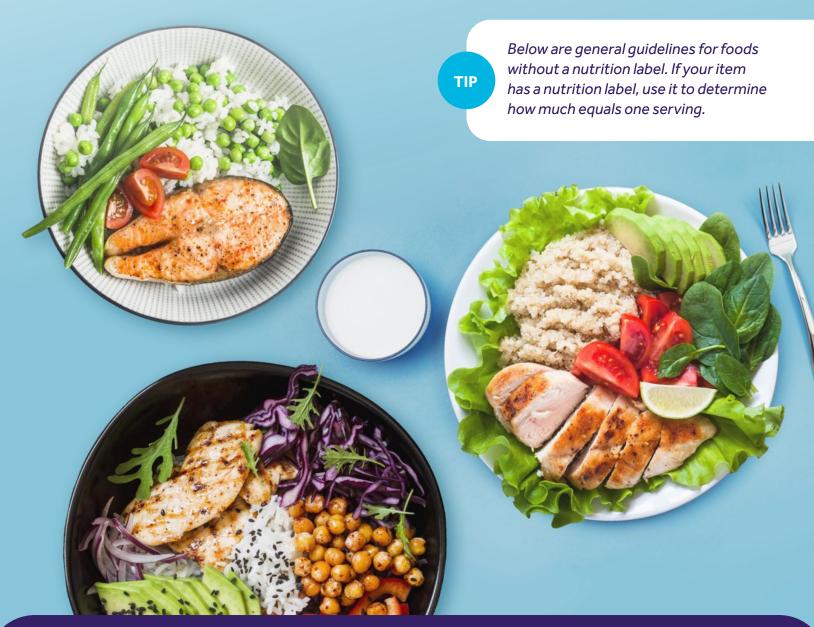


Teladoc Health food groups



This handout includes a list of all the food groups and examples of food choices you'll find within each group. It also includes serving sizes so you'll know how much food is in one serving. Remember, depending on your individualized health goals, you may eat various servings at each meal. Your Teladoc Health coach will help you build (and follow!) the plan that is right for you.

Carbohydrate food group - starches

As below, starches include grains, starchy vegetables, beans, etc. One starch choice has 15 grams of carbs and around 80 calories.





Bagel

1/4 large bagel (1 oz)





Baked beans

1/3 cup

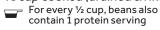




Beans

Black, garbanzo, kidney, lima, navy, pinto, etc.

1/2 cup cooked (drained & rinsed)





Bread slice

Reduced-calorie, light 2 slices (1½ oz)





Bread slice

White, whole grain, French, Italian, pumpernickel, rye, sourdough, etc. 1 slice (1 oz)

Read label, as breads vary in the amount of carbs they contain



Bulgur

½ cup





Chapati

1 oz



Corn

1/2 cup or 1/2 large cob





English muffin

½ muffin





Granola cereal

Green peas

1/2 cup cooked

Hamburger or

Hard taco shell

2 small taco shells

31/4-inch square (1 oz)

hot dog bun

½ bun

Matzo

3∕4 OZ

Naan

Oatmeal

1/2 cup cooked

oz

1/4 cup

1/2 cup

Grits





Plain potato, sweet potato, yam

½ cup





Polenta

1/3 cup





Popcorn

3 cups



Ready-to-eat cereal

Dependent, check food label; average is about 3/4 cup





Rice, pasta, quinoa, couscous

1/3 cup cooked



Roti

1 oz

oz



Succotash

1/2 cup



Tortilla

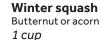
6 inches across





1 small tortilla









Pita

6 inches across ½ pita









Apple 1 small (4 oz; think the size of a baseball)





Banana

1 extra small or 1/2 large banana



Grapes

17 small grapes ********

2 small guavas

Grapefruit

1/2 large grapefruit



Pear

Papaya

1/2 large pear





Pineapple ³⁄₄ cup fresh or ½ cup canned

½ papaya (1 cup cubed)



