	1 cup	2 Carbohydrates, 1 Protein
Lomi, Instant, Seafood Flavor (Lucky Me Brand)	1 pack	3 Carbohydrates, 1 Protein, 1 Fat
Mami, Instant, Chicken or Beef Flavor (Lucy Me Brand)	1 Pack	2 Carbohydrates, 1 Protein, 3 Fats
Pancit Bihon	½ cup	2 Carbohydrates, 1 Protein, 2 Fats

Food	Amount	Composition
Pancit Canton, fresh	1 cup	1 Carbohydrate, 1 Protein, 1 Fat
Pancit Canton, Instant, Calamansi Flavor (Lucky Me Brand)	1 Pack	2 Carbohydrates, 1 Protein, 3 Fats
Pancit Guisado	1 cup	1 Carbohydrate, 1 Protein, 3 Fats
Pancit Molo	1 cup	1 Carbohydrate, 2.5 Proteins, 3 Fats
Pancit Palabok	1 cup	3 Carbohydrates, 2 Proteins, 2 Fats
Sotanghon Guisado	1 cup, 8.5 oz	2 Carbohydrates, 2 Proteins, 1 Fat
Spaghetti with Hotdogs, Filipino-style	½ cup	2 Carbohydrates, 1 Proteins, 1 Fat



Pancit Bihon



Filipino Spaghetti with Hot Dogs

Rice Dishes

Food	Amount	Composition
Adobo Rice	1/3 cup	1 Carbohydrate
Arroz Caldo con Goto	2/3 cup, Apprx. 6 oz	1 Carbohydrate, 2 Proteins, 2 Fats
Bagoong Rice	½ Cup	2 Carbohydrates, 1 Protein, 2 Fats
Brown Rice, Steamed	½ cup	1 Carbohydrate
Champorado (Chocolate Porridge)	½ cup	1 Carbohydrate, 1 Fat
Fried Rice, Garlic	½ cup	1 ½ Carbohydrate, 1 Fat
Fried Rice, Sinangag	½ cup	1 ½ Carbohydrate, 1 Fat

Food	Amount	Composition
Lugaw with Beef Tripe (Goto)	½ cup	1 Carbohydrate, 1 Protein, 1 Fat
Lugaw Plain (rice porridge)	½ cup	1 Carbohydrate
Lugaw		
- Thin consistency (½ cup cooked rice + 5 cups water)	4 ½ cup	1 Carbohydrate
- Medium consistency (½ cup cooked rice + 3 cups water)	3 cups	1 Carbohydrate
- Thick consistency (½ consistency + 2 cups water)	1 ½ cups	1 Carbohydrate
Purple Rice, Steamed	½ cup	1 ½ Carbohydrate
Red Rice, Steamed	½ cup	1 Carbohydrate
White Rice, Steamed	½ cup	1 Carbohydrate

Lugaw



Arroz Caldo



Garlic Fried Rice



Non-Filipino Foods

15g Carbohydrate (1 Carbohydrate choice), 7g Protein (1 Protein choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Burrito, Meat	1, 5 oz	2 Carbohydrate, 2 Proteins, 2 Fats
Casseroles, Vegetable Homemade	1 cup (8 oz)	2 Carbohydrate, 1 Protein, 2 Fats
Casseroles with Meat, Homemade	1 cup (8 oz)	2 Carbohydrate, 2 Proteins, 2 Fats
Chicken Nuggets		
- Fried	6-7 pieces	1 Carbohydrate, 2 Proteins, 3 Fats
- Baked	6-7 pieces	1 Carbohydrate, 2 Proteins, 1 Fat

Food	Amount	Composition
Chinese Chow Mein Noodles with Vegetables	½ cup	1 Carbohydrate, 2 Fats
Chinese Lo Mein Noodles with Vegetables	½ cup	1 Carbohydrate, 1 Fat
Orange Chicken (with Sweet Sauce)	1 cup	3 Carbohydrate, 2 Proteins, 3 Fats
Chicken Parmesan and Pasta	½ cup Pasta, 3 oz Meat	2 Carbohydrate, 3 Proteins, 3 Fats
Chicken Pot Pie	1- 7 oz pie	3 Carbohydrate, 1 Protein, 3 Fats
Chicken Quesadilla	5 oz	2 Carbohydrate, 3 Proteins, 2 Fats
Chicken and Rice	½ cup	1 Carbohydrate, 2 Proteins, 1 Fat
Chicken Arroz Caldo	½ Cup	1 Carbohydrate, 2 Fats
Chicken Wing - Baked - Fried	1 Wing	1 Protein, 1 Fat 1 Protein, 2 Fats
Chili con Carne (Meat, Bean)	1 cup	2 Carbohydrate, 2 Proteins, 2 Fats
Chinese Chow Mein Noodles with Beef, Chicken or Pork	½ cup	1 Carbohydrate, 2 Proteins, 2 Fats
Chinese Lo Mein Noodles with Beef, Chicken or Pork	½ cup	1 Carbohydrate, 2 Proteins, 1 Fat
Egg Roll with Chicken	1, 3 oz	1 ½ Carbohydrate, 1 Protein, 2 Fats
Egg Roll with Meat	1, 3 oz	1 ½ Carbohydrate, 1 Protein, 2 Fats
Egg Roll with Shrimp	1, 3 oz	1 ½ Carbohydrate, 1 Protein, 2 Fats
Empanada, Baked with Meat	1 medium	1 Carbohydrate, 1 Protein, 2 Fats
Falafel (Spiced Chickpea and Wheat Patties)	3 patties (2" across)	1 Carbohydrate, 1 Protein, 2 Fats
Fish Sticks - Breaded and Baked - Breaded and Fried	2, 1 oz each 2, 1 oz each	1 Carbohydrate, 1 Protein, 1 Fat 1 Carbohydrate, 1 Protein, 2 Fats
Hamburger, Regular with Ketchup, Mustard, Onions	1- 2 oz Bun 4 oz Meat	2 Carbohydrate, 4 Proteins, 2 Fats
Cheeseburger with Ketchup, Mustard, Onions	1- 2 oz Bun, 4 oz Meat, 1 oz Cheese	3 Carbohydrate, 4 Proteins, 2 Fats
Hot Dog Plain with Bun	1- 2 oz Bun 1.6 oz Meat	2 Carbohydrate, 2 Proteins, 2 Fats

Hot Dog with Chili	1- 2 oz Bun 1.6 oz Hot Dog Meat, 1 oz Chili	2 Carbohydrate, 3 Proteins, 3 Fats
Hot Dog, Soy-Based	1 (1½ oz)	½ Carbohydrate, 1 Protein, 1 Fat
Hummus with Pita	⅓ cup + ½, 6" diameter	2 Carbohydrate, 1 Protein, 1 Fat
Lasagna with Vegetables	1 (3"x4")	2 Carbohydrate, 1 Protein, 2 Fats
Macaroni and Cheese	1 cup (8 oz)	2 Carbohydrate, 2 Proteins, 2 Fats
Meatless Burger, Soy-Based	3 oz	½ Carbohydrate, 1 Protein, 1 Fat
Meal Replacement Bar, Small	1 bar (1 ½ oz)	1 ½ Carbohydrate, 1 Protein, 1 Fat
Meal Replacement Bar, Large	1 bar, (2 oz)	2 Carbohydrate, 1 Protein, 1 Fat
Meal Replacement Shake (Reduced Calorie)	1 can (10-11 oz)	1 ½ Carbohydrate, 1 Protein, 1 Fat
Nachos with Cheese	8 pieces with 1 oz Cheese	2 Carbohydrate, 1 Protein, 2 Fats
Pizza -Cheese with Regular Crust	¼ of a 10" or 1/8 of 14" (4 oz)	2 ½ Carbohydrate, 2 Proteins, 2 Fats
-Cheese with Thin Crust		1½ Carbohydrate, 1 Protein, 2 Fats
Pizza - Meat and Vegetable Combo - Pepperoni, Regular Crust - Sausage, Regular Crust - Pepperoni, Thin Crust - Sausage, Thin Crust	¼ of a 10" or 1/8 of 14" (4 oz)	2 ½ Carbohydrate, 2 Proteins, 3 Fats 2 ½ Carbohydrate, 2 Proteins, 3 Fats 2 ½ Carbohydrate, 2 Proteins, 3 Fats 1 ½ Carbohydrate, 2 Proteins, 3 Fats ½ Carbohydrate, 2 Proteins, 3 Fats
Quesadilla, Cheese	5 oz	2 Carbohydrate, 2 Proteins, 2 Fats
Ravioli, Cheese	1 cup	2 Carbohydrate, 1 Protein, 1 Fat
"Sausage" Patties, Soy-Based	1 (1½ oz)	½ Carbohydrate, 1 Protein, 1 Fat
Soups - Bean - Chowder (made with milk) - Cream (made with water) - Lentil - Matzo Ball - Miso - Mulligatawny - Ramen Noodle - Rice Soup/Kanji	½ cup (8 oz) 1 cup (8 oz) 1 cup (8 oz) ½ cup (4 oz) 1 cup (8 oz) 1 cup (8 oz) ½ cup (4 oz) 1 cup (8 oz) 1 cup (8 oz)	1 Carbohydrate, 1 Protein 1 Carbohydrate, 1 Protein, 1 ½ Fats 1 Carbohydrate, 1 Protein, 1 Fat 1 Carbohydrate, 1 Protein 1 Carbohydrate, 1 Protein, 1 Fat ½ Carbohydrate, 1 Protein 1 Carbohydrate, 1 Protein, 1 Fat 1 Carbohydrate 1 Carbohydrate

