

My Meal Plan

Dietitian: _____
Date: _____ Phone: _____

Good nutrition is important for everyone. This is true for people with diabetes or pre diabetes as well. It is the carbohydrate portion of food that affects blood glucose levels. Foods that are high in carbohydrates are called carbohydrate choices. Carbohydrate choices include food from the starch, fruit, and milk groups.

General Guidelines

- Eat 3 meals a day, plus any snacks in your meal plan.
- Eat meals 4-5 hours apart - try not to go longer than 5 hours between meals.
- Eat meals at approximately the same time each day.
- Avoid skipping meals.
- Watch portions - use the food lists as your guide to food choices and portion sizes.
- May use sugar substitutes and products containing artificial sweeteners.
- Limit foods high in sugar and fats such as pies, pastries, cookies, etc. - if you like to eat these foods the dietitian will help you plan for occasional use.
- Avoid regular soda and other sweetened beverages - substitute diet soda, sugar free beverages, coffee, tea or water.

Meal Plan

Meal/Snack Time	Carbohydrate Choices	Meat & Other Proteins	Fats

Carbohydrate Choices: 1 choice = 15 Grams Carbohydrate (each item listed is 1 choice)	
Starches (80 calories)	Fruits (60 calories)
Bagel, 1/3 (1 oz.) Baked beans, 1/3 cup Beans, refried, 1/3 cup Barley, 1/3 cup cooked + Biscuit/muffin, 1 small Bread/Toast, 1 slice Bread sticks, 2 (4 inches x 1/2 inch) Cereal, unsweetened, 3/4 cup Bran cereal, 1/2 cup Grapenuts, 3 Tbsp Hot Cereal, 1/4 cup dry (1/2 cup cooked) Puffed cereal, 1 1/2 cups Shredded wheat, 1/2 cup Corn, 1/2 cup or 1 small cob Croutons, 1/2 cup Dinner roll, 1 small Dried peas, kidney beans, lentils 1/2 cup English muffin, 1/2 + French fries, 16 - 25 Hamburger/hot dog bun, 1/2 Hard roll, 1/2 Lima beans, 2/3 cup + Pancake, 2 (4 inches across) Pasta, macaroni, 1/3 cup cooked Pasta Sauce, 1/2 cup Peas, 1/2 cup Pita, 1/2 Popcorn, 3 cups popped Potato, 1 small baked (3 oz.) or 1/2 cup mashed Potato Salad (American), 1/2 cup Potato Salad (German), 1/3 cup Pretzels, 3/4 ounce Rice, 1/3 cup (cooked) Saltines, 6 Spaghetti, 1/3 cup (soft cooked and rinsed) Squash (acorn, butternut), 3/4 cup + Stuffing, 1/3 cup Sweet Potatoes, 1/2 cup Tortilla, 1 (6 inches across) + Waffle, 1 (4 1/2 inch square)	Fruit Juices (apple, grapefruit, orange and pineapple), 1/2 cup Fruit Juices (cranberry juice cocktail, grape, prune, juice blends), 1/3 cup Apple, 1 small (4 oz) Apples, dried, 4 rings Applesauce, 1/2 cup Apricots, 4 medium (5 1/2 oz) Banana, 1/2 (4 oz) Blackberries, 3/4 cup Blueberries, 3/4 cup Cantaloupe, 1/3 melon or 1 cup cubes (11 oz) Cherries, 12 (3 oz) Dates, 3 Fruit cocktail, 1/2 cup Grapefruit, 1/2 (11 oz) Grapefruit sections, 3/4 cup (canned) Grapes, 17 small (3 oz) Honeydew, 1 cup cubes or 1 slice (10 oz) Kiwi, 1 (3 1/2 oz) Mandarin oranges, 3/4 cup, canned Mangos, small (5 1/2 oz or 1/2 cup) Nectarine, 1 small (5 oz) Orange, 1 small (6 1/2 oz) Peach, 1 med (6 oz) or 1/2 cup canned Pear, 1 small (4 oz) or 1/2 cup canned Pineapple, 1/2 cup canned; 3/4 cup fresh Plums, 2 small (5 oz) Prunes, 3 dried Raisins, 2 Tbsp Raspberries, 1 cup Strawberries, 1 1/4 cup whole berries Tangerine, 2 small (8 oz) Watermelon, 1 1/4 cup cubes or 1 slice (13 1/2 oz)
	Note: Canned fruit in juice or water, drained
	<i>*The weight includes skin, core, seeds and rind.</i>
	Milk (90 Calories)
	Low fat milk (2%, 1% or skim) 1 cup Chocolate Milk - 1/2 cup Evaporated, 1/2 cup Nonfat Dry Milk Powder - 1/3 cup Light, Non Fat, Yogurt, 1 cup Sugar free hot cocoa, 1 cup
Soups (see combination foods)	

Notes

Key: tsp = teaspoon, Tbsp. = Tablespoon, + = high in fat, oz = ounces.