Blueberries









Guava

Apple, orange, grapefruit, pineapple ½ cup (4 oz)





Plantain

1/4 plantain (1/3 cup)





Cherries 12 cherries





Grape, prune, & fruit juice blends 1/3 cup





Pomegranate seeds

1/2 cup





Clementine

2 small clementines



Kiwi

1/2 cup sliced



Raspberries or blackberries

1 cup





Dates

3 small dates or 1 large (medjool) date





Mango

1/2 small mango (1/2 cup)





Strawberries

11/4 cup whole





Dried fruit

2 Tbsp



Nectarine or peach 1 medium nectarine or peach



Unsweetened applesauce ½ cup





Fresh apricots

4 apricots





Orange

1 medium orange





Watermelon 11/4 cups diced



Fresh figs

2 medium figs (3.5 oz)



Carbohydrate food group - milk and yogurt

One milk choice contains 6-12 grams of carbs and around 80-160 calories.





Chocolate milk

½ cup





Cow's milk

Whole, reduced fat, skim

1 cup





Kefir

Plain, unsweetened

1 cup

If flavored or sweetened, read label for more details



Milk Substitutes - read nutrition label for more info



Rice milk

Plain, unsweetened

1 cup

If flavored or sweetened, read label for more details





Soy milk

Plain, unsweetened

1 cup

If flavored or sweetened, read label for more details.

Note: only 4 g carbohydrates perserving in unsweetened soy milk



Yogurt, Greek or regular

Plain, unsweetened

6 oz (3/4 cup)

If flavored or sweetened, read label for more details







Cheese 1 oz





Chicken, turkey, fish, beef, lamb, goat, pork 1 oz





Cottage cheese

1/4 cup



Egg substitute

1/4 cup





Egg whites 2 egg whites







Eggs 1 egg





Nut spread, no sugar added

Peanut, cashew, almond,





Tempeh Check label for carb counts **⅓** cup





Tofu ½ cup



Fat food group

One fat choice has 5 grams of fat, around 45 calories, usually 0 carbs, but always check the label.

TIP

Add plant-based fat to meals and snacks. Foods like nuts, avocados, and olive oil may help keep you fuller longer without affecting blood sugar levels. Talk with your coach about how much you should eat to support your individualized health goals.



Almonds or cashews 6 nuts





Coconut, shredded 2 Tbsp



Peanuts 10 nuts



Avocado 2 Tbsp





Margarine 1 tsp stick or 1 Tbsp low-fat soft spread



Pecans or walnuts
4 halves





Bacon 1 slice



Mayonnaise 1 tsp regular or 1 Tbsp reduced fat



Pine nuts 1 Tbsp



Butter, stick 1 tsp



Nut butters Almond, peanut, cashew, etc. 1½ tsp



Pistachios 16 nuts



Chitterlings
Boiled
2 Tbsp



Oil Olive, canola, peanut, vegetable, etc. 1 tsp



Sour cream Regular 2 Tbsp



Coconut milk
Canned
1/3 cup light or
1½ Tbsp regular



Olives 8 black or 10 green



Non-starchy vegetable food group

1/2 cup cooked or 1 cup raw for one non-starchy vegetable choice below; one serving of non-starchy vegetables has about 5 grams of carbohydrates and around 25 calories.





Artichoke



Celery



Jicama



Radishes



Arugula



Cucumber



Kale



Rutabaga



Asparagus



Daikon



Kohlrabi



Spinach



Bamboo shoots



Eggplant



Leeks



Summer squash Yellow, zucchini



Beets



Endive



Mushrooms



Swiss chard



Broccoli



Escarole



Okra



Tomato juice



Brussels sprouts



Fennel



Onions



Tomatoes



Cactus



Green beans, wax beans, italian beans



Pea pods, sugar snap peas



Turnips



Carrots



Green cabbage, Red cabbage, Bok choy



Peppers Red, green, yellow, mini



Water chestnuts



Cauliflower



GreensCollard, mustard, turnip, etc.