- Split Pea (made with water)	½ cup (4 oz)	1 Carbohydrate, 1 Protein
- Vegetable Noodle	1 cup (8 oz)	1 Carbohydrate
Tabbouleh, Parsley and Tomatoes	¾ cup	1 Carbohydrate, ½ Protein, 1 Fat
Tostada or Taco with Beans, Lettuce and Tomatoes	1 small	2 Carbohydrate, 1 Protein, 1 Fat
Ravioli, Meat and Cheese	1 cup	2 Carbohydrate, 2 Proteins, 2 Fats
Sandwich	2 oz Bread	
- Deli Meats	3 oz Meat	2 ½ Carbohydrate, 3 Proteins, 2 Fats
- Breaded Fish Fillet	3 oz Fillet	3 Carbohydrate, 3 Proteins, 2 Fats
- Chicken Salad	½ cup (3 ½ oz)	2 ½ Carbohydrate, 2 Proteins, 2 Fats
- Crispy Chicken Fillet	3 oz Fillet	3 Carbohydrate, 3 Proteins, 3 Fats
- Grilled Chicken Fillet	3 oz Fillet	3 Carbohydrate, 3 Proteins, 2 Fats
- Ham and Cheese	2 oz Meat, 1 oz Cheese	2 ½ Carbohydrate, 3 Proteins, 2 Fats
- Tuna Salad	½ cup (3 ½ oz)	2 ½ Carbohydrate, 2 Proteins, 2 Fats
Soups		
- Beef Vegetable	1 cup	1 Carbohydrate, 1 Protein, 1 Fat
- Chicken Noodle Soup	1 cup	1 Carbohydrate, 1 Protein, 1 Fat
- Hot and Sour Soup	1 cup	½ Carbohydrate, ½ Fat
Spaghetti with Meatballs (3 oz Meat)	1 cup	2 Carbohydrate, 3 Proteins, 2 Fats
Stew, Meat and Vegetables	1 cup	1 Carbohydrate, 3 Proteins, 2 Fats
Submarine Sandwich	1, 6" Sub 4 oz Meat	3 Carbohydrate, 4 Proteins, 4 Fats
Taco Crisp with Meat, Cheese	1 small (3 oz)	1 Carbohydrate, 2 Proteins, 1 Fat
Taco Salad with Chicken and Tortilla Bowl	1 Tortilla Bowl 4 oz Chicken, 1 oz Cheese	3 ½ Carbohydrate, 4 Proteins, 4 Fats
Tortellini, Meat and Cheese	¾ cup (3 oz)	2 Carbohydrate, 2 Proteins, 2 Fats
Tostada with Meat, Beans, Cheese, Lettuce, Tomatoes	1 small	2 Carbohydrate, 2 Proteins, 1 Fat
Wraps, Grilled Chicken, Vegetables, Cheese, Sauce	1 Small Wrap (4-5 oz) with 3 oz Meat, 1 oz Cheese	2 Carbohydrate, 2 Proteins, 2 Fats



Empanadas



Tacos

Snack Foods

The snack foods list contains commonly consumed snacks consumed by the Filipino population.

15g Carbohydrate (1 Carbohydrate choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Adobong Mani (Garlic Peanuts)	¼ cup	½ Carbohydrate, 4 Fats
Barbecued Banana (Banana Cue)	½ of each, 60g, ~2 oz	1 Carbohydrate
Banana Chips	1 oz	1 Carbohydrate, 2 Fats
Banana Fritters (Maruya)	1/4 th of each, 60g, ~2 oz	1 Carbohydrate, 2 Fats
Banana Lumpia with Caramel (Turon)	1/3 rd each, 28g, 1 oz	1 Carbohydrate, 2 Fats
Boy Bawang	½ cup	1 Carbohydrate, 1 Fat
Binatog (Corn Boiled with Coconut and Sugar)	56g, 2 oz	1 Carbohydrate
Clover Chips	~30g, 1 oz	1 Carbohydrate, 2 Fats
Crackers		
-Crispbreads	2-5	1 Carbohydrate, 1 Fat
-Round-butter type	6	1 Carbohydrate, 1 Fat
-Saltine-type	6	1 Carbohydrate, 1 Fat
-Sandwich-style, with filling	3	1 Carbohydrate, 1 Fat
-Whole-wheat regular	2-5	1 Carbohydrate, 1 Fat
-Ritz	4-6 round	1 Carbohydrate, 1 Fat
Crispy Tea Rusk - Chai Time Toast Just Baked	2 pieces	1 Carbohydrate, 1 Fat
French Fries	10 (2 oz)	1 Carbohydrate, 2 Fats
Fruit Snacks, Chewy	1 roll	1 Carbohydrate
Graham Crackers	3 squares, (2½" square)	1 Carbohydrate
Granola or Snack Bar	1 bar (1 oz)	1 ½ Carbohydrate, 1 Fat
Siomai (Filipino-style)	1 piece	½ Carbohydrate, 1 Fat
Skyflakes	6 crackers	1 Carbohydrate, 6 Fats
Granola or Snack Bar, Fat-Free	1 bar (1 oz)	2 Carbohydrates
Mango Chips	2 pieces, 20g	1 Carbohydrate
Melba Toast	4 pieces (2"x 4")	1 Carbohydrate
Oyster crackers	20	1 Carbohydrate
Popcorn, Plain or Low Fat	3 cups	1 Carbohydrate

Food	Amount	Composition
Pretzels, Mini	14 pieces ($\frac{3}{4}$ oz)	1 Carbohydrate, 1 Fat
Pretzels including Nuggets	7 pieces ($\frac{3}{4}$ oz)	1 Carbohydrate, 1 Fat
Rice Cakes	2 pieces, 4"	1 Carbohydrate
Snack chips		
- Baked	15-20 ($\frac{3}{4}$ oz)	1 Carbohydrate, 1 Fat
- Potato	9-13 ($\frac{3}{4}$ oz)	1 Carbohydrate, 2 Fats
- Regular	9-13 ($\frac{3}{4}$ oz)	1 Carbohydrate, 2 Fats
Tortilla	9-13 ($\frac{3}{4}$ oz)	1 Carbohydrate, 2 Fats
Trail Mix		
-Candy and Nut-based	1 oz	1 Carbohydrate, 2 Fats
-Dried fruit-based	1 oz	1 Carbohydrate, 1 Fat
Vanilla Wafers	5 pieces	1 Carbohydrate
Veggie Sticks	38 Straws (1 oz)	1 Carbohydrate, 1 $\frac{1}{2}$ Fats

Binatog



Turon



Cakes, Desserts, and Sweets

15g Carbohydrate (1 Carbohydrate choice) and 5g Fat (1 Fat choice)

Sapin Sapin



Puto



Food	Amount	Composition
Angel Food Cake, unfrosted	1/12 cake, 2 oz	2 Carbohydrate
Bacolod Piaya	½ piece	1 Carbohydrate, 1 Fat
Banana Nut Bread	1" wide slice, 1 oz	2 Carbohydrate, 1 Fat
Bibingka, Baked Rice Cake*	1 slice, 30g	1 Carbohydrate, 2 Fats
Brazo de Mercedes	1/3 of 1.75 oz roll	1 Carbohydrate, 1 Fat
Brownie, small, unfrosted	1 1/4" square, 28g, 1 oz	1 Carbohydrate, 1 Fat
Buchi	50g, 1.7 oz	1 Carbohydrate, 1 Fat
Bukayo (Coconut Candy)	1 piece, 35g, 3 ½ x 1 cm	1 ½ Carbohydrates, 1 Fat
Buko Coconut Pie (Coconut pie)	1 cup raw	1 Carbohydrate, 5 Fats
Buko Fruit Salad	86g	1 Carbohydrate, 3 Fat
Budbod Kabog (Millets steamed with Coconut and Sugar)	28g, 1 oz	1 Carbohydrate, 1 Fat
Buko Pandan	½ cup	1 Carbohydrate, 2 Fat
Bun, Steamed (Cuapao)	½ of 5.5 x 6.5 x 3.5 cm, 28g, 1 oz	1 Carbohydrate, 1 Protein
Cake, unfrosted	2" square	1 Carbohydrate, 1 Fat
Cake, frosted	2" square	2 Carbohydrate, 1 Fat
Cake, Jelly Roll (Pianono)	1 piece, 28g, 1 oz	1 Carbohydrate, 1 Fat
Cake, Sponge (Mamon)	1 piece, 40g, 1.4 oz	1 Carbohydrate, 1 Fat
Cake, Toasted (Mamon Tostado) Magic Melt Brand	4 pieces, 24g, .9 oz	1 Carbohydrate, 1 Fat