Free Foods

A free food is any food or drink that contains less than 20 calories or less than 6 grams carbohydrate per serving. Foods with a serving size should be limited to 3 per day (spread out during the day). Foods listed without a serving size can be eaten as often as you like.

Beverage:

Baking cocoa powder
Bouillon
Broth
Carbonated water
Club soda
Coffee, regular or decaf
Diet iced tea
Diet lemonade
Diet soda
Postum
Powdered drink mixes, sugar free
Tea, regular, herbal or decaf

Fruits

Unsweetened cranberries or rhubarb

Vegetables

Alfalfa sprouts
Cabbage (raw)
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Green onion
Hot Pepper
Lettuce
Mushrooms (raw)
Parsley
Pickles, dill (1 large)
Radishes
Romaine
Spinach (raw)
Watercress
Zucchini (raw)

Seasoning and miscellaneous

All herbs and spices
Candy, hard, sugar free (1 piece)
Cooking wine
Gelatin, sugar free
Gravy, fat free
Gum, sugar free
Lemon and Lemon juice
Lime and Lime juice
Salsa (1/4 cup)
Soy sauce
Sugar substitutes
Tabasco sauce
Vinegar
Whipped topping, light (2 Tbsp)

Condiments

Barbecue Sauce (1Tbsp)
Catsup (1 Tbsp)
Chile Sauce (1 Tbsp)
Horseradish (1 Tbsp)
Jam/Jelly, sugar-free (2 tsp)
Mustard
Salad dressing, low cal (reduced fat or fat free, 1 Tbsp)
Sour Cream (reduced fat or fat free, 1 Tbsp)
Steak Sauce (1 Tbsp)
Syrup, sugar-free (2Tbsp)
Taco Sauce (1 Tbsp)

Vegetables (5 gms Carbohydrate, 25 calories)	Meats & Other Proteins (3-8 gms fat, 35-100 calories per oz.)	Fats (45 calories, 5 gms fat)
<p>Artichoke Asparagus Beans, green or wax Bean Sprouts Beet greens Beets Bok Choy Brussel Sprouts Broccoli Cabbage, cooked Carrots Cauliflower Chard Collard Eggplant Green Pepper Kohlrabi Mushrooms, cooked Okra Onions Pea Pods Rutabaga Sauerkraut Snow Peas Spinach, cooked Summer squash, cooked Tomato, 1 large Tomato juice, 1/2 cup Turnip greens Turnip Vegetable juice, 1/2 cup Water chestnuts</p> <p>1 serving equals: 1/2 cup cooked or 1 cup raw</p> <p>Note: <i>See page 6 for "free" vegetable choices</i></p> <p>3 cups raw or 1 1/2 cups cooked equals 1 CHO choice</p>	<p>35 calories per ounce (0 - 1 gm fat per ounce) Chicken or turkey white meat (no skin) Fish Shrimp 1/4 cup lowfat cottage cheese Fat free cheese 95% fat free deli meat 1/4 cup tuna Egg whites</p> <p>55 calories per ounce (3 gm fat per ounce) Chicken or turkey dark meat (no skin) Ham Beef or pork tenderloin Ground round Cheese with 3 gm fat per ounce Egg Substitute, 1/4 cup</p> <p>75 calories per ounce (5 gm fat per ounce) Most beef or pork Ground beef Chicken or turkey dark meat (with skin) Fried fish product 1 egg Cheese with 5 gm fat per ounce (feta, mozzarella, ricotta)</p> <p>100 calories per ounce (8 gm fat per ounce) Hot dogs, bologna Bratwurst, other sausage Spareribs Most cold cuts Regular cheese Peanut butter, 1 Tbsp</p> <p>Nutrition tips:</p> <ul style="list-style-type: none"> • Select lean cuts of meats. • Bake, broil, roast, grill or stew • One 3 oz serving is about the size of a deck of cards 	<p>Monounsaturated: Avocado, 1/8 medium Oil (canola, olive, peanut), 1 tsp Olives: Black, 8 large Green stuffed, 10 large Nuts: Almonds, cashews, mixed, 6 nuts Peanuts, 10 nuts Pecans, 4 halves Peanut Butter, 2 tsp</p> <p>Polyunsaturated: Margarine: Tub, 1 tsp Lower fat, 1 Tbsp Mayonnaise: Regular, 1 tsp Reduced fat, 1 Tbsp Oil (corn, safflower), 1 tsp Salad dressing: Regular, 1 Tbsp Reduced Fat, 2 Tbsp Sunflower seeds, 1 Tbsp Flaxseed, 4 tsp</p> <p>Saturated: Bacon, 1 strip Butter, 1 tsp Cream (half & half), 2 Tbsp Cream cheese: Regular, 1 Tbsp Reduced fat, 2 Tbsp Gravy, 2 Tbsp Sour cream, regular, 2 Tbsp Sour cream, reduced fat, 3 Tbsp</p>

