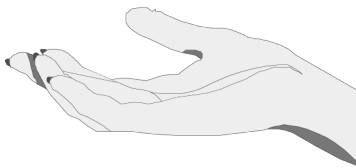


What is a Carbohydrate Serving Size?

Knowing the serving size of high-carbohydrate foods, and choosing the right number of servings per meal, can help you manage your blood glucose.

Examples:



1 slice of bread or 1 starchy vegetable serving fits in the palm of a woman's hand



1 fruit serving is about the size of a tennis ball or small fist



1 milk serving is 8 ounces, about the size of a small coffee cup