

Food and Fitness

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What Counts as 15 grams of Carbohydrates

Carbohydrate counting does not have to be a daunting task. For those who live with diabetes, carbohydrate counting is important for regulating glucose—blood sugar.

Carbohydrates are a compound that are in foods. They contain hydrogen and oxygen in a 2:1 ratio. The carbohydrate is important for providing energy to the body. The body takes carbohydrates and turns them into glucose for energy. Glucose is the main source of energy for the brain.

Carbohydrates are found in many of our foods. They are found in grains, starchy vegetables, fruits, dairy, some proteins, and condiments. They are also in mixed dishes and desserts. Foods with carbohydrates tend to get a bad name but our bodies need carbohydrates. Finding the right balance of carbohydrates throughout the day, for those with certain diseases like diabetes, is the best approach. Learning a basic method of what counts as 15 carbohydrates (also referred to as one carbohydrate choice) can make all the difference.

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What Counts as 15 grams of Carbohydrates

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Many resources have been created to educate and simplify counting carbohydrates. The table on page 3 indicates the basics for carbohydrate counting. It is a great resource for foods that are plain. Some examples for 15 carbohydrates (1 carb choice) are:

**1 Carb Choice = 15
grams of
Carbohydrates**

Grains—1 slice (1oz) of bread of any kind, 1/2 cup cooked oatmeal, 1 small pancake without syrup (syrup would count as additional carbohydrates), 3/4 cup of a non-sugary dry cereal, 1/2 cup cooked pasta, 1/2 cup cooked rice

Starchy Vegetables—1/2 cup cooked beans (not green beans), 1/2 cup corn, 1/2 cup peas, 1 medium (3oz) potato or 1/2 cup mashed potatoes

Non-Starchy Vegetables—These still contain some carbohydrates but are considered to be free when carbohydrate counting. Usually, they contain about 5 grams of carbohydrates instead of 15.

Fruits—4oz (1/2 cup) banana, 3/4 cup blueberries, 1/4 (11oz) cantaloupe, 3 oz grapes, 1 small orange, 2 tbsp dried fruits

Milk—1 cup milk, 1/2 cup chocolate milk, 1 cup (8oz) yogurt (yogurt can vary in carbohydrates)

Protein—Proteins like beef, chicken, pork, and eggs are free from carbohydrates. When adding breading and sauces to these foods it could create having carbohydrates.

Fats—Fats are free from carbohydrates.

Other—Many other foods contain carbohydrates like sauces, breading, and desserts. These items add carbohydrates and need to be accounted for when counting carbohydrates.

Counting carbohydrates can seem to be hard to do. The first step, when diabetic, is to talk to a dietitian or doctor about how many carbohydrates you need for each meal and snack. Then, understand the basic carbohydrate counting before moving to the more complex foods. Once you understand the carbohydrates in foods in their simple forms, moving to understand foods like mixed dishes like soups, casseroles, and tacos will come easier with a little more education and practice.



Basic Carb Counting

1 choice = 15 grams carbohydrate (CHO)

Grains

1 carb choice

Whole Wheat Bread  1 slice (1 oz.)	Oatmeal  ½ cup	Pancake  4" dia.	Dry Cereal  ¾ cup	Pasta  ½ cup	Rice  ½ cup
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Vegetables

1 carb choice

1 choice = 5 grams of carbs
2 per day (100g)

Starchy





Baked Beans  ½ cup	Corn  ½ cup	Peas  ½ cup	Baked Potato  Medium (3 oz.)	Mashed Potato  ½ cup
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Non-Starchy

Asparagus  ½ cup	Broccoli  ½ cup	Cauliflower  ½ cup	Beets  ½ cup	Carrots  ½ cup
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Fruit

1 carb choice

Banana  4 oz.	Blueberries  ¾ cup	Cantaloupe  ¼ Melon (11 oz.)	Grapes  15 Medium (3 oz.)	Orange  Small	Raisins  2 tbsp.
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Milk

