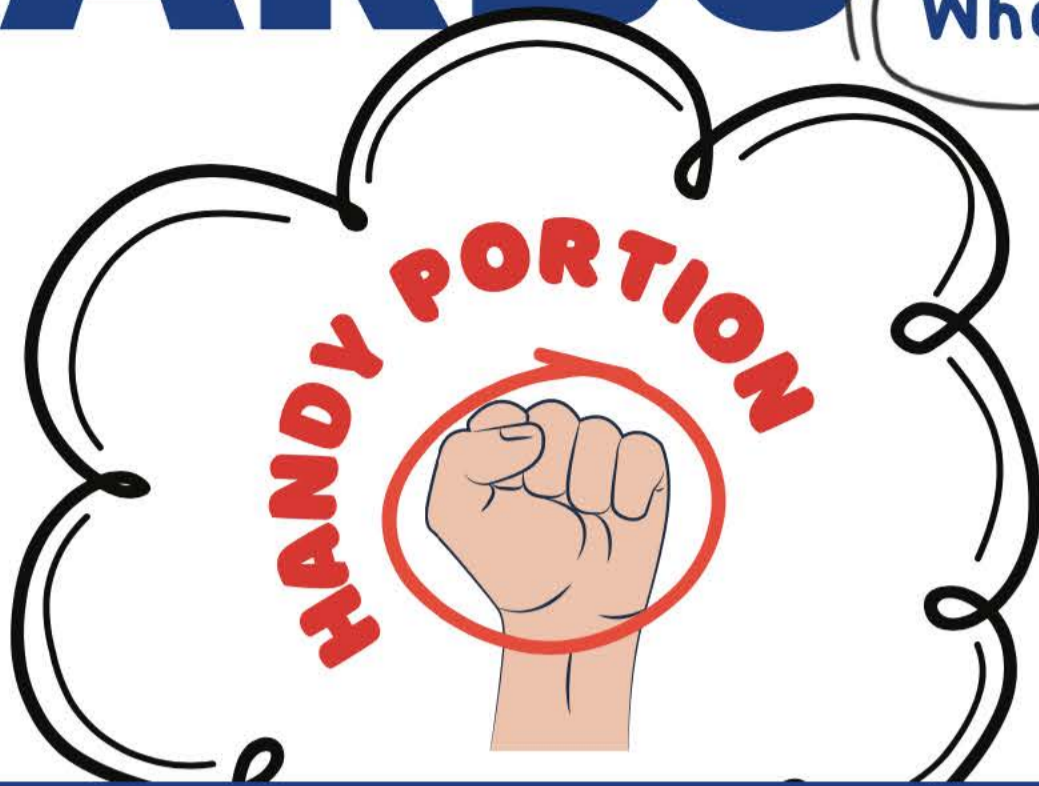


# CARBS

Where are they?

How many are there?

HANDY PORTION



fruits

vegetables

grains & starches



dairy products

fun foods & sweets



1 tbsp (1 thumb)



grains & starches

## MY MEALS AND SNACKS

SMALL = 9

MEDIUM = 9

LARGE = 9

SNACK = 9



fun foods & sweets



# MY FOODS

## CHECK IT OUT!

These can also give you a hand:



1. Nutrients Canada (file or app)
2. Beyond the Basics (15 g/portion)
3. Carb factors (scale & guide)

find them here:

<https://montrealchildrenshospital.ca/diabetes-nutrition/>

I can't find any...

~0 g

### Nutrition Facts Valeur nutritive

Per 1 cup (250 mL) / par 1 tasse (250 mL)

