



## The Carb Portions Guide

➔ **I eat candy/Junk Food:** Replace with Fruit (1cup)

➔ **I workout 3X Weekly:**  (1 cup)  ( $\frac{1}{2}$  cup)

cereal-rice-oats- beans- pasta- or  
1 slice bread/bagel/tortilla (only before or after  
exercise.)

➔ **I workout 5X Weekly:**  (1 cup)  ( $\frac{1}{2}$  cup)

cereal-rice- oatmeal -beans-pasta or 1 slice  
bread/bagel/tortilla @breakfast and after exercise.

➔ **I workout 1-2X Daily:**  (1 cup)  ( $\frac{1}{2}$  cup)

cereal-rice-oatmeal-beans-pasta or 1 slice  
bread/bagel/tortilla @ each meal and after exercise.