Food	Amount	Composition
Candy		
- Chocolate, Dark or Milk Type	1 oz	1 Carbohydrate, 2 Fat
- Hard	3 pieces	1 Carbohydrate
Cariocia Sweet glazed rice balls	23 chips, 28g	1 Carbohydrate, 1 Fat
Cassava Cake, (Kamoteng Kahoy Bibingka)	1 piece, 56g, 2 oz	1 Carbohydrate, 1 Fat
Cassava, Mashed with Sugar (Kamoteng Kahoy, Nilupak)	1 piece, 28g, 1 oz	1 Carbohydrate
Cassava, Steamed (Kamoteng Kahoy, Pichi-Pichi)	1 piece, 28g, 1 oz	1 Carbohydrate
Cassava, Steamed with Coconut and Sugar (Kamoteng Kahoy, Suman)	28g, 1 oz	1 Carbohydrate, 2 Fat
Cathedral Window	1 cup	1 Carbohydrate, 1 Fat
Coconut Macaroons	1 piece, 24g, 2" diameter	1 Carbohydrate, 1 Fat
Corn Pudding (Maja Blanca)	1 piece, 20g	1 Carbohydrate, 1 Fat
Corn Pudding Yellow (Maja Mais)	½ cup, 4 oz	1 Carbohydrate, ½ Protein, 1 Fat
Cookie		
- Chocolate Chip	2 small (2¼")	1 Carbohydrate, 2 Fat
- Gingersnap	3 cookies	1 Carbohydrate, 1 Fat
- Plain	2 small	1 Carbohydrate, 1 Fat
- Plain, Fat Free	2 small	1 Carbohydrate
- Sandwich with crème filling	2 small (¾ oz)	1 Carbohydrate, 2 Fat
- Sugar-free	3 small (¾-1 oz) 5	1 Carbohydrate, 1 Fat
- Vanilla wafer	pieces	1 Carbohydrate, 1 Fat
Cookies (Apas), Thin Biscuits/Wafers	5 pieces, 15g	1 Carbohydrate
Cookies, Lady Finger (Broas)	4 pieces, 20g	1 Carbohydrate
Cookies, Marie	4 pieces, 20g	1 Carbohydrate
Cookies (Pasencia)	20 pieces, 20g	1 Carbohydrate
Cupcake, Frosted	1 small (1¾ oz)	2 Carbohydrate, 1 Fat
Dirty Ice Cream	1/3 cup, 75g	1 Carbohydrate, 1 Fat
Donut, Plain cake	1 medium, 2 oz	1 ½ Carbohydrate, 2 Fat
Donut, Glazed	1 medium, 2 oz	2 Carbohydrate, 2 Fat
Ensaymada with Cheese Topping	½ roll	1 Carbohydrate, 1 Fat
Fruit Cobbler	½ cup, 3½ oz	3 Carbohydrate, 1 Fat
Frozen Pops	1	½ Carbohydrate
Fruit Juice Bars, Frozen	1 Bar, 3 oz	1 Carbohydrate

Food	Amount	Composition
Fruit Salad	½ cup, 3 ½ oz	1 Carbohydrate, 1 Fat
Fruit Snacks, Chewy	1 Roll (3/4 oz)	1 Carbohydrate
Fruit Spreads, 100% fruit	1 ½ Tbsp	1 Carbohydrate
Gelatin, regular	1/2 cup	1 Carbohydrate
Ginataang Halo Halo/Binignit	2/3 cup	1 Carbohydrate, 1 Protein, 2 Fats
Ginataang Bilo Bilo	1/3 cup	2 Carbohydrates, 2 Fats
Ginataang Langka	½ cup	1 Carbohydrate, 1 Protein, 3 Fats
Ginataang Monggo	½ cup	1 Carbohydrate, 1 Fat
Ginataang Papaya	1 cup	1 Carbohydrate, 1 Protein, 4 Fats
Ginataang Puso ng Saging	1 cup	1 Carbohydrate, 1 Protein, 3 Fats
Ginataang Santol	½ cup	1 Carbohydrate, 1 Protein, 3 Fats
Granola bar	1 bar	1 Carbohydrate, 1 Fat
Halo Halo	½ cup	1 Carbohydrate, 1 Fat
Honey	1 Tbsp	1 Carbohydrate
Hopia, Munggo	1 piece, 35g	1 Carbohydrate
Hopia Peanut	1 piece, 35g	1 Carbohydrate, 2 Proteins, 5 Fats
Hopia Ube Langka	1 piece, 35g	1 Carbohydrate, 1 Protein, 1 Fat
Jam or Jelly, Regular	1 Tbsp	1 Carbohydrate
Ice cream	1/2 cup	1 Carbohydrate, 2 Fats
Ice cream, light	1/2 cup	1 Carbohydrate, 1 Fat
Ice cream, Fat-free, no sugar added	1/2 cup	1 Carbohydrate
Kamote Que (Sweet potato and brown sugar)	1 stick, 30g	1 Carbohydrate, 2 Fats
Lengua de gato	1.5 cookies	1 Carbohydrate, 2 Fats
Pan de Leche	½ roll, 28g, 1 oz	1 Carbohydrate, 1 Fat
Syrup <ul style="list-style-type: none"> - Agave - Chocolate - Maple Syrup Light - Maple Syrup Regular - Pancake Syrup Light - Pancake Syrup 	1 Tbsp 2 Tbsp 2 Tbsp 1 Tbsp 2 Tbsp 1 Tbsp	1 Carbohydrate 2 Carbohydrate 1 Carbohydrate 1 Carbohydrate 1 Carbohydrate 1 Carbohydrate
Minatamis Na Saba (Plantain in Syrup)	48g, 1.7 oz	1 Carbohydrate
Muffin	¼ muffin, 28g, 1 oz	1 Carbohydrate, 1 Fat

Food	Amount	Composition
Pastillas	25g, 0.9 oz	1 Carbohydrate, 1 Fat
Pastillas, Mangga	28g, 1 oz	1 Carbohydrate, ½ Fat
Pastillas, Duryan	28g, 1 oz	1 Carbohydrate, 1 Fat
Pastillas, Gatas	28g, 1 oz	1 Carbohydrate, 1 Fat
Pastillas, Langka	28g, 1 oz	1 Carbohydrate, 1 Fat
Pan de Leche	28g, 1 oz	1 Carbohydrate
Pastry (Hopiang Hapon)	1 piece, 25g	1 Carbohydrate
Pie, Fruit, 2 Crusts	1/6 pie	3 Carbohydrate, 2 Fats
Pie, Pumpkin or Custard	1/8 pie	1 Carbohydrate, 2 Fats
Pilipit Kalabasa	1 piece, 25g	1 Carbohydrate, 1 Fat
Pinasugbo (Banana Brittle)	28g, 1 oz	1 Carbohydrate, 2 Fats
Polvoron	2 pieces, 25g	1 Carbohydrate, 1 Fat
Polvoron Langka	1 piece, 28g, 1 oz	1 Carbohydrate, 1 Fat
Polvoron Pinipig	1 piece, 28g, 1 oz	1 Carbohydrate, 1 Fat
Polvoron Ube	1 piece, 20g	1 Carbohydrate
Pudding, Regular, with Low Fat Milk	1/2 cup	2 Carbohydrate
Pudding, Sugar-Free, Low-Fat Milk	1/2 cup	1 Carbohydrate
Puto Balanghoy (made with Cassava)	40, 1.4 oz	1 Carbohydrate
Puto Pao	1 bun, 28g, 1 oz	1 ½ Carbohydrate
Rice, Puff Cake (Ampaw)	1 piece, 22g, 0.78 oz	1 Carbohydrate
Rice Cake Sweet (Glutinous) (Biko)	1 piece, 37g, 1"x1" square	1 Carbohydrate
Rice Cake Steamed (Cuchinta, Kutsinta)	2 pieces, 35g, 1.25 oz	1 Carbohydrate
Rice Cake Layered (Glutinous) (Sapin-Sapin)	2 pieces, 45g, 1.6 oz	1 Carbohydrate, 1 Fat
Rice Cake (Bibingka, Galapong)	45g, 1.7 oz	1 Carbohydrate, 1 Fat
Rice Cake (Glutinous) (Bibingka, Malagkit)	60g, 2 oz	1 Carbohydrate, 1 Fat
Rice cake (glutinous) (Bibingka Pinipig)	45g, 1.7 oz	1 Carbohydrate, 1 Fat
Rice prep, (Espasol)	20g	1 Carbohydrate
Rice Prep, (glutinous) with Coconut Curd Topping (Kalamay May Latik)	30g, 1 oz	1 Carbohydrate, 1 Fat
Rice prep, (Glutinous), with Yam (Kalamay, Ube)	30g, 1 oz	1 Carbohydrate, 1 Fat

