

Diabetic Meal Plans:

Sample breakfast menus

30 Grams Carbohydrate (or 2 Carb Choices)

<p>1/2 cup oatmeal*</p> <p>4 oz. low-fat milk ☽</p> <p>1 tbsp. raisins ☽</p>	<p>1/2 small bagel*</p> <p>1/2 grapefruit*</p> <p>1 tbsp. low-fat cream cheese</p> <p>1/4 cup Eggbeaters</p>	<p>1 cup light yogurt*</p> <p>1 cup berries*</p>	<p>1 slice whole grain Toast*</p> <p>4 oz. juice*</p> <p>1/4 cup low-fat cottage cheese</p>
<p>1/2 English muffin*</p> <p>1/2 banana*</p> <p>1 tbsp. peanut butter</p>	<p>3/4 cup Cheerios*</p> <p>8 oz. low-fat milk*</p>	<p>1 low-fat waffle* sugar-free syrup</p> <p>1 cup berries*</p> <p>1 tsp. margarine</p>	<p>2 slices light toast*</p> <p>1 cup light yogurt*</p> <p>1 tbsp. light margarine</p>

45 Grams Carbohydrate (or 3 Carb Choices)

<p>1 cup oatmeal**</p> <p>4 oz. low-fat milk ☽</p> <p>1 tbsp. raisins ☽</p>	<p>1 whole small bagel**</p> <p>1/2 grapefruit*</p> <p>1 tbsp. low-fat cream cheese</p> <p>1/4 cup Eggbeaters</p>	<p>1 cup light yogurt*</p> <p>1 cup berries*</p> <p>1 slice toast*</p> <p>1 tsp. margarine</p>	<p>2 slices whole grain toast**</p> <p>4 oz. juice*</p> <p>1/4 cup low-fat cottage cheese</p>
<p>1 whole English Muffin**</p> <p>1/2 banana*</p> <p>1 tbsp. peanut butter</p>	<p>1 1/2 cup Cheerios**</p> <p>8 oz. low-fat milk *</p>	<p>2 low-fat waffles** sugar-free syrup</p> <p>1 cup berries*</p> <p>1 tsp. margarine</p>	<p>2 slices light toast*</p> <p>1 cup light yogurt*</p> <p>1/4 cantaloupe*</p> <p>1 tbsp. light</p>

* = 1 carb serving (15 grams of carbohydrate)

☽ = 1/2 carb serving

60 Grams Carbohydrate (or 4 Carb Choices)

1 cup oatmeal**	1 cup Cheerios *ç	1 cup light yogurt *	1 whole English Muffin **
4 oz. low fat milk ç	4 oz. low fat milk ç	1 cup berries *	1 tbsp peanut butter
½ small bagel *	1 whole banana **	2 slices whole grain toast **	1 whole banana **
1 tbsp raisins ç		1 tbsp light margarine	
1 tbsp peanut butter			

* = 1 carb serving (15 grams of carbohydrate)

ç = ½ carb serving



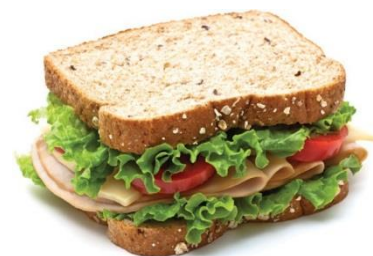
Sample lunch menus

45 grams of carbohydrate (or 3 carb choices)

2 slice whole grain Bread** lettuce/tomato 1 medium apple* 2-3 slices lean lunch meat 1 tsp. Light mayo	2 slices light bread* lettuce/tomato 10 baked chips* 1 small pear* 2-3 slices lean ham 2 tsp. light mayo	1 cup vegetable Soup* 6 saltines* 15 grapes* 2 oz. low-fat cheese	1 medium potato** 1/2 cup broccoli 1 cup light yogurt* 1 oz. shredded cheese 2 tbsp. light sour cream
1 cup salad 1/2 cup chick peas* 1/2 cup tuna 1 medium pita** 1 cup fruit salad* 2 tbsp. light dressing	2/3 cup pasta** 1/4 cup tomato sauce 1 slice bread* 1 cup salad 2-3 oz. low-fat meat 1 Tbsp. light dressing	1 small McDonald's Hamburger** 1 garden salad 1 pkg fat-free vinaigrette dressing 1 small carton 2% milk *	1 cup salad 1/2 cup croutons* 1-2 oz. grilled chicken 1 tbsp. light salad dressing 1/2 cup frozen yogurt* 1 cup vegetable soup*

