

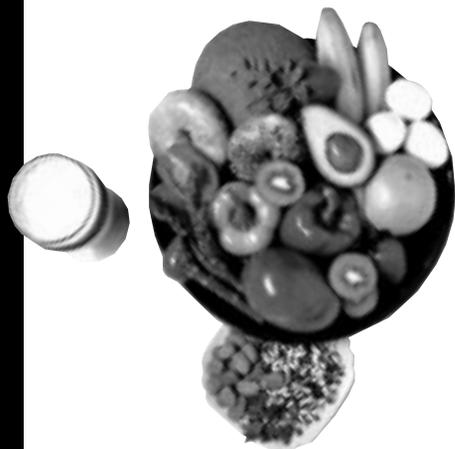
Meal Planning Guide for

Your daily caloric intake should be *calories* (see page 5 for details)

Managing Your Diabetes sm
patient education program



Daily Meal Planning Guide



► **Healthy eating for people with diabetes**

Eating the right food is one of the most basic and important diabetes care tools. Eating right can help control blood sugar. And good control protects your long-term health.

This meal planning sheet is a good way to get started. Whether you are following a calorie level meal plan, counting carbohydrates, using exchanges, or just trying to improve the overall nutritional value of your current eating habits, it has information that will help you. But only think of it as a temporary guide. **Keep in mind that every person with diabetes should have a personal meal plan. A Registered Dietitian (RD) can work with you to develop the plan that best meets your needs.**

A personalized plan will give you more freedom and choices. Ask your doctor, diabetes educator, hospital, or local diabetes association for the names of dietitians in your area who specialize in diabetes.



Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta

	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
☑ Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Starchy Vegetables

☑ Corn; cooked or canned	1/2 cup
Corn meal; uncooked (masa or matzo meal)	2 Tbsp
☑ Corn on the cob (6" piece)	1
Malanga; cooked	1/3 cup
☑ Peas (green); cooked or canned	1/2 cup
Plantain (green, mature); cooked	1/3
Potato; baked, boiled, steamed	1 small (3 oz)
Squash (winter, acorn, hubbard)	1 cup
Yam or sweet potato	1/2 cup

Breads

Bread (whole wheat, rye, white)	1 oz. slice
Bagel	1/2 (1 oz)
Sandwich bun or roll (hamburger, hot-dog, kaiser)	1/2
Roll (dinner, hard)	1 small
English muffin	1/2
Pita pocket bread (6"-8" across)	1/2
Tortilla (6" corn or 8" flour)	1
Dumplings or gnocchi; steamed	2 small

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.

Biscuit (2 1/2")	1
☑ Corn, taco, or tortilla chips	1 oz
☑ Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
Dried fruit	1/4 cup

Serving Size

Apple; raw (2" across)	1
Applesauce; no sugar added	1/2 cup
☑ Banana (medium)	1/2
☑ Berries (raspberries, boysenberries)	1 cup
☑ Berries (blackberries, blueberries)	3/4 cup
Cantaloupe or honeydew melon	1 cup
Cherries; raw (large)	12
Grapefruit (medium)	1/2
Grapes (small)	15
Mamey (medium)	1/2
Mandarin oranges	3/4 cup
Mango; fresh (small)	1/2
Orange (2 1/2" across)	1
Papaya	1 cup
Peach or pear (2 3/4" across)	1 whole
Pineapple; fresh	3/4 cup
Plums; raw (2" across)	2
Raisins	2 Tbsp
Watermelon	1 1/4 cup

Fruit Juices

Apple, orange, or grapefruit	1/2 cup
Cranberry, grape, or prune	1/3 cup

Key

☑ good source of fiber	oz = ounce
☑ high in salt	Tbsp = Tablespoon
	tsp = teaspoon



Carbohydrates (continued)

Milk and Milk Products

Milk and milk products supply calcium and other minerals, vitamins, protein, and carbohydrates. Choose low-fat and skimmed varieties for health. They have less fat, calories, and cholesterol than whole milk products.

