



Healthy Eating for People With Diabetes

Eating the right foods is one of the most basic and important diabetes care tools. Eating right can help control blood sugar. Good control protects your long-term health. This preplanned menu sheet is a good way to start. Use it to begin learning about diabetes meal planning and as a temporary guide of what to eat.

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 than this temporary diet. Ask your doctor, diabetes educator, hospital, or local diabetes association for the names of dietitians in your area who specialize in diabetes management.

About This Meal Plan

This meal plan is based on the "Exchange" meal planning approach. An exchange meal plan is a guide to which foods to eat and in what portions. The food list allows you to substitute different foods into your basic meal plan.

The simplest way to use this plan is to plan meals from these sample menus. You may want to do that for a short time, especially since you have a lot of other things to learn at first. Sooner or later you will get tired of eating the same things.

You can get more variety by substituting different foods into your meal plan, using the food list as a guide. For example, one of the sample meal plans shows 1/2 of a banana at breakfast. If you look at List 4, Fruits, you will see that you can substitute many different foods for that banana. One day you might choose 15 grapes. Another day you might have 1 cup of raspberries. Similar substitutions can be made for all of the foods shown on your basic meal plan.

The food lists on this sheet are not complete. They are just a start. They include basic foods eaten by many people as well as a few foods from certain ethnic food styles. When you see a dietitian or diabetes educator, ask how to count your favorite foods. Food is a very personal and important part of your life. Just about any food can be fit into a diabetes meal plan. Do not let your choices be limited by a shortage of information.

Other Methods of Meal Planning

Exchange meal planning is the most common approach used in diabetes care but it is not the only possible method. There are several other good systems. Your dietitian can help you pick one that will work well for you.

KEY

- * = High in fiber oz = ounce
- ^ = High in sodium Tbsp = Tablespoon
- ! = High in cholesterol tsp = teaspoon

List 1 - Starches/Breads

(15 grams carbohydrates, 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 the needed fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil. These are just a few of the many available starchy foods. Estimate a single serving size for foods that are not on the list as follows:

- Starchy vegetables, grains, pasta	Serving Size 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 for serving size
- *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, broiled, steamed)	1 small (3 oz)
- Squash (winter, acorn, hubbard)	3/4 cup
- Yam or sweet potato	1/3 cup
Breads	
- Bread (whole wheat, rye, white)	1 slice (1 oz)
- 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 (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 carbohydrates, 3 grams protein, 5 or more grams fat and 125-150 calories per serving.) Count as 1 Starch/Bread serving 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, Spanish)	1/3 cup

List 2 - Meat and Meat Substitutes

Small servings of meat and meat substitutes provide ample protein to meet daily needs. For better health, choose lean meats, fish, and poultry more often than medium and high fat meats and cheeses.

Lean Meats

(7 grams protein, 3 grams fat, and 55 calories per serving)

- Cheese with 1-3 grams fat per oz	1 oz
- Chicken or turkey, skin removed	1 oz
- Lean beef (round, extra lean ground round, flank steak)	1 oz
- Lean pork (^Canadian bacon, ^ham)	1 oz
- Fish, fresh or frozen	1 oz
- Menudo (tripe soup)	1/2 cup
- Shellfish (clams, crab, lobster, octopus, !shrimp, or squid)	2 oz
- ^Tuna, canned in water	1/4 cup
- Cottage cheese (low fat)	1/4 cup

Medium-fat Meats

(7 grams protein, 5 grams fat, and 75 calories per serving)

- Beef, pork, or lamb (most cuts)	1 oz
- Cheese with 4-5 grams fat per oz	1 oz
- !Egg	1
- !Liver	1 oz
- Cheese, low-fat, part skim (queso jalisco, queso fresco, ricotta, string cheese)	1 oz
- Tofu	1/2 cup

High-fat Meats

(7 grams protein, 8 grams fat, and 100 calories per serving)

- Cheese with 6-8 grams fat per oz	1 oz
- Peanut butter (smooth or chunky)	1 Tbsp
- !Prime beef or corned beef	1 oz
- !Spareribs or barbecue	1 oz
- ^!Sausage, wieners, chorizo, salami, kielbasa, or spam	1 oz
- !Chitterlings	1 oz

List 3 - Vegetables

(5 grams carbohydrates, 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 List 1 - Starches/Breads.

Vegetables that have fewer than 20 calories per serving are listed with List 7 - Free Foods.)