Food	Amount	Composition
Rice Prep, (Glutinous) (Palitaw Walang Niyog)	3 pieces, 6.5 x 3.5 x 0.5 cm each	1 Carbohydrate
Rice Cake, Brown (Puto, Brown Rice)	45g, 1.6 oz	1 Carbohydrate
Rice Cake (Puto)	45g, 1.6 oz	1 Carbohydrate
Rice Cake, Purple Ube (Puto Bumbong)	28g, 1 oz	1 Carbohydrate
Rice Cake (Puto Maya)	45g, 1.6 oz	1 Carbohydrate
Rice Cake, White (Puto, Puti/Puto, Calasiao)	40g, 1.4 oz	1 Carbohydrate
Rice-Bread Prep, Toasted (Puto Seko)	15g	1 Carbohydrate
Rice-Bread Prep, Toasted with grated coconut (Puto Seko, May Niyog)	20g	1 Carbohydrate
Rice Cake (Puto Ube Cheese)	28g, 1 oz	1 Carbohydrate
Rice Prep, (Suman)	1 piece, 35g	1 Carbohydrate
Rice Prep (Suman Na Malagkit) with coconut caramel sauce	1 piece, 35g	1 Carbohydrate, 1 Fat
Rice Prep (Glutinous), with Grated Coconut Topping (Suman Maruecos, May Niyog)	1 piece, 35g	1 Carbohydrate
Rice Prep (Glutinous) (Suman Sa Ibos)	1 piece, 45g	1 Carbohydrate
Rice Prep (Glutinous), Lye-Treated (Suman Sa Lihiya)	1 piece, 45g	1 Carbohydrate
Rice Flour Prep (Tamales)	1 piece, 43g, 1.5 oz	1 Carbohydrate, 1 Fat
Rice Cake, (Glutinous), Chinese (Tikoy)	28g, 1 oz	1 Carbohydrate, 2 Fats
Rice Prep (Glutinous) (Tupig)	1 piece, 28g, 1 oz	1 Carbohydrate, 1 Fat
Saba Saging Con Yelo	60g, 2.1 oz	1 Carbohydrate
Sans Rival, Red Ribbon Round Cake	1 piece, 43g, 1.5 oz	1 Carbohydrate, 2 Fats
Sherbet, Sorbet	1/2 cup	2 Carbohydrate
Sweet Roll or Danish	1 (2 ½ oz)	2 ½ Carbohydrate, 2 Fat
Taho with Sago & Syrup	¼ cup, 60g	1 Carbohydrate
Taisan, (Chiffon Cake) Red Ribbon brand	43g, 1.5 oz	1 Carbohydrate, 1 ½ Fats
Turon	1 piece, 40g	1 Carbohydrate
Ube Halaya	1 piece, 30g, 1 oz	1 Carbohydrate
Ube Pandesal with Cheese filling	1 piece, 35g	1 Carbohydrate, 1 Fat

Food	Amount	Composition
Yema Candy	3 pieces, 35g	1 Carbohydrate
Yogurt, frozen, - Low Fat, Fat-free - Low Fat with Fruit - Regular	$\frac{1}{3}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ cup	1 Carbohydrate 2 Carbohydrate, 0-1 Fat 1 Carbohydrate, 1 Fat

Buchi



Halo Halo



Kutsinta



Ube Puto



Suman sa Ibos



Bibingka



Sugars

15g Carbohydrate (1 Carbohydrate choice)

Food	Amount	Composition
Arnibal	1 tsp	1 Carbohydrate
Asukal	1 tsp	1 Carbohydrate
Banana Chips	2 pieces, 2.4" x 1.4"	1 Carbohydrate
Blended Sweeteners (Mixture of Artificial Sweeteners and Sugar)	1 Tbsp	1 Carbohydrate
Caramel	1 each, 5g	1 Carbohydrate
Champoy	6 pieces, 25g	1 Carbohydrate
Chewing Gum, bubble gum	1 piece, 5g	1 Carbohydrate
Chocolate	2 pieces, 10g	1 Carbohydrate
Coco Sugar	1 tsp, 5g	1 Carbohydrate
Coco Syrup	1 tsp, 5g	1 Carbohydrate
Condensed milk	2 tsp, 10g	1 Carbohydrate
Dates, Pitted	1 piece, 5g	1 Carbohydrate
Dikyam	1 piece, 10g	1 Carbohydrate
Dried Jackfruit	1 piece, 5g	1 Carbohydrate
Dried Kiwi	1 piece, 5g	1 Carbohydrate
Dried Mango	1 piece, 5g	1 Carbohydrate
Dried Papaya chunks	1 piece, 5g	1 Carbohydrate
Dried Pineapple	2 pieces,	1 Carbohydrate
Dulce de Leche	1 tsp, 5g	1 Carbohydrate
Gatas, Sweetened, Kondensada	1 tsp, 5g	1 Carbohydrate
Gulaman, Assorted Fruit Flavor	1 piece, 15g	1 Carbohydrate
Hard Candy	1 each, 5g	1 Carbohydrate
Honey	1 tsp, 5g	1 Carbohydrate
Ice Candy (Frostees)	1 piece, 100g	3 Carbohydrate
Ice Drop	1 piece, 100g	4 Carbohydrate
Jams, Jellies, Preserves	2 tsp, 10g	1 Carbohydrate
Kiamoy	2 pieces, 15g	1 Carbohydrate
Kundol, Matamis	1 (2.75" x 2"), 20g	4 Carbohydrates
Leche flan	1 slice, 10g	1 Carbohydrate
Lokum	1 piece, 5g	1 Carbohydrate
Maraschino cherries	1" diameter each, 20g	1 Carbohydrate
Marshmallow	1" diameter, 5g	1 Carbohydrate

Food	Amount	Composition
Matamis sa bao	1 tsp, 5g	1 Carbohydrate
Nata de Coco	1 Tbsp, 15g	1 Carbohydrate
Nata de Pinya	2 tsp, 10g	1 Carbohydrate
Panutsa, Grated	1 tsp, 5g	1 Carbohydrate
Sampaloc Candy	1 (0.6" long x 0.4" thick), 5g	1 Carbohydrate
Sugars (White, Brown, Pure Cane Syrup)	1 tsp	1 Carbohydrate
Tira - Tira	1 piece, 5g	1 Carbohydrate
Toffee Candy	1(1" x 0.6" x 0.4"), 5g	1 Carbohydrate

Beverages, Soda, and Energy/Sports Drinks

15g Carbohydrate (1 Carbohydrate choice) and 5g Fat (1 Fat choice)

Food	Amount	Composition
Black Rice Drink	1/3 cup	1 Carbohydrate, 1 Fat
Cranberry Juice Cocktail	½ cup	1 Carbohydrate
Guinumis	1/3 cup	1 Carbohydrate, 3 Fats
Energy Drink	1 can, 8.3 oz	2 Carbohydrate
Fruit Drink or Lemonade	1 cup, 8 oz	2 Carbohydrate
Hot Chocolate, Regular (Envelope)	1, 1 cup water	1 Carbohydrate + 1 Fat
Hot Chocolate, Sugar-free or Light Envelope)	1, 1 cup water	1 Carbohydrate
Kapeng Barako	1 sachet	1 Carbohydrate
Sago't Gulaman	1 cup, 8 oz	3 Carbohydrates
Soft drink (soda), regular	1 can, 12 oz	2 ½ Carbohydrate
Sports drink	1 cup, 8 oz	1 Carbohydrate
Ube Milk Tea	½ cup, 4 oz	1 Carbohydrate, 1 Fat

Black Rice Drink



Sago't Gulaman



Ube Milk tea



Proteins

Each serving of protein (meats, poultry, fish, eggs, cheese and plant-based) on this list contains about 7 grams of protein. The total amount of Calories varies depending on the amount of fat in the meat chosen. The list is divided into very lean protein, lean protein, medium-fat protein and high-fat protein. 1 ounce of meat, poultry, fish or cheese is equivalent to 1 protein choice.

