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# Combination Foods

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If you enjoy pizza, paella, beef stew and sushi, you like combination foods!

Combination foods are foods that contain ingredients from more than one food group. Each of the examples listed contain some sort of carbohydrate (Grains & Starches such as pizza crust, rice, or potatoes), protein (Meat & Alternatives group such as pepperoni, beef, seafood, or lentils) and fats (such as oil).

These combination foods are very tasty, but how do they fit into a diabetes meal plan? You may not know how much carbohydrate, protein, and fat these foods contain. However, it is important to try to estimate the amount of these nutrients, as they play an important role in diabetes management.

The following is a list of combination foods and their carbohydrate, protein and fat content. Actual recipes have been converted into the Carbohydrate, Meat & Alternatives and Fats choices. In general, these recipes are low in fat, so are heart healthy. Your own recipes may be different. A description of items in each dish has been provided so you can compare the ingredients with those in your own favourite recipe. If you would prefer to analyze your own recipe, try using the Recipe Analyzer in the Eat Well/Live Well section of [www.dietitians.ca](http://www.dietitians.ca)



Combination foods	Serving Size	Carbohydrate		Meat &		Fats
		choice(s)	choice(s)	Alternative	choice(s)	
<b>APETIZERS</b>						
Creamy spinach dip (spinach, light feta cheese, light sour cream, light mayonnaise, green onion, fresh dill)	2 Tbsp (30 mL)	0	0	0	0	1
Caesar salad (romaine lettuce, parmesan cheese, croutons, dressing: egg, oil, anchovy, red wine vinegar)	1 cup (250 mL)	1/2	0	0	0	1½
Greek salad (low fat yogourt, romaine lettuce, onion, red peppers, cucumber, light feta cheese, tomatoes, kalamata olives)	1 cup (250 mL)	1	1	1	1	1
Hummus (chick peas, sesame seeds)	2 Tbsp (30 mL)	1	1	1/2	1/2	1
Samosas (flour, ghee, potatoes, onions, green peas, low-fat yogourt)	2 each	2	2	0	0	3½
<b>MAIN DISHES</b>						
Baked beans and pork in tomato sauce (canned)	1/2 cup (125 mL)	1	1	1/2	1/2	0
Beef burritos (lean ground beef, red bell pepper, onions, tortilla)	2 each	2	2	4	4	0
Beef and broccoli stir-fry (sirloin steak, broccoli, reduced-sodium soya sauce)	2 cups (500 mL)	1	1	3	3	0
Butter chicken (chicken, tomatoes, tomato paste, onion, garlic, butter, skim milk)	1 cup (250 mL)	1	1	2½	2½	0
Cabbage rolls (green cabbage, lean ground beef, onion, rice, tomatoes)	2 small rolls	1½	1½	2	2	0
Chicken Caesar Wrap (flour tortilla, cooked chicken breast, tomato, avocado, low fat mayonnaise, lettuce)	1	1½	1½	2½	2½	1/2
Chicken fingers (light mayonnaise, bread crumbs, skinless, boneless chicken breasts)	2 each	0	0	4	4	0

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		<b>choice(s)</b>	<b>choice(s)</b>	<b>Alternative</b>	<b>choice(s)</b>	
Chili, beef (lean ground beef, onions, celery, green bell peppers, beef broth, kidney beans)	1 cup (250 mL)	1/2	3		0	
Clubhouse sandwich (bread, mayonnaise, lettuce, tomatoes, bacon, roasted turkey)	1	3	6		1	
Egg rolls (onions, cabbage, green beans, celery, carrots, ground beef, bean thread noodles, egg, egg roll wrappers)	1	1	1/2		0	
Fajitas, turkey (turkey breasts, onion, red & green flour tortilla, bell pepper, salsa, light sour cream, light cheddar cheese)	1	2	2 1/2		0	
Fajitas, chicken (chicken breast, tortilla, lettuce, tomatoes)	1	1 1/2	3		0	
Falafel (chickpeas, onions, bread crumbs, egg)	1 each	2 1/2	0		1	
French toast (eggs, 1% milk, sugar, bread)	1 slice	1/2	1/2		0	
Gyros (pita bread, lean lamb, onion, cucumber, lean lamb (loin or leg), shredded lettuce, tomato)	1	2 1/2	3		0	
Hamburger (single patty)	1	2	1		1	
Jamaican beef patty (Commercial refrigerated biscuits ground beef, celery, carrot)	1 each	3 1/2	2		3	
Lasagna (lean ground beef, tomatoes, bell pepper, mushrooms, lasagna noodles, egg, 1% cottage cheese, low-fat cheese)	1 1/2 cup (375 mL)	2 1/2	2 1/2		2	
Macaroni and cheese (macaroni, butter, flour, 1% milk, cheese)	1 cup (250 mL)	2 1/2	2		2	
Omelet (eggs, 1% milk, mushrooms, light cream cheese, light cheese, lean ham)	1 cup (250 mL)	0	2 1/2		0	

