

**Identifying Carb Units within a Meal**

1 full English muffin (2 slices)	2 units or 30g
1/2 cup spinach	0
2 scrambled eggs	0
1 slice cheese	0
Black coffee	0
1/2 grapefruit	1 unit or 15g
<b>Total</b>	<b>3 units or 45g</b>



1 chicken breast	0
1/3 cup broccoli	0 — Combined = 1 cup cooked/ 10 g (almost 1 unit)
1/3 cup peppers	
1/3 cup mushrooms	
2/3 cups rice	2 units or 30g
Unsweetened sparkling water	0
<b>Total</b>	<b>~3 units or 45g</b>



\*be mindful that terivaki sauce or sweet and sour sauce can contain carbs

6 oz shredded steak meat	0
Cilantro topping	0
Lettuce topping	0
Avocado topping	0
2 small tortillas	2 units or 30g
1/2 cup refried beans	1 unit of 15g
Side Garden salad	0
<b>Total</b>	<b>3 units or 45g</b>





1 small apple	_____ unit(s) _____ g
4 slices of lunch meat	_____ unit(s) _____ g
1/4 cup pistachios	_____ units(s) _____ g
<b>Total</b>	_____ unit(s) _____ g



3 Graham crackers	_____ unit(s) _____ g
2 tbsp frosting	_____ unit(s) _____ g
<b>Total</b>	_____ unit(s) _____ g