- Beans (green, waxed, Italian, snap)
- Bean sprouts
- Beets
- Broccoli
- Cactus leaves (nopales)
- Cabbage
- Carrots
- Eggplant
- Greens
- Jicama
- Mushrooms
- Okra
- Onion
- Pea pods or snow peas
- Peppers
- ^Sauerkraut
- Spinach
- Squash (summer, crook neck, zucchini, calabacita)
- Tomato
- ^Tomato or vegetable juice
- Water chestnuts

List 4 - Fruits

(15 grams carbohydrates 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 are not on the list as follows:

	<u>Serving size</u>
- Fresh, canned, frozen, no sugar added	1/2 cup
- Dried fruit	1/4 cup
- 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
- Marney (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

List 5 - Milk and Milk Products

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

Skim Milk and Products

(12 grams carbohydrates, 8 grams protein, 1 gram fat, and 90-110 calories per serving)

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

Low-fat Milk and Products

(12 grams carbohydrates, 8 grams protein, 3 or more grams fat, and 120-150 calories per serving)

- 2% milk	8 oz
- Yogurt, low-fat or plain	8 oz

Whole Milk and Products

(12 grams carbohydrates, 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 or plain	8 oz

List 6 - Fats

(5 grams fat and 45 calories per serving). Fats add flavor and moisture to foods but provide few nutrients, such as vitamins and minerals. The serving sizes of all fats are small. Choose unsaturated fats instead of saturated fats to help lower blood cholesterol levels.

Unsaturated Fats

	<u>Serving Size</u>
- Avocado, 4" across	1/8
- Margarine (stick, tub)	1 tsp
- Margarine, diet	1 Tbsp
- Mayonnaise, regular	1 tsp
- Mayonnaise, reduced-calorie	1 Tbsp
- Pesto sauce	2 tsp
- Salad dressing, regular	1 Tbsp
- Salad dressing, reduced-calorie	2 Tbsp
- Oil (canola, corn, safflower, sunflower, olive, soybean, peanut, sesame)	1 tsp
- Nuts or seeds	1 Tbsp

Saturated Fats

- Bacon	1 slice
- Butter	1 tsp
- !Chicken fat, pork fat, beef fat	1 tsp
- !Lard	1 tsp
- Nondairy creamer, liquid	2 Tbsp
- Nondairy creamer, powder	4 tsp
- Cream (light, table, coffee, sour)	2 Tbsp
- Cream cheese	1 Tbsp

List 7 - 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 have 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 throughout the day.

Drinks

- ^Bouillon or broth, fat-free
- Coffee or tea
- Soft drinks, calorie-free

Sweet Substitutes

- Gelatin, sugar-free
- Jam or jelly, sugar free (2 tsp)
- Whipped topping (2 Tbsp)
- Spreadable fruit, no sugar added (1 tsp)

Fruits

- Cranberries or rhubarb,
no sugar added (1/2 cup)

Condiments

- Catsup (1 Tbsp)
- ^Dill pickles, unsweetened
- Horseradish
- Hot sauce
- Mustard
- Salad dressing, low-calorie (2 Tbsp)
- Taco sauce (2 Tbsp)
- Vinegar

Vegetables

- Celery
- Cilantro
- Cucumber
- Onions
- Peppers (hot, chile)

- Radishes
- Salad greens (all types)
- Salsa (all kinds)

Seasonings

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

- Flavoring extracts (vanilla, almond, butter, etc.)
- Paprika
- Garlic or garlic powder
- Pepper
- Herbs, fresh or dried
- Pimento
- Lemon or lemon juice
- Spices
- Lime or lime juice
- ^Soy sauce
- Onion powder
- Worcestershire sauce

Fitting in Fast Foods

Everyday, it is estimated that one in every two Americans eats out. Fast foods are so common that it is smart to learn how to fit them into your diabetes plan. Here is a short list of fast foods with their exchange values. It includes some of the healthier choices available from some of the major fast food chains.

McDonald's

- McLean Deluxe
- Chef Salad
- Lite Vinaigrette
- AppleBran Muffin

Exchange Values

- 2 Starch/Bread, 2 Lean Meat
- 1 Vegetable, 2 Medium Fat Meat
- 1 Fat per package
- 2 1/2 Starch/Bread

Pizza Hut

- Thin 'n Crispy cheese pizza (medium, 2 slices) 2 Starch/Bread, 1 Vegetable, 2 Medium Fat Meat

Taco Bell

- Taco (regular) 1 Starch/Bread, 2 Lean Meat
- Tostada 1 Starch/Bread, 2 Medium Fat Meat, 1 Fat
- Chicken Fajita 1 Starch/Bread, 2 Medium Fat Meat

Wendy's

- Grilled Chicken Sandwich 2 Starch, 3 Lean Meat
- Chili, Large bowl 2 Starch/Bread, 3 Lean Meat