	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
Very Lean Protein	0	7	0-1	35
Lean Protein	0	7	3	55
Medium-Fat Protein	0	7	5	75
High-Fat Protein	0	7	8	100
Plant-based Protein	varies	7	varies	varies

Very Lean Protein

One choice has 7g of protein, 0-1g fat and a total of 35 Calories

*Count as One carbohydrate choice and One very lean protein choice

Food	Amount
Beef: Shank (Bias), Lean Meat (Laman), Round (Pierna Corta at Pierna Larga), Tenderloin (Solomilyo), Porterhouse Steak (Tagiliran, Gitna), Sirloin Steak (Tagiliran, Hulihan), Centerloin (Tagiliran, Unahan)	1 oz
Carabeef Shank (Bias), Round (Hita), Meat (Laman: Bahagya, Katamtaman at Walang Taba), Shoulder Steak/Chuck (Paypay), Round Steak (Pierna Corta at Pierna Larga), Rump (Tapadera)	1 oz
Cheese with 0-1 g Fat: Fat-Free Cottage-Cheese, Non-Fat or Low-Fat	1 oz ¼ cup
Chicken or Turkey White Meat, Skinless, Cornish Hen (Skinless), Leg (Hita) or Meat (Laman) or Breast Meat (Pitso)	1 oz
Clams or Mussels	9 each
Cooked Peas, Cooked Beans (Kadyos, Buto, Tuyo), Pulses or Legumes	½ cup

Food	Amount
Egg:	
- Egg Substitutes	¼ cup
- Egg whites	2 cups
Fish, Fresh or Frozen	1 oz
Large Variety:	
Cod, Danggit (rabbitfish), Flounder, Grouper (Lapu-Lapu), Haddock, Halibut, King Fish, Milk Fish (Bangus), Orange Roughy, Porgy Fish, Mackerel (Alumahan), Mudfish/Murrel (Dalag), Sea Bream (Bakoko), Surgeon Fish (Labahita), Trout, Tuna (Fresh or Canned in Water), Skipjack Tuna (Tambakol, Tulingan)	1 oz
Medium Variety:	
Short-bodied Mackerel (Hasa-hasa), Yellow Tail Fusilier (Dalangang bukid), Hard-tail Mackerel (Galunggong babae); Round Scad (Galunggong lalaki), Big-Eyed Scad (Matangbaka), Catfish (Hito), Goatfish (Sarmulyete), Herring (Tawilis)	1 oz
Small Variety:	
Flatfish or Ponyfish (Sapsap), Tilapia (Tilapya), Sardinella (Tamban), Anchovy (Dilis), Danggit (Rabbitfish), Indian Sardines Dried Raw (Tamban Tuyu)	1 oz
A. Fish Products	
Dried/Daing:	
Croaker Plain (Alakaak)	1 (6" x 3")
Long-Jawed Mackerel (Alumahan)	1 (6" x 3")
Cod (Bakalaw)	1/3 piece
Threadfin Bream (Bisugo)	1 (6" x 3")
Flat-Headed Goby (Biyang puti)	1 (6" x 3")
Grouper (Lapu-lapu)	1/4 of 30 x 40 cm
Black or White Marlin (Malsugi/Espada)	3 ½ pieces
PonyFish (Sapsap)	3 (3 1/2" x 2" each)
Sardinella (Tamban)	1 (6 1/3" x 2")
Kingfish or Spanish Mackerel (Tanigi)	1 slice (6 1/3" x 2.4")
Tilapia (Tilapya)	1 piece

Tinapa/Smoked: Milkfish (Bangus) Hard-tail Mackerel, Round Scad (Galunggong) Sardinella (Tamban) Herring (Tunsoy)	1/4 of 8" x 3" 1 (6 1/3" x 1 2/3") 1 (6 1/3" x 2") 3 pieces
Food	Amount
Tuyo/Dried: Shrimp (Alamang) Silver Perch (Ayungin) Anchovy (Dilis) Dried Small Shrimp (Hibe) Ponyfish (Sapsap) Herring (Tunsoy) Squid (Pusit) Sardinella (Tamban)	1/3 cup 3 (4 1/2" x 3") each 3 (4 1/2" x 3") each 4 Tbsp 3 (4 1/2" x 3") each 3 (4 1/2" x 3") each 1 (3" x 1/2") each 2 pieces
Canned: Salmon Tuna in brine	1/3 cup Flaked 1/3 cup Flaked
Game: Buffalo, Duck or Pheasant (Skinless), Ostrich, Venison	1 oz
Goat Meat	1 oz
Hot Dog with 0-1 g Fat per oz	1
Organ Meats: Heart, Kidney, Liver (High Cholesterol)	1 oz
Other Seafoods: Alamang, tagunton Aligue: Alimango Alimasag Alimango / Alimasag, laman Crab, Small (Talangka) Lobster (Sugpo, Ulang) Shrimps (Hipon): Puti Sugpo Suwahe Octopus (Pugita) Squid (Pusit) Shells: Clams (Halaan)	1 oz, 1 1/4 Tbsp 1 oz, 1 Tbsp 1 oz, 3 Tbsp 1 oz, 1/4 cup or 1/2 piece medium 1 oz, 6 pcs 1 oz 1 oz, 5 (4 3/4" each) 1 oz, 2 (5" each) 1 oz, 5 (5" each) 1 oz, 1/2 cup 1 oz, 3 (2 3/4" x 2" each) 1 oz, 1/3 cup shelled or 3 cups with shell

Snail Golden (Kuhol, Ginto)	1 oz, ½ cup shelled or 3 cups with shell
Fresh Water Snails (Susong Pilipit)	1 oz, 1/3 cup shelled or 2 cups with shell
Tiny Clams (Paros)	1 oz, 1 cup shelled or 2 2/3 cups with shell
Pork, Lean: Tenderloin, Well Trimmed (lomo)	1 oz
Processed Sandwich Meats with 0-1 gm Fat per oz: Chipped Beef, Deli Thin-Sliced Meats, Lean Ham (Tocino), Turkey Ham, Turkey Kielbasa, Turkey Pastrami	1 oz
Tofu, Light	1/2 cup, 4 oz
Variety Meats / Internal Organs:	
- Blood (Dugo) - Pork, Beef, Chicken	¼ cup
- Gizzard (Balun-Balunan) - Chicken	¼ cup
- Heart (Puso) – Pork, Beef, Carabeef	¼ cup
- Kidney – Pork, Beef, Chicken	¾ cup
- Liver (Atay) - Pork, Beef, Carabeef, Chicken	¼ cup
- Lungs (Baga)- Pork, Beef, Carabeef	¼ cup
- Omasum (Ibriilyo) - Beef, Carabeef	½ cup
- Small Intestine (Bitukang Maliit) - Pork, Beef, Carabeef	¼ cup
- Spleen (Lapay) - Pork, Beef, Carabeef	½ cup
- Tripe (Goto) - Beef	¾ cup
- Uterus (Bahay Guya) - Pork, Beef	¾ cup

Lean Protein

One choice has 7g of protein, 3g of fat, and a total of 55 Calories

Food	Amount
Beef: Select or Choice Grade Ground Round, Roast (Chuck, Rib, Rump), Sirloin, Steak (Flank, Porterhouse, T-Bone, Cubed), Tenderloin	1 oz
Beef Jerky	1 oz
Cheeses with 3 g of Fat or Less: Cheese	
Cottage Cheese, 4.5% Fat	1 oz
Parmesan, Grated	¼ cup 2 bsp

Food	Amount
Fish:	
Catfish, Salmon (Fresh or Canned), Herring, Indian Salmon	1 oz
Smoked: Herring or Salmon	1 oz
(Lox) Sardines, Canned	2 medium
Tuna, Canned in Oil, Drained	1 oz
Hot Dogs with 3 grams or less Fat per oz	1
Game: Goose (Skinless), Rabbit	1 oz
Ground Meat Kebab	1 oz
Lamb: Chop, Leg, Roast	1 oz
Luncheon Meat with 3 grams or less Fat per oz	1 oz
Oysters, Fresh or Frozen	6 medium
Pork, Lean: Canned, Cured, or Fresh Ham, Pork Tenderloin, pork steak, Canadian Bacon, Rib or Loin Chop	1 oz
Poultry: Chicken (White Meat with Skin), Chicken (Dark Meat, Skinless), Baked/Tandoori Chicken, Turkey (Dark Meat, Skinless), Domestic Duck or Goose (Well Drained of Fat, Skinless)	1 oz
Sausage with 1-3 g Fat per oz	1 oz
Shrimp, Prawn and Squid (High Cholesterol)	1 oz
Veal, Lean Veal, Lean Chop, Roast	1 oz