1 carb choice

Milk, Whole  1 cup (8 fl. oz.)	Milk, Skim  1 cup (8 fl. oz.)	Milk, Chocolate  ½ cup (4 fl. oz.)	Strawberry Yogurt, Fat-Free  1 cup (8 oz.)
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Protein

No carbs to count

Tilapia  3 oz.	Egg  1 Medium	Chicken  White Meat (3 oz.)	Ground Beef  Lean (3 oz.)	Roast Beef  3 oz.
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Fats

Little or no carbs

Margarine  1 tsp.	Mayonnaise  1 tsp.	French Dressing  1 tbsp.	Cream Cheese  1 tbsp.	Butter  1 tsp.
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Other

1 carb choice

Brownie  Unfrosted 2" square	Cookies  2" dia.	Grape Jelly  1 tbsp.	Vanilla Ice Cream  ½ cup	Frosted Yellow Cake  2" square
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2 carb choices

Vegetable—Onion

It is thought that the onion originated in central Asia, while others believe it originated in Iran and West Pakistan. It is estimated that onions have been cultivated for over five thousand years. Onions were a good choice for growing because they are a less perishable vegetable at the time, easy to grow, and easy to transport.

The onion is the number one vegetable used in the United States for enhancing the flavor of foods. Onions come in a variety of kinds and they are not all created equal. The most common are the red, white, and yellow onions. Red onions are good for pickling, used raw in salads, adding color, and adding a sweet, tangy flavor. White onions are good for adding a crunch, often used in Latino foods, and great for roasting or grilling. The yellow onion is considered to be a staple onion for recipes. It is great in soups and the best to caramelize.

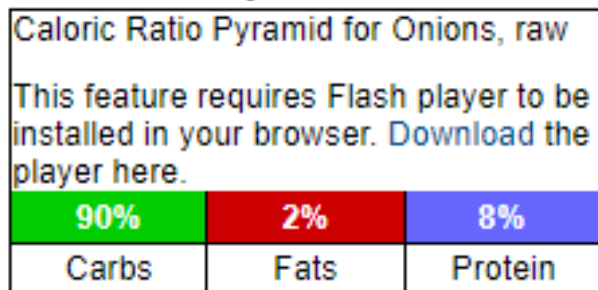
While onions add flavor to any dish, they are considered to be low in calories. One whole medium onion contains about 45 calories and contains no fat or cholesterol. The onion is a source of dietary fiber, vitamin C, vitamin B6, potassium, folate, and manganese.

When buying onions, they need to be firm with a dry papery skin. The drying process of creating the paper skin is very important for onions ability to last well throughout the winter. Onions should be stored in a cool, dry, well-ventilated space that is out of direct sunlight. Light or moisture leads to the molding of the onions. It is best to store onions hanging up in a netted bag or on an onion string. An onion string can easily be made at home.

Onions are very popular and are a staple pantry item. Onions provide a depth of flavor that is hard to find in any other vegetable and that is what makes them so popular.



Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin B6, Folate, Potassium and Manganese, and a very good source of Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

Nutrition Facts

Onions, raw

Serving size: 1 cup, chopped (160g)



NUTRITION INFORMATION

Amounts per 1 cup, chopped (160g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	64.0 (268 kJ)	3%
From Carbohydrate	57.8 (242 kJ)	
From Fat	1.3 (5.4 kJ)	
From Protein	4.9 (20.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	1.8 g 4%

[More details](#)

Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	14.9 g 5%
Dietary Fiber	2.7 g 11%
Starch	0.0 g
Sugars	6.8 g

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	0.2 g 0%
Saturated Fat	0.1 g 0%
Monounsaturated Fat	0.0 g
Polyunsaturated Fat	0.0 g
Total trans fatty acids	~
Total trans-monoenoic fatty acids	~
Total trans-polyenoic fatty acids	~
Total Omega-3 fatty acids	6.4 mg
Total Omega-6 fatty acids	20.8 mg