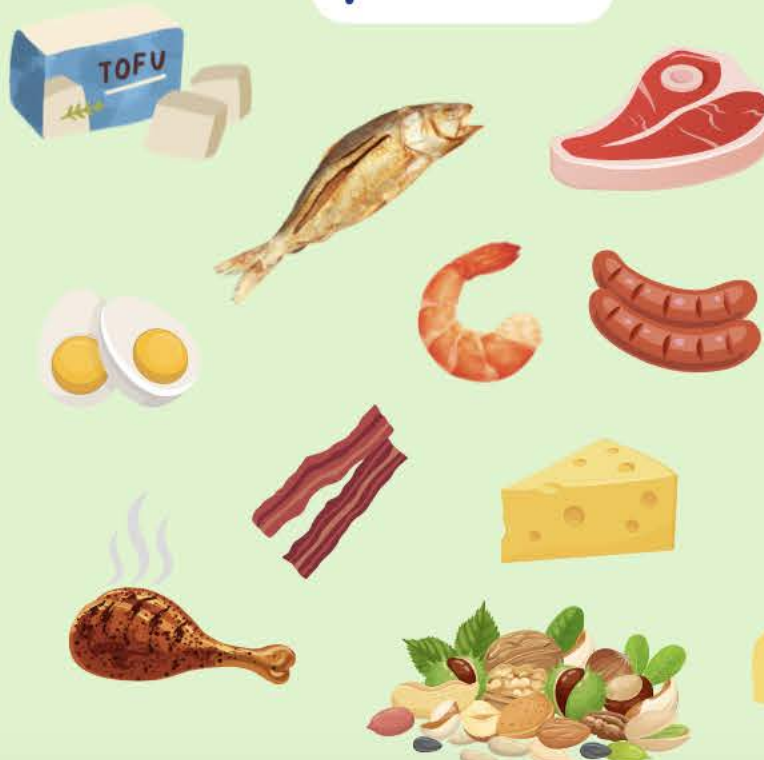
| Amount / Teneur                                | % Daily Value / % valeur quotidienne |
|--|--------------------------------------|
| <b>Calories / Calories</b> 80                  |                                      |
| <b>Fat / Lipides</b> 0 g                       | <b>0 %</b>                           |
| Saturated / saturés 0 g<br>+ Trans / trans 0 g | <b>0 %</b>                           |
| <b>Cholesterol / Cholestérol</b> 0 mg          |                                      |
| <b>Sodium / Sodium</b> 115 mg                  | <b>5 %</b>                           |
| <b>Carbohydrate / Glucides</b> 12 g            | <b>4 %</b>                           |
| Fibre / Fibres 0 g                             | <b>0 %</b>                           |
| Sugars / Sucres 11 g                           |                                      |
| <b>Protein / Protéines</b> 9 g                 |                                      |
| Vitamin A / Vitamine A                         | <b>15 %</b>                          |
| Vitamin C / Vitamine C                         | <b>0 %</b>                           |
| Calcium / Calcium                              | <b>30 %</b>                          |
| Iron / Fer                                     | <b>0 %</b>                           |
| Vitamin D / Vitamine D                         | <b>45 %</b>                          |

PASTEURISED / PASTEURISÉ

### vegetables



### proteins



### non-nutritive foods



### fats

# USUAL INTAKE

## WHAT TO EXPECT?



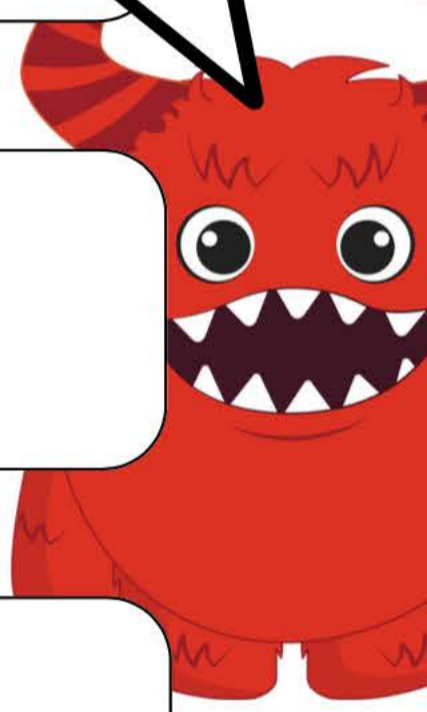
AT WHAT TIME?

BREAKFAST

AM SNACK

WHAT FOODS?

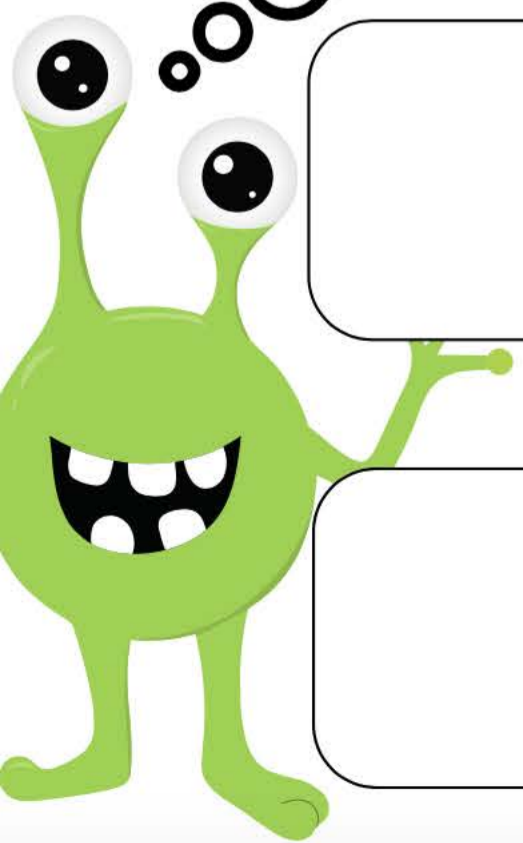
LUNCH



HOW MUCH?

PM SNACK

SUPPER



EVENING SNACK