Medium-Fat Protein

One choice has 7g of protein, 5g of fat, and a total of 75 Calories

Food	Amount
Beef: Prime Grades such as Prime Rib, Ground Beef, Meatloaf, Corned Beef, Short Ribs, Flank (Kabilugan), Brisket (Punta y Pecho), Plate (Tadyang), Chuck (Paypay)	1 oz
Cheese: Feta, Mozzarella, Ricotta	1 oz
Chicken and Poultry:	1 oz
- Chicken (Dark Meat with Skin), Chicken Thigh, Chicken Leg/Drumstick, Chicken Wing, Head (Ulo), Ground Chicken, Fried Chicken (With Skin)	

<ul style="list-style-type: none"> - Duck Thigh, Duck Back, and Duck Breast - Ground Turkey 	
Chicken, Fish, Lamb Kebab	1 oz
Egg <ul style="list-style-type: none"> - Chicken Egg (Itlog) - Duck Whole, Salted (Penoy) - Quail (Pugo) 	1 1 7 pieces
Fish, Fried	1 oz
Fish: <ul style="list-style-type: none"> - Karpa 	1 oz
Goat (Chevon) Flank	1 oz
Lamb Rib, Roast, Ground	1 oz
Pork <ul style="list-style-type: none"> - Pork Chops - Top Loin - Boston Butt - Cutlets - Leg (Pata) - Longanisa 	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz
Processed Foods	
Cheese <ul style="list-style-type: none"> - Cheddar Cheese 	1 oz, 1 slice
Fish Products	
Tinapa/Smoked <ul style="list-style-type: none"> - Milk Fish (Bangus) 	1 oz
Canned <ul style="list-style-type: none"> - Salmon in Oil (Salmon sa mantika) - Sardines canned in oil / tomato sauce (Sardine sa Manitka/Tomato Sauce) - Tuna - Sardines - Tuna spread, canned 	1 oz 1 (4" x 1 ¾") 1 ½ each (2 ½ " x 1 ½ "x 1") 1 ½ each 2 Tbsp
b. Meat Products	
<ul style="list-style-type: none"> - Corned Beef (Karne Norte, de lata) - Ham Sausage 	3 tablespoons 3 of 3 ½ diameter x 1/10" thick each

Food	Amount
Nuts and Bean Products	
- Cashew Nut (Kasoy), Roasted	6 each
- Soybean cheese, soft (Tofu)	½ cup, 4 oz
- Soybean cheese, soft (Tokwa)	1 oz (2 1/3" x 2 1/3" x ¾")
- Soybean (Utaw)	½ cup
- Soy Milk	1 cup
Others	
- Chick, one-day-old, fried	2 pieces
- Manok paa, barbeque	4 pieces
- Manok ulo, barbeque	3 pieces
Sausage with 5 grams or less Fat per oz	1
Variety Meats / Internal Organs:	
- Brain (Utak) - Pork, Beef, Carabeef	¼ cup
Veal Cutlet (Unbreaded)	1 oz

High-Fat Protein

One choice has 7g of protein, 8g of fat, and a total of 100 Calories

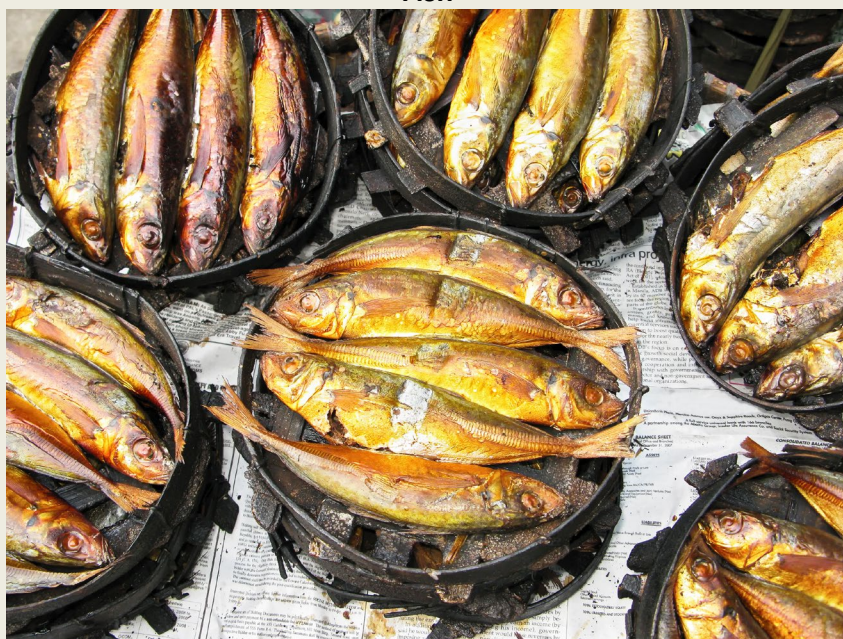
Food	Amount
Beef	
- Flank (Camto)	1 oz
- Plate (Tadyang)	1 oz
Cheese:	
- All Regular Cheeses such as American, Cheddar, Swiss, Monterey Jack	1 oz
- Cheese Pimento Flavored	1 oz
- Feta	1 oz
- Gouda	1 oz
- Parmesan, grated	1 oz
- Pimiento	1 oz
- Keso de bola	1 oz
Egg:	
- Duck's Egg (Penoy)	1 piece
- Fertilized Chicken Egg (Balut)	1 piece
- Fried Egg (Filipino-Style)	1 large egg
- Pata Buo	1 piece

Fish	
- Dried Salted Herring	1 oz
- Sinaing Na Tulingan (Tuna)	3.5 oz
Fish Products (canned)	
- Sardinas, Spanish style	1 oz
- Tuna flakes in vegetable oil	1 oz
Peanut Butter	2 Tbsp
Pork:	
- Liempo, belly, less fat	1 oz
- Spareribs (Tadyang)	1 oz
- Sausage	1 oz
- Shoulder Picnic (Kasim Picnic)	1 oz
- Ground Pork	1 oz
- Chicharon Bulaklak	0.5 oz
- Lechon Kawali	2 oz
- Crispy Pata	2 oz
Processed Sandwich Meats with 8 grams or less Fat per oz:	
- Bacon	3 Slices
- Bologna	1 oz
- Frankfurter (Chicken or Turkey)	1 each
- Ham	1 oz
- Hot Dog	1 oz
- Longanisa, Chorizo Style	1 oz
- Pimento Loaf	1 oz
- Salami	3 each
- Sausage, such as Polish, Italian	1 oz
- Spam	2 oz
- Vienna Sausage	1 oz
Variety meats / Internal organ	
- Ear (Tenga, Baboy) Barbeque- Pork	1 oz
- Heart (Puso, Manok) - Chicken	1 oz
- Intestine, Grilled Barbeque (Isaw na manok)	1 oz
- Intestine, Grilled Barbeque (Isaw ng baboy)- Pork	1 oz
- Tongue (Dila) - Pork, Beef	1 oz
- Betamax (Grilled Blood)	½ piece

Assorted Meats



Fish



Plant-Based Protein

Carbohydrate content of plant-based proteins vary and Calories vary.