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	3.2 IU 0%
Vitamin C	11.8 mg 20%
Vitamin D	~ ~
Vitamin E (Alpha Tocopherol)	0.0 mg 0%
Vitamin K	0.6 mcg 1%
Thiamin	0.1 mg 5%
Riboflavin	0.0 mg 3%
Niacin	0.2 mg 1%
Vitamin B6	0.2 mg 10%
Folate	30.4 mcg 8%
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	0.2 mg 2%
Choline	9.8 mg
Betaine	0.2 mg

[More details](#)

Minerals

Amounts Per Selected Serving	%DV
Calcium	36.8 mg 4%
Iron	0.3 mg 2%
Magnesium	16.0 mg 4%
Phosphorus	46.4 mg 5%
Potassium	234 mg 7%
Sodium	6.4 mg 0%
Zinc	0.3 mg 2%
Copper	0.1 mg 3%
Manganese	0.2 mg 10%
Selenium	0.8 mcg 1%
Fluoride	1.8 mcg

Recipe—Roasted Cabbage & Onions

Ingredients

- 1 medium head cabbage (about 2 pounds), coarsely chopped
- 2 large onions, chopped
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- 3 tablespoons minced fresh chives
- 3 tablespoons minced fresh tarragon



Dressing Ingredients

- 2 tablespoons white balsamic vinegar or white wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Preheat oven to 450°. Place cabbage and onions in a large bowl. Drizzle with oil; sprinkle with salt and pepper and toss to coat. Transfer to a shallow roasting pan, spreading evenly. Roast until vegetables are tender and lightly browned, 30-35 minutes, stirring halfway.
2. Transfer cabbage mixture to a large bowl. Add chives and tarragon; toss to combine. In a small bowl, whisk dressing ingredients until blended. Drizzle over cabbage mixture; toss to coat. Let stand 10 minutes to allow flavors to blend. Serve warm or at room temperature.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

HAPPY Thanksgiving Secret Message

DIRECTIONS: Here is a quote about Thanksgiving. Each distinct letter in the original phrase has been substituted with another letter from the alphabet. We've given you one of the letters to help get you started.

