

TAKE CONTROL OF YOUR DIABETES: Start with a Healthy Diet

SUGGESTED MEAL PLANS

1200 CALORIES	1200 CALORIES SAMPLE MENU	1500 CALORIES SAMPLE MENU	1800 CALORIES SAMPLE MENU
Breakfast			
2 starch/bread 1 fat 1 fruit 1 milk free foods	3/4 cup unsweetened cereal 1/2 English muffin 1 tsp. butter or margarine 1/2 banana 1 cup skim milk coffee or tea	ADD TO 1200 CALORIE MENU: 1 meat (1 egg)	ADD TO 1200 CALORIE MENU: 1 starch/bread (1/2 English muffin) 1 meat (1/4 cup cottage cheese) 1 fat (1 tsp. butter or margarine)
			Plus Morning Snack 1 fruit (1/2 cup canned fruit in juice or water)
Lunch			
1 starch/bread 1 meat 1 fat 1 fruit free foods	1/2 pita bread 1 oz. chicken 1 tsp. butter or margarine 1 orange 8 oz. club soda	ADD: 1 starch/bread (1/2 pita bread) 1 meat (1 oz. chicken)	ADD: 1 starch/bread (1/2 pita bread) 1 meat (1 oz. chicken) 2 vegetable (1 tomato, 1 cup of celery and carrot sticks) 1 fat (1 tsp. butter or margarine)
Afternoon Snack			
1 fruit	1 small apple		ADD: 1 starch/bread (3/4 oz. pretzels)
Dinner			
1 starch/bread 2 meat 1 vegetable 1 fat 1 fruit free foods	1 cup lowfat croutons 2 oz. roast beef endive salad greens, cucumber 2 tbsp. reduced calorie salad dressing 1 cup cantaloupe 8 oz. club soda	ADD: 1 starch/bread (1 small baked potato) 1 vegetable (1/2 cup cooked zucchini) 1 fat (1 tsp. butter or margarine)	ADD: 2 starch/bread (2/3 cup of rice) 1 meat (1 oz. roast beef) 1 vegetable (1/2 cup cooked zucchini) 1 fat (1 tsp. butter or margarine)
Evening Snack			
1 starch/bread 1 milk	3 cups popcorn 1 cup skim milk		ADD: 1 meat (1 oz. cheese) 1 fruit (1 small pear)

Design Your Own Meal Plan:

CHOOSE A HEALTHY VARIETY OF FOODS YOU ENJOY WITHIN YOUR CALORIE LIMIT

Starch

EACH SERVING EQUALS
80 CALORIES

CEREALS/GRAINS/PASTA

Cooked cereals, 1/2 cup
Grits (cooked), 1/2 cup
Ready-to-eat unsweetened cereals, 3/4 cup
Pasta (cooked), 1/2 cup
Rice, white or brown (cooked), 1/3 cup

STARCHY VEGETABLES

Corn, 1/2 cup
Corn on the cob (6" piece), 1 ear
Lima beans, 1/2 cup
Peas (canned or frozen), 1/2 cup
Plantain, 1/2 cup
Baked potato (3 oz.), 1
Mashed potato, 1/2 cup
Winter squash, 1 cup
Yam or sweet potato, 1/3 cup

BREAD/CRACKERS/SNACKS

Bagel or English muffin, 1/2 (1 oz.)
Bread sticks (4" X 1/2"), 2 (2/3 oz.)
Pita (6" across)
Hamburger or hot dog bun, 1/2 (1 oz.)
Bread, 1 slice (1 oz.)
Lowfat croutons, 1 cup
Animal crackers, 8
Pretzels, 3/4 oz.
Popcorn (popped, no fat added), 3 cups

Fruit

ONE SERVING EQUALS
60 CALORIES

Apple, raw (2" across)
Applesauce, no sugar added, 1/2 cup

Banana (9" long), 1/2
Cantaloupe, 1 cup
Cherries, 12
Canned fruit, 1/2 cup
Grapefruit (medium), 1/2
Orange, 1
Pear, 1/2 large or 1 small
Apple, orange or pineapple juice, 1/2 cup
Cranberry, grape or prune juice, 1/3 cup

Milk

ONE SERVING EQUALS
90–150 CALORIES

90 CALORIES

Skim or 1% milk, 1 cup
Plain nonfat yogurt, 8 oz.

120 CALORIES

2% milk

150 CALORIES

Whole milk, 1 cup
Plain yogurt, 8 oz.

Vegetables

ONE SERVING EQUALS
25 CALORIES
(1/2 cup cooked vegetables or 1 cup raw vegetables)

Asparagus
Beans (green, wax, Italian)
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Greens (collard, mustard, turnip)
Mushrooms
Okra
Peppers
Pea pods
Spinach

Tomatoes
Water chestnuts
Zucchini

Meat and Meat Substitutes

LEAN MEATS

ONE SERVING EQUALS
55 CALORIES

Cottage cheese, 1/4 cup
Fresh and frozen fish, 1 oz.
Chicken without skin, 1 oz.
Lean beef (round, sirloin, flank), 1 oz.
Diet cheeses (less than 55 calories per oz.), 1 oz.
Tuna (canned in water), 1/4 cup

MEDIUM/HIGH-FAT MEATS

ONE SERVING EQUALS
75–100 CALORIES PER OZ.

Beef (rib, chuck, rump), 1 oz.
Tuna (canned in oil), 1/4 cup
Eggs, 1
Pork (spareribs, ground pork, pork sausage), 1 oz.
Peanut butter, 1 tbsp.

Fats

EACH SERVING EQUALS
45 CALORIES

Avocado, 1/8 medium
Margarine, 1 tsp.
Diet margarine, 1 tbsp.
Mayonnaise, 1 tsp.
Reduced calorie mayonnaise, 1 tbsp.
Nuts or seeds, 1 tbsp.
Olives, 10 small
Salad dressing, reduced calorie, 2 tbsp.
Oil, 1 tsp.
Bacon, 1 slice
Cream cheese, 1 tbsp.

Non-dairy creamer, liquid, 2 tbsp.
Non-dairy creamer, powder, 4 tsp.
Cream (light, coffee, table), 2 tbsp.

Free Foods

EACH SERVING EQUALS
LESS THAN 20 CALORIES

DRINKS

Bouillon or broth
Carbonated drinks, sugar-free
Club soda
Coffee/tea
Drink mixes, sugar-free

RAW VEGETABLES

Cabbage
Celery
Cucumber
Green onion
Mushrooms
Radishes

SWEET SUBSTITUTES

Candy, sugar-free
Gelatin, sugar-free
Gum, sugar-free
Sugar substitutes

CONDIMENTS/SEASONINGS

Catsup, 1 tbsp.
Fresh herbs
Flavoring extract
Garlic
Lemon juice
Pepper
Pickles, unsweetened
Soy sauce
Vinegar

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