Skim Milk and Skim Milk Products
(12 grams carbohydrate, 8 grams protein, 1 gram fat, and 90-110 calories per serving)

	Serving Size
Skim, 1/2%, or 1% milk	8 oz
Buttermilk (low-fat)	8 oz
Yogurt (nonfat, plain or artificially sweetened)	8 oz
Hot cocoa from mix (artificially sweetened)	1 envelope

Low-Fat Milk and Low-Fat Milk Products
(12 grams carbohydrate, 8 grams protein, 3 or more grams fat, and 120-150 calories per serving)

2% milk	8 oz
Yogurt (low-fat, plain)	8 oz

Whole Milk and Whole Milk Products
(12 grams carbohydrate, 8 grams protein, 5 or more grams fat, and 150-170 calories per serving)

To reduce your intake of cholesterol and saturated fat, limit or avoid foods in this group.

Whole milk	8 oz
Yogurt, regular, plain	8 oz

Vegetables

(5 grams carbohydrate, 2 grams protein, and 25 calories per serving)

Vegetables are a great source of vitamins and minerals and many also provide some fiber. A serving is 1/2 cup of cooked vegetables, 1/2 cup of vegetable juice, or 1 cup of raw vegetables. (Starchy vegetables like potatoes, corn, and peas are listed with Starches/Breads. Vegetables with fewer than 20 calories per serving are listed with Free Foods.)

Beans (green, waxed, Italian, snap)	Pea pods or snow peas
Bean sprouts	Peppers
Beets	<input checked="" type="checkbox"/> Sauerkraut
Broccoli	Spinach
Cactus leaves (nopales)	Squash (summer, crook neck, zucchini, calabazita)
Cabbage	Tomato
Carrots	Tomato or vegetable juice
Eggplant	Water chestnuts
Greens	
Jicama	
Mushrooms	
Okra	

Other Carbohydrates

(15 grams carbohydrate, or 1 Starch, or 1 Fruit, or 1 Milk)

Sugars can be included in your meals without losing blood sugar control if they are counted appropriately. Follow Food Guide Pyramid guidelines for keeping the amounts of Sweets and Fats in your overall diet small compared to more nutritionally valuable foods. Portion sizes of foods high in refined sugar are often very small. Read the label.

Cranberry sauce, jellied	1/4 cup
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)
Fruit spreads, 100% fruit	1 Tbsp
Gelatin, regular	1/2 cup
Gingersnaps	3
Ice cream, fat-free, no sugar added	1/2 cup
Jam or jelly, regular	1 Tbsp
Pudding, regular (made with low-fat milk)	1/4 cup
Pudding, sugar-free (made with low-fat milk)	1/2 cup
Salad dressing, fat-free	1/4 cup
<input checked="" type="checkbox"/> Syrup, regular	1 Tbsp
Yogurt, frozen, fat-free, no sugar added	1/2 cup

Carbohydrate Counting

Count only the foods in the shaded columns. You may count either **servings**, using the portion sizes shown in the food lists, or **grams**, using the values in bold at the beginning of each food list or the information from nutrition labels.

Daily Meal Planning



Meat and Meat Substitutes

Small servings of meat and meat substitutes provide enough protein to meet most people's daily needs. For better health, choose very lean and lean meat, fish, poultry, and cheese more often than medium- and high-fat types.