^H
F W L O ^H
E W L ^H
O D T W E F D O Y I

^H
F W D I E C L ^H
E W Z S N T W ^H
E W L ^H
E Z L L I

R O Y U C S F ^H
E W L X Z D I V U Z S F O

C L R J L I R - X Z R X M C D O T Y S F O ,

^H
F W L O ^H
E W L R N E N B O B S S O D I

U D T R O Y Q L C C S F - S Z R O T L R O Y

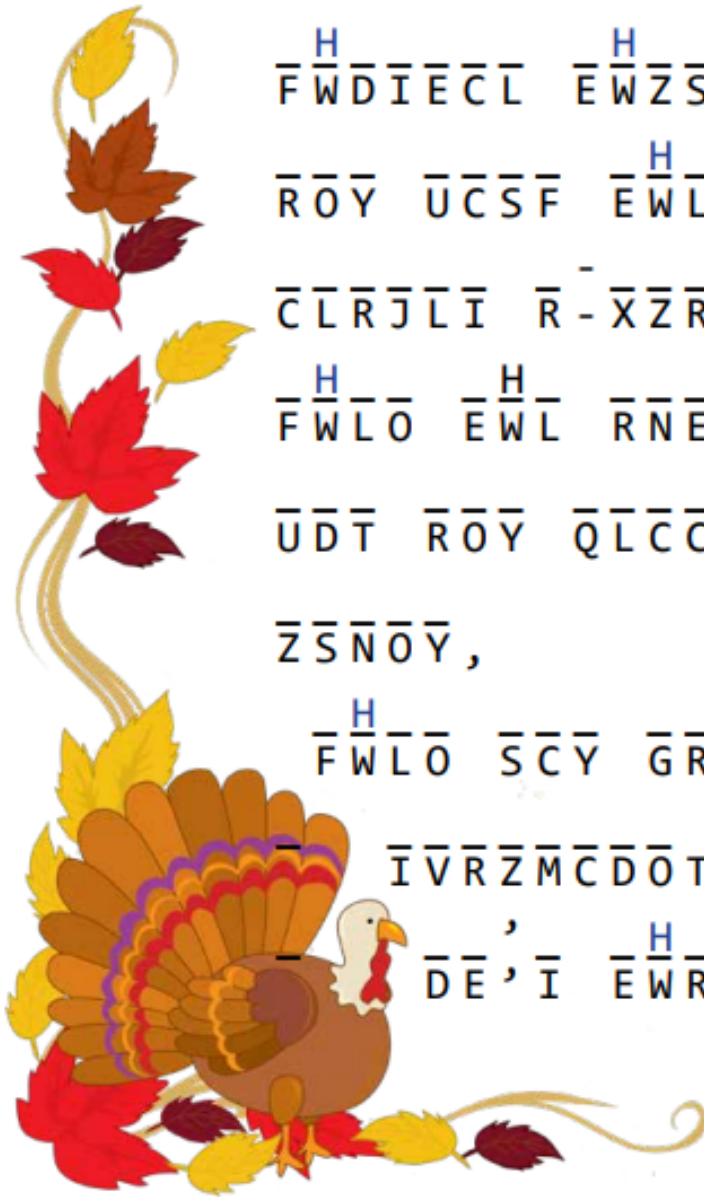
Z S N O Y ,

^H
F W L O S C Y G R X M H Z S I E D I

I V R Z M C D O T S O ^H
E W L T Z S N O Y ,

D E ' I ^H
E W R O M I T D J D O T E D B L !

- Langston Hughes



November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saint's Day	2 Deviled Egg Day	3 Sandwich Day	4 Check Your Blood Pressure Day	5 Book Lovers Day
6 National Nacho Day	7 International Merlot Day	8 Cook Something Bold Day	9 World Freedom Day	10 Forget-Me-Not Day	11 Veteran's Day	12 National French Dip Day
13 Caregiver Appreciation Day	14 World Diabetes Day	15 Clean Your Refrigerator Day	16 National Fast Food Day	17 Home-made Bread Day	18 Apple Cider Day	19 National Adoption Day
20 Beautiful Day	21 World Hello Day	22 Go For a Ride Day	23 Eat a Cranberry Day	24 Thanksgiving Day	25 Black Friday	26 Small Business Saturday
27 Pins and Needles Day	28 French Toast Day	29 Square Dance Day	30 National Mason Jar Day			

Monthly Observances

Aviation History Month

Child Safety Protection Month

National Adoption Awareness Month

National Caregivers Appreciation Month

National Diabetes Awareness Month

National Epilepsy Month

National Model Railroad Month

National American Heritage Month

Peanut Butter Lovers Month

Real Jewelry Month

National Sleep Comfort Month

World Vegan Month



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Brain Exercise Answers

WHEN THE NIGHT WINDS
FWLO EWL ODTWE FDOYI

WHISTLE THROUGH THE TREES
FWDIECL EWZSNTW EWL EZLLI

AND BLOW THE CRISP BROWN
ROY UCSF EWL XZDIV UZSFO

LEAVES A-CRACKLING DON’S
CLRJLI R-XZRXMCDOT YSFO,

WHEN THE AUTUMN MOON IS
FWLO EWL RNENBO BSSO DI

BIG AND YELLOW-ORANGE AND
UDT ROY QLCCSF-SZROTL ROY

ROUND,
ZSNOY,

WHEN OLD JACK FROST IS
FWLO SCY GRXM HZSIE DI

SPARKLING ON THE GROUND,
IVRZMCDOT SO EWL TZSNOY,

IT’S THANKSGIVING TIME!
DE’I EWROMITDJDOT EDBL!



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