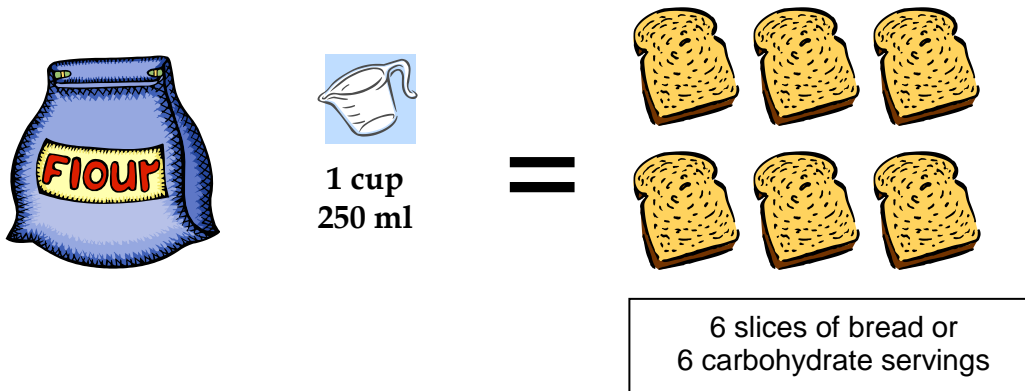


Flat Bread



The size of your roti (chapatti) changes the amount of carbohydrate and how much your blood sugar goes up.

How many roti (chapatti, dosa) does your 1 cup flour make?

Each roti is:

6 portions
4 portions
3 portions
2 portions
1 portion

1 carbohydrate serving
1 ½ carbohydrate servings
2 carbohydrate servings
3 carbohydrate servings
6 carbohydrate serving

Adapted by Wendy Graham RD CDE

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