Food	Amount	Composition
"Bacon" Strips, Soy-based, Meatless Bacon,	2 strips (approx ½ oz)	1 Lean Protein
Baked Beans, Canned, Plain or Vegetarian	⅓ cup	1 Carbohydrate, 1 Lean Protein
Beans: Black, Cooked or Canned, Drained and Rinsed	½ cup	1 Carbohydrate, 1 Very Lean Protein
Beans: Garbanzo, Cooked or Canned, Drained and Rinsed	½ cup	1 Carbohydrate, 1 Very Lean Protein
Beans: Kidney, Cooked or Canned, Drained and Rinsed	½ cup	1 Carbohydrate, 1 Very Lean Protein
Beans: Navy, Cooked or Canned, Drained and Rinsed	½ cup	1 Carbohydrate, 1 Very Lean Protein
Edamame, Frozen	½ cup	½ Carbohydrate, 1 Very Lean Protein
Falafel	3 patties (about 2" across)	1 Carbohydrate, 1 High Fat Protein
Hummus	1/3 cup	1 Carbohydrate, 1 High-fat Protein
Lentils, Cooked	½ cup	1 Carbohydrate, 1 Very Lean Protein
Meatless Burger, Soy-based	1 patty (about 2½ oz)	½ Carbohydrate, 2 Very Lean Protein
Meatless Burger, Vegetable	1 patty (about 2½ oz)	½ Carbohydrate, 1 Very Lean Protein
Meatless Chicken	1/3 cup (2 oz)	½ Carbohydrate, 2 Lean Protein
Meatless Frankfurter	1 each, 2½ oz	2 High Fat Proteins
Meatless Luncheon Slices	1 slice, ½ oz	1 Very Lean Protein
Meatless Sausage	1 slice, 1 oz	1 Medium-Fat Protein
Nut Spreads: Almond Butter, Cashew Butter, Peanut Butter, Soy Nut Butter	1 Tbsp	1 High-fat Protein
Soy Nuts, unsalted	¾ oz	½ Carbohydrate, 1 Medium-fat Protein

Food	Amount	Composition
Split Peas Cooked	½ cup	1 Carbohydrate, 1 Very Lean Protein
Refried Beans, Canned, Vegetarian	½ cup	1 Carbohydrate, 1 Lean Protein
Tempeh, Plain, Unflavored	¼ cup, 1 ½ oz	1 Medium-fat Protein
Tofu, Firm	½ cup, 4 oz	1 Medium-fat Protein
Tofu, Light	½ cup, 4 oz	1 Lean Protein

Hummus



Tofu



Fat List

Fat are divided into unsaturated Fat (monounsaturated and polyunsaturated), saturated Fat, and trans Fat. **One fat choice** contains 5 grams of fat and 45 Calories.

Unsaturated Fat - Monounsaturated Fat

Food	Amount
Avocado, Medium	1/8 (1 oz)
Brazil Nuts	2 nuts
Filberts (Hazelnuts)	6 whole
Oil (Canola, Olive, Peanut), Manitka	1 tsp
Olives: Ripe (Black)	8 large
Green, Stuffed	10 large
Macadamia Nuts	3 kernels (¼ oz)
Nut Butter:	
Almond Butter	2 tsp
Cashew Butter	2 tsp
Hazelnut Butter	2 tsp
Macadamia Nut	2 tsp
Butter Pecan Butter	2 tsp
Pistachio Butter	2 tsp
Walnut Butter	2 tsp
Nuts:	
Almonds	6 nuts
Cashews	6 nuts
Macademia	5 nuts
Mixed (50% Peanuts)	6 nuts
Peanuts	10 nuts
Pecans	4 halves
Pili	5 pieces
Pistachios	18 kernels
Walnuts	4 halves
Peanut Butter, Smooth or Crunchy	2 tsp
Seeds:	
Lima Beans (Patani)	5 pieces
Sesame Seeds	1 Tbsp
Tahini or Sesame Seed Butter	2 tsp

Unsaturated Fat - Polyunsaturated Fat

Food	Amount
Fish Oil, Cod Liver Oil	1 tsp
Margarine, Trans Fat-Free (Stick, Tub, or Squeeze)	1 tsp
Margarine, Reduced-Fat Trans Fat-Free (30-50% vegetable oil)	1 Tbsp
Mayonnaise, Regular	1 tsp
Mayonnaise, Reduced-Fat	1 Tbsp
Miracle Whip, Regular	2 tsp
Miracle Whip, Light	1 Tbsp
Oil (Corn, Flaxseed, Grape Seed, Safflower, Soybean, Sunflower (Manitka Langis, Aseyte)	1 tsp
Pine Nuts (Pignolia)	1 Tbsp
Salad Dressings, Regular	1 Tbsp
Salad Dressings, Reduced-Fat	2 Tbsp
Seeds	
- Flaxseed	1 Tbsp
- Pumpkin, Squash (Kalabasa)	1 Tbsp
- Sesame (Linga)	1 Tbsp
- Sunflower (Mirasol)	1 Tbsp
- Watermelon (Pakwan)	1 Tbsp
Pumpkin Seed Butter	1 Tbsp
Sunflower Seed Butter	1 Tbsp
Soy Butter	1 Tbsp
Soy Nuts, unsalted	$\frac{3}{4}$ oz

Saturated Fat

Food	Amount
Butter, Stick	1 tsp
Whipped	2 tsp
Butter, Reduced Fat	1 Tbsp
Bacon	1 Slice
Chitterlings, Boiled	2 Tbsp ($\frac{1}{2}$ oz)
Coconut, Shredded	2 Tbsp

Food	Amount
Coconut Milk	
- Light	1/3 cup
- Regular	1 ½Tbsp
Cream, Light or Half and Half	2 Tbsp
Cream, Sour, Regular	2 Tbsp
Cream, Sour, Reduced Fat	3 Tbsp
Cream, Heavy, Whipping	1 Tbsp
Cream Cheese, Regular	1 Tbsp
Cream Cheese, Reduced Fat	2 Tbsp
Krema	1 Tbsp
Lard	1 tsp
Latik	2 tsp
Oil (Coconut)	1 tsp
Oil (Palm, Palm Kernel)	1 tsp
Pork Chicharon (Sitsarong Baboy/Balat)	2 pieces
Salt Pork	2 pieces
Shortening, Solid	1 tsp

Trans Fat are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Partially hydrogenated and hydrogenated Fat are types of processed Fat and should be avoided.

Free Foods

Foods like sugar-free sodas and beverages, artificial sweeteners, spices and seasonings are included in this list. A free food is any food or drink that contains less than 20 Calories or less than 5 grams of carbohydrate per serving. Items that have no serving size specified, any amount may be used. **Items that have a serving size should not exceed 3 servings per day.**

Fat-free or Reduced-fat Foods contain < 5g carbs and 20 Calories

Food	Amount
Cream Cheese, Fat-Free	1 Tbsp
Coffee Creamers, Nondairy, Liquid	1 Tbsp
Coffee Creamers, Nondairy, Powdered	2 tsp
Margarine, Fat-Free	4 Tbsp
Margarine, Reduced-Fat	1 tsp
Mayonnaise, Fat-Free	1 Tbsp
Mayonnaise, Reduced-Fat	1 tsp
Non-Stick Cooking Spray, Salad Dressing, Mayonnaise-Type, Fat-Free	1 Tbsp
Salad Dressing, Mayonnaise-Type, Reduced Fat	1 tsp
Salad Dressing, Fat-Free	1 Tbsp
Salad Dressing, Fat-Free, Italian	2 Tbsp
Salsa	1/4 cup
Sour Cream, Fat-Free	1 Tbsp
Whipped Topping, Light or Fat-Free	2 Tbsp
Whipped Topping, Regular	1 Tbsp

Sugar-free or Low-Carbohydrate Foods contain < 5g carbs and 20 Calories

Food	Amount
Candy, Hard, Sugar-Free	1 candy
Cranberries or Rhubarb, Sweetened with Sugar Substitute	½ cup
Gelatin, Sugar-Free Gum, Sugar-Free Jam/Jelly, sugar-free	2 tsp
Pancake Syrup, Sugar-Free	2 Tbsp
Salad Greens (Arugula, Chicory, Endive, Escarole, Lettuce, Radicchio, Spinach, Watercress)	

Food	Amount
Sugar Substitute	
Vegetables, Cooked Non-Starchy	¼ cup
Vegetables, Raw Non- Starchy	½ cup

Drinks contain < 5g carbs and 20 Calories

Food	Amount
Bouillon or Broth without Fat Bouillon, ,	1 Tbsp
Cocoa Powder, Unsweetened	1 Tbsp
Ginger brew salabat/chaa	1 cup
Low-Sodium Carbonated drinks	
Malunggay tea	1 sachet
Mangosteen tea	1 cup
Sugar-Free Club soda	
Turmeric tea	1 tbsp
Coffee/tea Drink mixes, sugar-free Tonic water	

Condiments contain < 5g carbs and 20 Calories

Food	Amount
Atchara	1 ½ tsp
Atsarang Labanos	1 oz
Balsamic Vinegar	1 Tbsp
Bagoong Alamang (Fermented Shrimp Paste)	1 Tbsp
Bagoong Isda (Fermented Anchovy Paste)	1 ½ tsp
Banana Ketchup	1 Tbs
Barbecue Sauce	2 tsp
Buro	1 Tbsp
Catsup, Ketchup	1 Tbsp
Chili Garlic Sauce	1 tbsp
Chili Sauce, Sweet, Tomato-Type	2 tsp
Cranberry Sauce, Jellied	1 tsp
Cucumber Tree (Kamayas, Bilimbi)	2 Tbsp
Curry Sauce	1 tsp
Dark soy sauce	1 Tbsp
Fish Sauce (Patis)	1 Tbsp