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		choice(s)	choice(s)	Alternative	choice(s)	
Pasta with spicy turkey tomato sauce (rotini, ground turkey, onion, tomatoes, oil, garlic, green peppers, dried basil, dried oregano, parsley)	1 cup	3½		2		0
Perogies (flour, butter, sour cream, eggs, potatoes, cheese)	2	3		0		2
Pita, Curried Chicken (whole wheat pita, cooked chicken breast, red pepper, lettuce, green apple, light mayonnaise, curry powder)	1	2		3		0
Pizza, cheese, thin crust	1/8 of 14 inch pizza (100 gm)	1½		1		2
Pizza, cheese, regular crust	1/8 of 14 inch pizza (100 gm)	2		1		1½
Pizza, pepperoni (low-fat cheese)	5 inch mini, individual pizza	2½		1½		1½
Pizza, vegetarian (low-fat cheese, parmesan cheese)	5 inch mini, individual pizza	3		1½		1/2
Potatoes, scalloped (butter, onions, flour, low-fat milk, potatoes, light cheese)	¾ cup (175 mL)	2½		1/2		0
Poutine (fries, cheese curd, gravy)	10 oz (300 mL)	4½		1/2		6
Potato salad (potatoes, peas, onions, celery, light mayonnaise, low-fat yogourt or light sour cream, eggs)	¾ cup (175 mL)	1½		0		1
Quesadilla, chicken (chicken breast, onion, low-fat cheese, regular cheese, tortilla)	1	1½		5		0
Vegetable Fried Rice (onion, peas, bell pepper, bean sprouts, soy sauce, rice)	1/2 cup (125 mL)	2		0		1/2
Sheppard's pie (potatoes, low-fat milk, lean ground beef, mushrooms, corn)	1 cup (250 mL)	3		2		0

<b>Combination foods</b>	<b>Serving Size</b>	<b>Carbohydrate choice(s)</b>	<b>Meat &amp; Alternative choice(s)</b>	<b>Fats choice(s)</b>
Spanakopita (spinach, feta cheese, egg, phyllo dough, butter)	1	1/2	0	3
Spaghetti and meatballs (lean ground beef, egg, bread crumb, canned diced tomatoes, spaghetti, part-skim mozzarella cheese, onion, mushroom, bell pepper)	4 meatballs and 1 cup spaghetti	3	4	0
Stew, beef (trimmed stewing beef, onions, celery, carrots, flour, beef broth)	1½ cup (375 mL)	1/2	3½	0
Submarine, cold cut	one 6 inch sub (228 g)	3	2	2
Submarine, vegetarian	one 6 inch sub (228 g)	2½	0	1/2
Sushi, California roll	12 rolls	4	0	1
Tacos (lean ground beef, salsa, taco shells, lettuce, tomato, cheese)	1	1/2	1½	1/2
Teriyaki vegetable stir fry (cauliflower, red bell pepper, zucchini, teriyaki sauce, brown sugar, oil) note: This recipes serves 4 people in the Diabetes Comfort Food	1 cup (250 mL)	1/2	1/2	1/2
Vegetarian burger (chickpeas, carrots, bread crumbs, tahini, Kaiser roll)	1	3	1/2	1

Combination foods	Serving Size	Carbohydrate		Meat &		Fats
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<b>DESSERTS</b>						
Apple crisp (apples, granola cereal, low-calorie sweetener with sucralose, margarine)	1 cup (250 mL)	1½	0	0	1½	
Baklava (unsalted butter, phyllo dough, pecans, honey, sugar.)	1/24 of recipe	1	0	0	3	
Brownies (butter, sugar, eggs, flour, unsweetened cocoa powder, walnuts)	1	1	0	0	2	
Caramel flan (sugar, eggs, sweetened condensed milk)	1/8 of cake	2½	0	0	1	
Crust less miniature Cheesecake (5% ricotta cheese, low-fat cottage cheese, corn starch sugar, egg, light sour cream)	1 miniature (muffin size)	1/2	1	1	1/2	
Chocolate cake, without icing	1/12 of cake (23 cm diameter)	3	0	0	3	
Chocolate devil's food cake	1/8 of cake (64 g)	2	0	0	2	
Fruit filled Angel food cake (1% milk, vanilla mousse mix, low-fat whipped topping, mixed berries)	1/12 of cake	2½	0	0	1/2	
Ice cream (11% MG)	1 each (100 g)	1½	0	0	2	
Milkshake, chocolate (ice cream, 1% milk, chocolate sauce)	¾ cup (175 mL)	2	0	0	1½	
Pie (apple)	1/6 of 8 inch pie (20 cm diameter)	2½	0	0	2½	
Pudding, rice (rice, whole milk, sugar, egg, raisins)	¾ cup (175 mL)	2	0	0	1	
Rice krispie squares	1 each	1½	0	0	1/2	
Smoothie-fruit, yogourt, fibre (banana, strawberry, 1% milk, low-fat yogourt, honey)	1½ cups (375 mL)	3	1/2	1/2	0	
Spicy pumpkin pie (frozen pastry shell, canned unsweetened pumpkin puree, eggs, low calorie sweetener, brown sugar, low-fat milk)	1/8 of 9 inch pie (23 cm diameter)	1	0	0	1½	

If one of your favourites is missing, ask your dietitian to look it up for you or try calculating the choices yourself. See below for an example.

You can estimate a combination food if you have a recipe with a nutritional breakdown. Here's how:

**Fruit Smoothie:**

1 small banana  
1/2 cup frozen strawberries  
2/3 cup dessert tofu  
4 cups plain soy milk  
a splash of vanilla extract

Makes 4 servings. Each serving contains 21 g carbohydrate, 2 g fibre, 9 g protein, 6 g fat.  
(Remember to subtract fibre from carbohydrate to get the “available carbohydrate” of 19 g.)

**Use these guidelines to calculate the Beyond the Basics choices:**

- 1 Carbohydrate choice (12 – 20 g available carbohydrate and 3 g protein)
- 1/2 Carbohydrate choice (6 – 11 g available carbohydrate)
- 1 Meat & Alternative choice (6 – 8 g protein, 3 – 5 g fat)
- 1/2 Meat & Alternative choice (3 – 4 g protein, 2 g fat)
- 1 Fat choice (4 – 6 g fat)
- 1/2 Fat choice (2 – 3 g fat)

The fruit smoothie is 1 Carbohydrate choice (from the 19 g of carbohydrate) and just over 1 Meat & Alternative choice (from the 9 g protein and 6 g fat).