“Other” Carbohydrate List

You can substitute food choices from this list for a carbohydrate choice in your meal plan. Some choices will also count as one or more fat choices.

Nutrition Tip

- These foods can be substituted in your meal plan, even though they contain added sugars or fat. However, they do not contain as many important vitamins and minerals as the choices on the starch, fruit, or milk list.

Selection Tips

- Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small.
- Always check Nutrition Facts on the food label. It will be your most accurate source of information.

One carbohydrate choice equals 15 grams carbohydrate

One fat choice equals 5 grams fat

Food	Serving Size	Counted as
Angel food cake, unfrosted	1/12th cake	2 carbohydrate
Brownie, small, unfrosted	2” square	1 carbohydrate, 1 fat
Cake, unfrosted	2” square	1 carbohydrate, 1 fat
Cake, frosted	2” square	2 carbohydrates, 1 fat
Cookie	1 - 3”	1 carbohydrate, 1 fat
Cookie, sandwich with creme filling	2 small	1 carbohydrate, 1 fat
Cupcake, frosted	1 small	2 carbohydrates, 1 fat
Doughnut, plain cake	1 medium	1 1/2 carbohydrate
Gatorade	1 cup	1 carbohydrate
Gelatin, regular	1/2 cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Graham crackers	3 squares	1 carbohydrate
Granola bar	1 bar	1 carbohydrate, 1 fat
Honey	1 Tbsp	1 carbohydrate
Ice Cream	1/2 cup	1 carbohydrate, 2 fats
Ice Cream, light	1/2 cup	1 carbohydrate, 1 fat
Jam or Jelly, regular, Fruit spreads, 100% fruit	1 Tbsp	1 carbohydrate
Milk, chocolate, whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crust	1/8th pie	3 carbohydrates, 2 fats
Pie, pumpkin or custard	1/8th pie	1 carbohydrate, 2 fats
Potato chips	12-18 chips	1 carbohydrate, 2 fats
Pudding, regular, 1% milk	1/2 cup	2 carbohydrates
Pudding, sugar free, 1% milk	1/2 cup	1 carbohydrate
Sherbet, sorbet	1/2 cup	2 carbohydrates
Sugar	1 Tbsp	1 carbohydrate
Syrup, light	2 Tbsp	1 carbohydrate
Syrup, regular	1 Tbsp	1 carbohydrate
Tortilla chips	6 - 12 chips	1 carbohydrate, 2 fats
Vanilla wafers	5	1 carbohydrate, 1 fat
Yogurt, frozen, low fat, fat free	1/3 cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat free, no sugar	1/2 cup	1 carbohydrate

Combination Foods

Entrees	Serving Size	Counted as
Tuna noodle casserole, Lasagna, Spaghetti with meatballs, Chili with beans or Macaroni & cheese	1 cup	2 carbohydrates, 2 oz meat
Chow mein, without noodles or rice	2 cups	1 carbohydrate, 2 oz meat
Pizza, cheese, thin crust	1/4 of 10 inch pizza	2 carbohydrates, 2 oz meat 1 fat
Pizza, meat topping, thin crust	1/4 of 10 inch pizza	2 carbohydrates, 2 oz meat, 2 fats
Pot Pie	7 oz	2 carbohydrates, 1 oz meat, 4 fats
Frozen Entrees	Serving Size	Counted as
Salisbury steak with gravy and mashed potatoes	11 oz	2 carbohydrates, 3 oz meat, 3-4 fats
Turkey with gravy, mashed potatoes, and dressing	11 oz	2 carbohydrates, 2 oz meat, 2 fats
Entree, with less than 300 calories	8 oz	2 carbohydrates, 3 oz meat
Soups	Serving Size	Counted as
Bean	1 cup	1 carbohydrate, 1 oz meat
Cream, made with water	1 cup	1 carbohydrate, 1 fat
Split pea, made with water	1 cup	2 carbohydrates
Tomato, made with water	1 cup	1 carbohydrate
Vegetable beef, Chicken noodle, or other broth-type soup	1 cup	1 carbohydrate