Food	Amount
Fresh-squeezed Calamansi	Juice of 1 piece
Hoisin Sauce	1 tsp
Horseradish	2 tsp
Hot Pepper Sauce	2 tsp
Lechon Sauce, Mang Tomas brand	1 Tbsp
Lemon or Lime juice	2 tsp
Light Soy sauce	1 Tbsp
Miso	1 ½ tsp
Mustard Honey, Brown, Dijon, Yellow	1 Tbsp
Parmesan Cheese	1 Tbsp
Peri Peri Sauce	2 Tbsp
Pickles, Unsweetened	1 ½ large
Pickle Relish	1 Tbsp
Pimento	1 Tbsp
Plum Sauce	1 tsp
Salad Dressing, Fat-Free, Cream-Based	1 tsp
Salsa	¼ cup
Sinamak	1 Tbsp
Siopao sauce	2 tsp
Soy Sauce	1 Tbsp
Suka (vinegar), white	1 Tbsp
Sukang Iloko	1 Tbsp
Sweet and Sour Sauce	1 tsp
Talangka	1 ½ Tbsp
Tamarind Chutney	1 tsp
Taco Sauce	1 Tbsp
Toyo, Suka, at Sili	1 Tbsp
Toyomansi	1 Tbsp
Vinegar	1 Tbsp
Worcestershire Sauce	1 Tbsp
Yogurt, Any Type	2 Tbsp

Free Snacks

These foods in these serving sizes are perfect free food snacks.

Food	Amount
Baby Carrots and Celery Sticks	5
Blueberries	¼ cup
Sliced Cheese, Fat-free	½ oz
Goldfish-Style Crackers	10
Saltine Type Crackers	1
Frozen Cream Pop, Sugar-free	1
Lean Meat	½ oz
Light Popcorn	1 cup
Vanilla Wafer	1

Drinks/Mixes

Any food on this list—without a serving size listed—can be consumed in any moderate amount.

Bouillon, Broth, Consommé	Diet Soft Drinks, Sugar-free
Bouillon or Broth, Low Sodium	Drink Mixes, Sugar-free
Carbonated or Mineral Water	Tea, Unsweetened or With Sugar Substitute
Club Soda	Tonic Water, Diet
Cocoa Powder, Unsweetened (1 Tbsp)	Water
Coffee, Unsweetened or With Sugar Substitute	Water, Flavored, Carbohydrate Free

Seasonings

Any food on this list can be consumed in any moderate amount

Camote leaves (50g), Mustard Leaves	Green Onions (1 tbsp), Shallot (1 tbsp)
Flavoring Extracts (For Example Vanilla, Almond, Peppermint)	Pimento
Garlic, Ginger	Spices: Cardamom, Cinnamon, Cloves, Paprika, Pepper
Herbs, Fresh or Dried	Hot Pepper Sauce
Lime, Philippine (Kalamansi)	Wine, Used for Cooking
Nonstick Cooking Spray	Worcestershire Sauce

Alcohols

One alcohol equivalent or choice is defined as a half-ounce ($\frac{1}{2}$ oz) of absolute alcohol and comprises of 100 Calories.

One carbohydrate choice is a serving of food that has 15 grams of Carbohydrate and comprises of 80 Calories

Alcoholic Beverage	Serving Size	Count as
Beer		
Light (4.2%)	12 fl oz	1 alcohol equivalent + $\frac{1}{2}$ carbohydrate
Regular (4.9%)	12 fl oz	1 alcohol equivalent + 1 carbohydrate
Dark (5.7%)	12 fl oz	1 alcohol equivalent + 1 – 1 $\frac{1}{2}$ Carbohydrate
Distilled Spirits: Vodka, Rum, Gin, Whiskey, Tequila (80 or 86 proof)	1 $\frac{1}{2}$ fl oz	1 alcohol equivalent
Liqueur, Coffee (53 proof)	1 fl oz	$\frac{1}{2}$ alcohol equivalent + 1 carbohydrate
Sake	1 fl oz	$\frac{1}{2}$ alcohol equivalent
Champagne/Sparkling	5 fl oz	1 alcohol equivalent
Dessert (Sherry)	3 $\frac{1}{2}$ fl oz	1 alcohol equivalent + 1 carbohydrate
Dry, Red or White (10%)	5 fl oz	1 alcohol equivalent

Sample Meal Plan- 1200 Calories

Breakfast		1 Carb choice	328 Calories
Filipino-Style Fried Egg	90	Calories	1 Fat, 1 Protein
1/3 cup Garlic-Fried Rice	93	Calories	1 Carb, 1 Fat
1 pc Longanisa	140	Calories	2 Fats, 1 Protein
1 slice Tomato	5	Calories	1/10 Carb
Mid-Morning Snack		1 Carb choice	64 Calories
1 cup Papaya	64	Calories	1 Carb
Noon Meal		3 Carb choices	511 Calories
1 cup Chop Suey	200	Calories	1 Carb, 1 Fat
1/2 cup Pancit Bihon	213	Calories	2 Carbs, 2 Fat, 1 Protein
3.5oz Danggit	98	Calories	1 Fat, 3 Protein
Afternoon Snack		1 Carb	60 Calories
1 cup Cantaloupe	60	Calories	1 Carb
Evening Meal		2 Carb Choices	288 Calories
1 cup Pinkabet	110	Calories	1 Carb, 1 Protein
1/3 cup steamed rice	68	Calories	1 Carb
3 oz Grilled Galunggong	110	Calories	3 Proteins, 1/2 Fat
Total Calories	1251		9 Carb = ~135g
			9 Fat = ~40g
			10 Protein = ~49g

Sample Meal Plan-1500 Calories

Breakfast		1 Carb choice	258 Calories
1/3 cup Garlic-Fried Rice	93	Calories	1 Carb, 1 Fat
1 pc Longanisa	70	Calories	1 Fat
Filipino-Style Fried Egg	90	Calories	1 Fat, 1 Protein
1 slice Tomato	5	Calories	1/10 Carb
Mid-Morning Snack		1 Carb choice	62 Calories
Apple	62	Calories	1 Carbohydrate
Noon Meal		3 Carb choices	508 Calories
Grilled Chicken Inasal	366	Calories	5 Fat, 4 Protein
1 tbsp Atchara	54	Calories	1 Carbohydrate
1/3 cup Steamed rice	68	Calories	1 Carbohydrate
1 cup Ensaladang Pipino (cucumber)	56	Calories	1 Carbohydrate
Afternoon Snack		1 Carb choices	60 Calories
Pisang (Banana)	60	Calories	1 Carbohydrate
Evening Meal		3 Carb choices	546 Calories
1 cup Kare-kare	478	Calories	2 Carb, 8 Fat, 2 Protein
1/3 cup Steamed White Rice	68	Calories	1 Carb
Evening Snack		1 Carb choice	64 Calories
Watermelon	64	Calories	1 Carbohydrate
Total Calories	1534		10 Carb = ~150g
			16 Fat = ~80g
			7 Prot = ~49g

Sample Meal Plan- 1800 Calories

Breakfast		3 Carb choices	490 Calories
Ginisang Corned Beef	270	Calories	5 Fat, 2 Protein
--(with 3oz potato)	80	Calories	1 Carbohydrate
2/3 cup Steamed rice	140	Calories	2 Carbohydrate
Mid-Morning Snack		1 Carb choice	64 Calories
Pineapple	64	Calories	1 Carb
Noon Meal		3 Carb choices	549 Calories
1 cup Pork Adobo	365	Calories	1/3 Carb, 5 Fat, 4 Proteins
1/3 cup Steamed rice	68	Calories	1 Carb
½ cup Sinigang na Hipon	116	Calories	1 Carb, 1 Protein
Afternoon Snack		1 Carb choices	150 Calories
Siopao (½ piece)	150	Calories	2 Carb, 2 Fat, 2 Protein
Evening Meal		3 Carb choices	472 Calories
260g Sisig	293	Calories	1 Carb, 1 Fat, 6 Proteins
1/3 cup steamed rice	68	Calories	1 Carb
¾ cup Ensaladang Talong (Eggplant Salad) with Egg	111	Calories	1 Carb, 1 Fat, 1 Protein
Evening Snack		1 Carb choice	105 Calories
Mango	72	Calories	1 Carb
--(with 1 tbsp Fish Sauce)	8	Calories	
Malunggay tea	25	Calories	1/3 Carb
Total Calories	1830		11 Carb = ~165g
			14 Fat = ~70g
			15 Protein = ~105g

Carbohydrate Counting Resource

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