

Diabetes meal planning

Managing your blood sugar levels is the key to living well with diabetes, and eating well is the key to managing your blood sugar. For people living with diabetes, it is important to have a balanced meal plan that will:

- **include more non starchy vegetables**, such as broccoli, spinach, and green beans and fewer added sugars and refined grains, such as white bread, rice, and pasta with less than 2 grams of fiber per serving.
- **focus on whole foods** instead of highly processed foods as much as possible.

Counting carbs and using the plate method are two common tools that can make planning meals easier too.

Counting Carbs

Keep track of how many carbs you eat and set a limit for each meal to help you keep your blood sugar levels in your target range. Talk to your doctor or dietitian to find out how many carbs you can eat each day and at each meal, and prepare together a meal plan. You can also refer to the list of common foods that contain carbs and serving sizes on the next page. **You can then prepare your daily and weekly meal plan according to the calorie intake your doctor advises you to follow:**

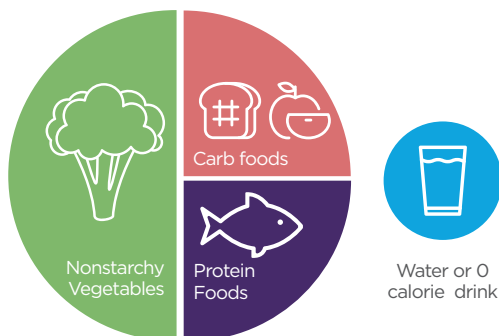
Food Group	Calories Per Day				
	1,200	1,500	1,800	2,000	2,500
Carbohydrates:					
Starch	5 serv.	7 serv.	8 serv.	9 serv.	11 serv.
Fruit	3 serv.	3 serv.	4 serv.	4 serv.	6 serv.
Milk	2 serv.	2 serv.	3 serv.	3 serv.	3 serv.
Vegetables	2 serv.	2 serv.	3 serv.	4 serv.	5 serv.
Meat & meat substitutes	4 serv.	4 serv.	6 serv.	6 serv.	8 serv.
Fat	3 serv.	4 serv.	4 serv.	5 serv.	6 serv.

The Plate method

All you need is a 23cm dinner plate:

- **Fill half** with nonstarchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots.
- **Fill one quarter** with a lean protein, such as chicken, turkey, beans, tofu, or eggs.
- **Fill one quarter** with carb foods. Foods that are higher in carbs include grains, starchy vegetables (such as potatoes and peas), rice, pasta, beans, fruit, and yogurt. A cup of milk also counts as a carb food.

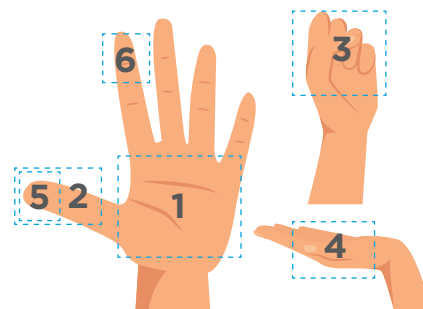
Then choose water or a low-calorie drink such as unsweetened iced tea to go with your meal.



Keep track of the portion size

Portion size and serving size aren't always the same. A portion is the amount of food you choose to eat at one time, while a serving is a specific amount of food, such as one slice of bread or 240 mL (1 cup) of milk. There is also a very "handy" guide to estimate portion size:

1. **75 grams of meat, fish, or poultry** | Palm of hand (no fingers)
2. **25 ounce of meat or cheese** | Thumb (tip to base)
3. **1 cup or 1 medium fruit** | Fist
4. **25-50 grams of nuts or pretzels** | Cupped hand
5. **1 tablespoon** | Thumb tip (tip to 1st joint)
6. **1 teaspoon** | Fingertip (tip to 1st joint)



The Diabetic Exchange List

The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association.

FOOD GROUPS

Food is divided into six different groups according to their carbohydrate, protein, fat and calorie content. Each exchange list contains foods that are alike and each food choice on a list below contains about the same amount of carbohydrate, protein, fat, and calories as the other choices on that list.

1 carb serving is about 15 grams of carbs. On average, people with diabetes should aim to get about half of their calories from carbs.



Starch/Bread List



Each serving from this list contains 15 grams carbohydrate, 0-3 grams protein, traces of fat, and 80 calories.

In general, one serving (one exchange) is:

- 1/2 cup of cereal, grain, or pasta
- 25 grams of a bread product

Bran cereals (such as All Bran)	1/3 cup
Bran cereals (flaked)	1/2 cup
Rice, white or brown (cooked)	1/3 cup
Beans and peas (cooked) (e.g. kidney, white, blackeye)	1/3 cup
Lentils (cooked)	1/3 cup
Baked beans	1/4 cup
Corn	1/2 cup
Green peas (canned or frozen)	1/2 cup
Baked potato (1 small)	75 grams
Mashed potato	1/2 cup
Sweet potato	1/3 cup
Squash	3/4 cup
White, Wheat, Whole wheat bread	1 slice (25 grams)
Hamburger bun	1/2 (25 grams)
Melba toast crackers	5 slices

Meat List



Each meat serving doesn't have carbohydrates and consists of approx. 7 grams of protein, 1-8 grams of fat and 35-100 calories, depending on how lean it is.

Beef (sirloin, tenderloin), pork, veal, poultry, lamb, fish	25 grams
Crab, lobster, scallops, shrimps, clams	50 grams
Tuna (canned in water)	1/4 cup
Wild Game (venison, rabbit, duck)	25 grams
Egg	1
Egg whites	3
Cottage cheese	1/4 cup
Mozzarella, other cheese (preferably low fat)	25 grams

Fruit List



Each serving from this list contains 15 grams carbohydrate, 0 grams fat or protein, and 60 calories.

Apples (raw)	1
Banana (large)	1/2
Blackberries, blueberries	3/4 cup
Cherries (raw)	12
Figs (raw, 5 cm diameter)	2
Grapefruit (medium)	1/2
Grapes (small)	15
Kiwi (large)	1
Tangerine	2
Orange	1
Peach	1
Pear	1 small
Pineapple (raw)	3/4 cup
Plum	2
Watermelon	1 1/4 cup

Fat List



Avocado (medium)	1/8
Margarine	1 tsp
Butter	1 tsp
Mayonnaise	1 tsp
Oil (corn, sunflower, olive)	1 tsp
Olives (small)	10
Olives (large)	5
Almonds, dry roasted	6
Cashews, dry roasted	1 tsp
Peanuts (small)	20
Walnuts	2 wholes

Vegetable List



In general, one serving (one exchange) is:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Artichoke (1/2 medium)	Cauliflower
Asparagus	Spinach (cooked)
Broccoli	Eggplant
Cabbage	Tomato (one large)

Milk List



Each serving of fat-free (skim) or low-fat (1%) milk and yogurt contains 12 grams carbohydrate, 8 grams protein, 0-3 grams fat, and 100 calories. Reduced-fat (2%) milk and yogurt contain more fat (5 grams) and calories (120 cal), whereas whole milk and yogurt consist of 8 grams fat, and 160 calories.

Milk (preferably low fat)	1 cup
Plain yogurt (preferably low fat)	225 grams