

Food Choices

Carbohydrate Choices

Each food in this section is 1 carbohydrate choice based on the serving size listed. One carbohydrate choice provides about **15 grams of carbohydrate**.

I need _____ to _____ grams of carbohydrate **within 30 minutes** of finishing moderate to high intensity training. That means I need to choose _____ to _____ carbohydrate choices.

Grains – I need _____ to _____ choices each day. *All grains provide carbohydrate, even if they aren't listed here.*

Ancient grains (e.g. amaranth, barley, millet, quinoa, spelt, teff), 1/3 cup cooked	Chapati or Roti, 1 (6 inch)	Pita, 1/2 small (6 inch)
Bagel, 30 g (~1/4)*	Cereal (cold), 1/4 to 1/2 cup *	Rice (white), 1/3 cup cooked
Bannock, 35 g (~1/2)*	Crackers, 20 g*	Rice (wild), 1/2 cup cooked
Bread, 1 slice	Oatmeal, 3/4 cup cooked	Tortilla, 1/2 (6 inch)
Bun, 1 small or 1/2 hamburger or hotdog bun	Oatmeal, 1/2 to 1 packet instant*	Wheat germ, 1/3 cup*
	Pancake, 1 small (4 inch)	
	Pasta, 1/2 cup cooked	

Fruit – I need _____ to _____ choices each day. *All fruit provides carbohydrate, even if it isn't listed here.*

Apple, 1 medium	Fruit juice (100% fruit), 1/2 cup	Papaya, 1 small
Apricots, 5	Grapefruit, 1 small or 1/2 large	Peaches, 2 medium
Banana, 1 small	Grapes, 1/2 cup	Pear, 1 medium
Berries, 1 1/2 cups	Kiwis, 2	Pineapple, 3/4 cup
Canned fruit (in juice), 1/2 cup	Mango, 1/2 cup	Plums, 2
Cherries, 16	Melon, 1 cup	Pomegranate, 1/2 fruit
Cranberries (dried), 3 Tbsp	Nectarine, 1 medium	Prunes, 3
Dates, 3	Orange, 1 medium	Raisins, 2 Tbsp

Sweet Vegetables – I need _____ to _____ choices each day. *Only vegetables listed here provide carbohydrate.*

Beans & lentils (e.g. black beans, kidney beans, chickpeas), 1/2 cup*	Corn, 1/2 cup	Turnip, 1 cup
Beets, 1 cup	Parsnips, 1/2 cup	Tomato, more than 2 cups
Butternut squash, 1 cup	Peas, 1 cup	Tomato sauce, 1 cup
Carrots, 1 cup	Potato (with skin), 1/2 cup	Vegetable juice, 1/2 cup
	Rutabaga, 1 cup	
	Sweet potato, 1/4 cup	

Milk, Yogurt & Soy - I need _____ to _____ choices each day. *Also provide about 8 grams of protein per cup.*

Milk (white), 1 cup	Soy drink (plain), 1 cup*	Yogurt (with aspartame or sucralose), 1 cup
Milk (flavoured), 1/2 cup	Soy drink (flavoured), 1/2 cup*	Yogurt (regular), 1/2 cup
Pudding (milk-based), 1/4 cup	Yogurt (plain), 1 cup	

Added Sugars - I need _____ to _____ choices each day in and around training.

Fig Newton, 1-2 cookies*	Molasses, 1 tbsp	Sport gel, 1/2 packet*
Honey, 1 Tbsp	Nibs, 1/3 packet*	Sugar, 1 Tbsp
Jam or jelly, 1 Tbsp	Sport chews, 1/3 – 1/2 packet*	Syrup, 1 Tbsp
Jellybeans, 6 beans*	Sport drink, 1 cup*	

* Note: Items with a * can be found in multiple serving sizes and may contain extra protein and fat choices.

Protein Choices

Each food in this section is 1 protein choice based on the serving size listed (measured after cooking). One protein choice provides about **7 grams of protein** and **3 grams of fat**. I need _____ to _____ Protein choices each day.

Meat & Alternatives

Beans & lentils (e.g. black beans, kidney beans, chickpeas), ½ cup	1 Carbohydrate Choice
Cheese (less than 20% M.F.), 30 g (1 oz)	
Cheese (regular fat), 30 g (1 oz)	1 Fat Choice
Cottage cheese (1% or 2% M.F.), ¼ cup	
Egg, 1 large or 2 small	
Hummus, ½ cup	1 Carbohydrate Choice
Meat, fish or poultry (lean, fat & skin removed, not battered or fried), 30 g (1 oz)	
Peanut butter (regular fat), 2 Tbsp	2 Fat Choices
Peanut butter (low-fat), 2 Tbsp	1 Fat Choice
Tofu, ½ cup	
Vegetarian meat alternatives (e.g. Veggie Burger), 30 g (1 oz)	

Also provides:

Nuts & Seeds

Also provides Fat Choices:

Chia seeds, ¼ cup	2
Hemp hearts, ¼ cup	1
Nut butters (e.g. almond, cashew), 2 Tbsp	3

Fat Choices

Each food in this section is 1 Fat choice based on the serving size listed. One fat choice provides **5 grams of fat**. I need _____ to _____ Fat choices each day.

Healthy Fats – Choose these most often

Avocado, ½
Flax (ground), 1 Tbsp
Margarine (non-hydrogenated), 1 tsp
Margarine (low-fat, non-hydrogenated), 2 tsp
Nuts, 1 Tbsp
Oil, 1 tsp
Olives, 6
Salad dressing (regular fat), 1 Tbsp
Salad dressing (low-fat), 2 Tbsp
Seeds, 1 Tbsp

Less Healthy Fats – Limit to 1 choice per day

Bacon, 2 slices
Butter, 1 tsp
Coconut milk, 1 Tbsp
Cream (10% M.F., e.g. coffee cream), 2 Tbsp
Cream cheese (regular fat), 1 Tbsp
Cream cheese (low-fat), 2 Tbsp
Gravy, 2 Tbsp
Mayonnaise (regular fat), 1 tsp
Mayonnaise (low-fat), 2 tsp
Sour cream (regular fat), 1 Tbsp
Sour cream (low-fat, 7% M.F.), 2 Tbsp

“Free” Vegetables

Each vegetable in this section does not provide enough carbohydrates to make it a carbohydrate choice, even when eaten in significant amounts. If a vegetable is not listed under “sweet vegetables”, it is a free vegetable.

Artichoke	Brussels Sprouts	Herbs	Radish
Asparagus	Cabbage	Kale	Rhubarb
Bamboo	Cauliflower	Lettuce	Spinach
Beans (Green & Yellow)	Celery	Mushrooms	Sprouts
Bok Choy	Cucumber	Onions	Tomato (< 2 cups)
Broccoli	Eggplant	Peppers	Zucchini

Label Reading

Look at the label on a food product to figure out how much carbohydrate, protein and fat you are getting from that food.

Look at the serving size on the nutrition facts table. Is this how much you are going to eat? If not, make sure that you adjust the nutrition information to match the serving size you are eating.

Look at total carbohydrate. This is the total amount of starch, fibre and sugar in 1 serving. Sugar and starch both breakdown into glucose and can raise your blood sugar levels. Fibre does not breakdown in the body so it does not raise blood sugar. By subtracting fibre from the total carbohydrate amount, you can find the amount of carbohydrate that will be available to your body.

Remember:

- One carbohydrate choice = **15 grams**
- One protein choice = **7 grams**
- One fat choice = **5 grams**

Some foods may have more than one choice per serving. Use the formulas below to figure out how many choices are in a serving of food.