* = 1 carb serving (15 grams of carbohydrate)

⊕ = 1/2 carb serving



60 Grams Carbohydrate (or 4 Carb Choices)

2 slice whole grain Bread** lettuce/tomato 1 medium apple* 4 small gingersnaps* 2-3 slices lean lunch meat 2 tsp. Light mayo	2 slices light bread* lettuce/tomato 10 baked chips* † small pear* † reduced-fat Oreos* 2-3 slices lean ham 2 tsp. light mayo	2 cups vegetable Soup** 6 saltines* 15 grapes* 2 oz. low-fat cheese	1 wrap sandwich with low-fat filling(10" tortilla)*** † medium piece fruit* † tbsp. light dressing
1 cup salad 1/2 cup chick peas* 1/2 cup tuna 1 medium pita** 1 cup fruit salad* 2 tbsp. light dressing	1 cup pasta*** 1/4 cup tomato sauce 1 slice bread* 1 cup salad 2-3 oz. low-fat meat 1 tbsp. light	1 fast food grilled chicken sandwich (no sauce)*** 1/2 cup of coleslaw*	1 low-fat frozen Entrée*** 2 cups salad 1 tbsp. light dressing 1/2 cup sugar-free pudding*

* = 1 carb serving (15 grams of carbohydrate)

† = 1/2 carb serving

Sample dinner menus

45 grams of carbohydrate (or 3 carb choices)

2/3 cup pasta** 1/4 cup spaghetti sauce 1 slice bread* 1 tbsp. Parmesan cheese 1 cup salad greens 2 tbsp. light dressing	1 cup cooked rice*** 1/2 cup broccoli 3-4 oz. baked chicken breast 1 tsp. margarine sugar-free J&O	1 cup mashed potato** 1/2 cup corn* 1/2 cup carrots 3-4 oz. turkey 1 tbsp. low-fat gravy	1 small sweet potato** 1/2 cup green beans 3-4 oz. broiled fish 1 tbsp. light margarine 1/2 cup applesauce*
1 cup vegetable soup* 1 slice bread** 3 oz. tuna lettuce, tomato 2 tsp light mayo	2 6" tortillas** 1/2 cup low-fat refried beans* 1/4 cup salsa lettuce, tomato 2 Tbsp. Light sour cream	2/3 cup brown rice** 1 cup stir-fry vegetables 3-4 oz. light tofu 1/2 cup light ice Cream*	1 hamburger on bun** 10 French fries* lettuce, tomato 1 tsp ketchup

* = 1 carb serving (15 grams of carbohydrate) † = 1/2 carb serving

60 Grams Carbohydrate (or 4 Carb Choices)

1 cup pasta*** ¼ cup spaghetti sauce 1 slice whole grain bread* 1 tbsp. Parmesan cheese 1 cup salad 1 tbsp. light dressing	1 cup cooked rice*** 1 slice whole grain bread* ½ cup broccoli 3-4 oz. baked chicken breast 1 tsp. margarine Sugar-free J&O	1 cup mashed potato** ½ cup corn* ½ cup carrots 3-4 oz. turkey 1 tbsp. low-fat gravy 1 cup melon*	1 small sweet potato** ½ cup green beans 3-4 oz. broiled fish 1 tbsp. low-fat margarine ½ cup applesauce* 8 oz. low-fat milk*
2 cups vegetable soup** 2 slices whole grain bread** 3 oz. tuna lettuce, tomato 2 tsp light mayo	2 6" tortillas** ½ cup low-fat refried beans* 1/3 cup rice* ¼ cup salsa lettuce, tomato 2 tbsp. light sour cream	1 cup brown rice*** 1 cup stir-fry vegetables 3-4 oz. light tofu ½ cup light ice cream*	1 hamburger on bun** 10 French fries* ½ cup pineapple* lettuce, tomato 1 tsp ketchup

* = 1 carb serving (15 grams of carbohydrate) ½ = ½ carb serving