Very Lean Meats	Serving Size
(7 grams protein, 0-1 grams fat, and 35 calories)	
Cheese (1 gram fat or less/oz)	1 oz
Chicken/turkey, white, no skin	1 oz
Fish, fresh, frozen, or canned in water: cod, flounder, tuna	1 oz
Shellfish (clams, crab, shrimp)	1 oz

Lean Meats	
(7 grams protein, 3 grams fat, and 55 calories)	
Cheese (1-3 grams fat/oz)	1 oz
Lean beef (round, flank, sirloin)	1 oz
Menudo (tripe soup)	1/2 cup
Cottage cheese (4.5% fat)	1/4 cup

Medium-Fat Meats	
(7 grams protein, 5 grams fat, and 75 calories)	
Beef, most cuts when trimmed	1 oz
Cheese (5 grams fat or less/oz)	1 oz
Chicken/turkey (dark meat, skin)	1 oz
Eggs	1
Pork (top loin, chop, cutlets)	1 oz

High-Fat Meats	
(7 grams protein, 8 grams fat, and 100 calories)	
Cheese, all regular (American, Swiss, etc.)	1 oz
Pork (spare ribs, barbecue)	1 oz
Sausage, wieners, chorizo, kielbasa, or Spam	1 oz
Chitterlings	1 oz

Fats

(5 grams fat and 45 calories per serving)
Fats add flavor and moisture to food but have few vitamins and minerals. Serving sizes of all fats are small. Choose mono- and polyunsaturated fats more often than saturated fats for better heart health and to lower blood cholesterol levels.

Monounsaturated Fats	Serving Size
Avocado, 4" across	1/8
Oil (canola, olive, peanut)	1 tsp
Pesto sauce	2 tsp
Peanut butter	2 tsp

Polyunsaturated Fats	
Margarine: stick, tub, or squeeze	1 tsp
Mayonnaise, regular	1 tsp
Mayonnaise, reduced fat	1 Tbsp
Oil (corn, safflower, soybean)	1 tsp

Saturated Fats

Bacon	1 slice
Butter	1 tsp
Chicken or beef fat, lard	1 tsp
Cream (light, coffee, sour)	1 Tbsp

Free Foods

Each free food or drink contains fewer than 20 calories per serving. Eat as much as you want of the free foods that list no serving size. Eat up to 3 servings per day of free foods that have serving sizes listed. For better blood sugar control, spread your servings of these extra foods through the day.

Drinks	Sweet Substitutes
<input checked="" type="checkbox"/> Bouillon or broth, fat-free	Gelatin, sugar-free
Coffee or tea	Jam or jelly, sugar-free (2 tsp)
Soft drinks, calorie-free	Whipped topping (2 Tbsp)
Fruits	Spreadable fruit, no sugar added (1 tsp)
Cranberries or rhubarb, no sugar added (1/2 cup)	Condiments
Vegetables	Catsup (1 Tbsp)
Celery	<input checked="" type="checkbox"/> Dill pickles, unsweetened
Cilantro	Horseradish
Cucumber	Hot sauce
Onions	Mustard
Peppers (hot, chile)	Salad dressing, low-calorie (2 Tbsp)
Radishes	Taco sauce (2 Tbsp)
Salad greens (all types)	Vinegar
Salsa (all kinds)	

Seasonings

Seasonings can be used as desired. If you are on a low-sodium diet, read labels to avoid seasonings that contain sodium or salt.

Flavoring extracts (vanilla, etc.)	Onion powder
Garlic or garlic powder	Paprika
Herbs, fresh or dried	Pepper
Lemon or lemon juice	<input checked="" type="checkbox"/> Soy sauce
	Worcestershire sauce

About this meal plan
 Several approaches to diabetes meal planning are available. The food lists on this sheet can be used with just about any of them. The lists are just a start, however. They include some basic foods and a few choices from certain ethnic food styles. When you see a dietitian or diabetes educator, ask how to count **your** favorite foods. Just about any food can be fit into your meal plan. Find out how, so your choices aren't too limited.

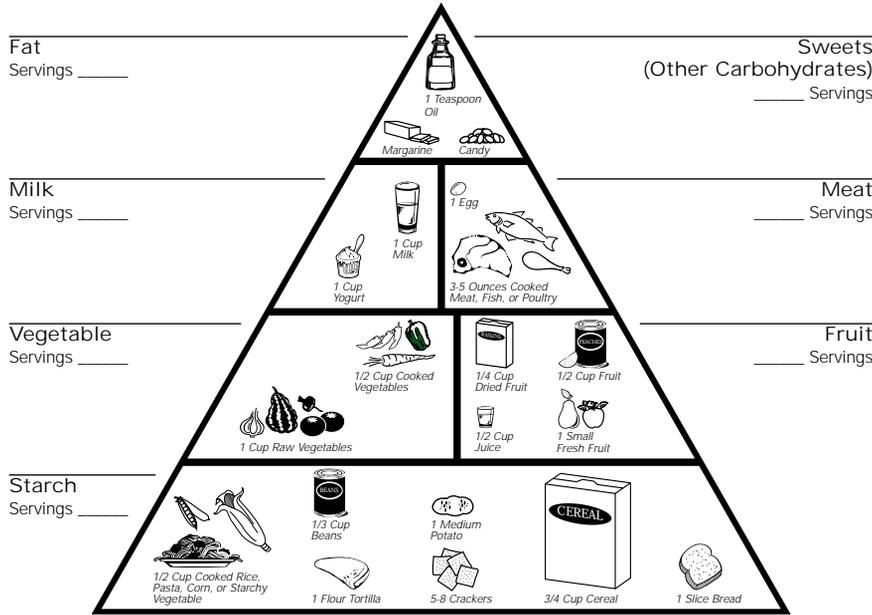
Exchange Meal Plans
 An exchange meal plan shows you which foods to eat and in what portions. Foods are divided into groups of like foods: Carbohydrates (Starches, Fruits, Milk, Vegetables, and Other Carbohydrates), Meat and Meat Substitutes, and Fats.

Your own plan will consist of a certain number of servings from each group. The exact number depends on your energy needs. The table below the Food Guide Pyramid shows the number of servings from each group that make up several commonly used calorie levels.

The Food Guide Pyramid
 The pyramid is made up of sections very similar to the exchange groups. Eating from all the groups each day provides the nutrients we all need to be healthy. The sizes of the sections show the relative amount of each type of food needed for good nutrition. If you're using the pyramid, your health care provider will write in the number of servings you need in the pyramid shown on the back of this sheet.

Carbohydrate Counting
 Carbohydrate (starch and sugar) is the main item in food that raises blood sugar. When using Carbohydrate Counting for diabetes meal planning, only keep track of the foods that contain carbohydrate. All the carbohydrate-containing foods are in the shaded area of the food lists. The amount of carbohydrate that's best for you may be given either as a number of servings or as a number of grams. In Carbohydrate Counting, a serving from any of these high carbohydrate groups is considered to be equal: Starch, Fruit, Milk, Other Carbohydrates (Sweets). Note that it takes three vegetable servings to provide the same amount of carbohydrates as other carbohydrate food groups. Use nutrition labels to find the carbohydrate value of foods not included on the lists.

Daily Meal Plan



Calorie Meal Plans

If your weight is right, your meal plan should provide about the same amount you're eating now. If you need to gain or lose weight, ask your doctor, dietitian, or educator which calorie level to use. Eating fewer than 1,200 calories is not recommended. For higher calorie needs, combine two lower calorie plans.

	1,200	1,500	1,800	2,000	2,500	Other:
Carbohydrates	(10-11)	(12-13)	(15)	(17)	(22)
Starch	5	7	8	9	11	
Fruit	3	3	4	4	6	
Milk	2	2	2	3	3	
Vegetables	1-2	1-2	3-4	2-3	5-6	
Other						
Meat & Meat Substitutes	4	4	6	6	8	
Fat	3	4	4	5	7	

Personal Meal Pattern

Calories:
 Carbohydrate:
 Protein:
 Fat:

Breakfast Time:

Lunch Time:

Dinner Time:

Evening Snack Time:
 (If part of daily plan)
