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Next

Fruits

|                                                                                                                                                                                         | Recommended Foods                                                                      | Recommended Number of Servings |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------|
| (1 serving = 60 calories and 15 grams carbohydrates)<br><br>1 serving =<br>• 1/2 cup water-packed fruit<br>• 1 small piece of fruit (size of a tennis ball)<br>• 1/2 cup of fruit juice | • fresh fruit<br>• unsweetened fruit juice<br>• canned fruit in natural juice or water | 3 -4 servings per day          |

Milk/Dairy

|                                                                                                                | Recommended Foods                                                                                                                          | Recommended Number of Servings |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| (1 serving 90-150 calories and 12 grams carbohydrates)<br><br>1 serving =<br>• 1 cup milk<br>• 6 ounces yogurt | • fat-free, 1 percent or 2 percent milk<br>• low-fat buttermilk<br>• lactose-reduced or lactose-free milk<br>• soy milk<br>• "lite" yogurt | 2-3 servings per day           |

Vegetables (non-starchy)

|                                                                                                                                 | Recommended Foods                                                           | Recommended Number of Servings |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------|
| (1 serving = 25 calories and 5 grams carbohydrates)<br><br>1 serving =<br>• 1/2 cup cooked vegetables<br>• 1 cup raw vegetables | • any cooked or raw vegetables, except starchy vegetables (see starch list) | 2-3 servings per day           |

Sweets/Desserts/Other Carbs

|                                                                                | Recommended Foods                                                                                                                                                                             | Recommended Number of Servings                               |
|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Sweets/Desserts/Other Carbs</b><br><br>(1 serving = 15 grams carbohydrates) | • 1/2 cup sugar-free pudding, custard, ice cream, or sherbet<br>• 2 small cookies<br>• 1 frozen juice bar<br>• 3 gingersnaps or small sugar-free cookies<br>• 1/4 cup fat-free salad dressing | Limit, and substitute for 1 serving, starch, fruit, or dairy |



My Weekly Meal Plan

| Day                                                                                                                                                         | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| <b>Breakfast</b><br><br><small>Children who eat breakfast often make healthier food choices throughout the day.</small>                                     |        |         |           |          |        |          |        |
| <b>Lunch</b><br><br><small>Eating 3 or more servings of fruit or vegetables per day can reduce your risk of heart disease and stroke by almost 20%.</small> |        |         |           |          |        |          |        |
| <b>Dinner</b><br><br><small>Save time on a busy night by batch cooking soups, stews and casseroles.</small>                                                 |        |         |           |          |        |          |        |
| <b>Snack</b><br><br><small>Aim for 3 food groups with each snack.</small>                                                                                   |        |         |           |          |        |          |        |

\* Recipe from the Quick and Healthy cookbook, Vol. 4    \*\* Recipe from the Quick and Healthy cookbook, Vol. 3    \*\*\* Recipe from the Quick and Healthy cookbook, Vol. 2

Meal Planner for 2000 Calorie Diabetic Diet

Fasting Blood Sugar (normal 6-8)

Breakfast (approx 60g)

|                                       |         |         |         |          |         |         |         |
|---------------------------------------|---------|---------|---------|----------|---------|---------|---------|
|                                       | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group                            | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food               |         |         |         |          |         |         |         |
| 1 Bread or Starch (20g)               |         |         |         |          |         |         |         |
| 1 Fruit (10g)                         |         |         |         |          |         |         |         |
| 1 Milk OR 1 Meat (7g) and Bread (10g) |         |         |         |          |         |         |         |
| Free Food                             |         |         |         |          |         |         |         |

2nd Food Results

Lunch (approx 60g)

|                         |         |         |         |          |         |         |         |
|-------------------------|---------|---------|---------|----------|---------|---------|---------|
|                         | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group              | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food |         |         |         |          |         |         |         |
| 1 Bread or Starch (10g) |         |         |         |          |         |         |         |
| 1 Meat (7g)             |         |         |         |          |         |         |         |
| 1 Fruit (10g)           |         |         |         |          |         |         |         |
| Free Food               |         |         |         |          |         |         |         |

3rd Food Results

Dinner (approx 100g)

|                         |         |         |         |          |         |         |         |
|-------------------------|---------|---------|---------|----------|---------|---------|---------|
|                         | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group              | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food |         |         |         |          |         |         |         |
| 1 Bread (20g)           |         |         |         |          |         |         |         |
| 2 Bread or Starch (20g) |         |         |         |          |         |         |         |
| 1 Bread Veggie (10g)    |         |         |         |          |         |         |         |
| 1 Fruit (10g)           |         |         |         |          |         |         |         |
| 1 Fat (10g)             |         |         |         |          |         |         |         |
| Free Food               |         |         |         |          |         |         |         |

4th Food Results

PM Snack (approx 40g)

|                         |         |         |         |          |         |         |         |
|-------------------------|---------|---------|---------|----------|---------|---------|---------|
|                         | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group              | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food |         |         |         |          |         |         |         |
| 1 Bread or Starch (20g) |         |         |         |          |         |         |         |
| 1 Milk                  |         |         |         |          |         |         |         |
| 1 Fruit (10g)           |         |         |         |          |         |         |         |
| Free Food               |         |         |         |          |         |         |         |

5th Food Results

Evening Snack (approx 70g)

|                         |         |         |         |          |         |         |         |
|-------------------------|---------|---------|---------|----------|---------|---------|---------|
|                         | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group              | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food |         |         |         |          |         |         |         |
| 1 Bread (20g)           |         |         |         |          |         |         |         |
| 2 Bread or Starch (40g) |         |         |         |          |         |         |         |
| 1 Bread Veggie (10g)    |         |         |         |          |         |         |         |
| 1 Fruit (10g)           |         |         |         |          |         |         |         |
| 1 Fat (10g)             |         |         |         |          |         |         |         |
| Free Food               |         |         |         |          |         |         |         |

6th Food Results

Bedtime Snack (approx 10-60g)

|                         |         |         |         |          |         |         |         |
|-------------------------|---------|---------|---------|----------|---------|---------|---------|
|                         | M _____ | T _____ | W _____ | Th _____ | F _____ | S _____ | S _____ |
| Food Group              | W 1oz   | T 1oz   | W 1oz   | Th 1oz   | F 1oz   | S 1oz   | S 1oz   |
| Type and Amount of Food |         |         |         |          |         |         |         |
| 1 Bread or Starch (10g) |         |         |         |          |         |         |         |
| 1 Milk                  |         |         |         |          |         |         |         |
| Free Food               |         |         |         |          |         |         |         |

10g carbs = 1 Bread or starch/starch veggie    20g carbs    30g protein = 2 milk    30g protein = 1 meat    10g carbs = 1 Bread    10g fat = 1 fat

|                                | Carbs | Protein | Fat |
|--------------------------------|-------|---------|-----|
| 1 slice white bread            | 15g   | 3g      | 1g  |
| 1 slice whole wheat bread      | 15g   | 3g      | 1g  |
| 1 slice rye bread              | 15g   | 3g      | 1g  |
| 1 slice pumpernickel bread     | 15g   | 3g      | 1g  |
| 1 slice cornbread              | 15g   | 3g      | 1g  |
| 1 slice oatmeal raisin bread   | 15g   | 3g      | 1g  |
| 1 slice fruit and nut bread    | 15g   | 3g      | 1g  |
| 1 slice cinnamon swirl bread   | 15g   | 3g      | 1g  |
| 1 slice chocolate chip bread   | 15g   | 3g      | 1g  |
| 1 slice banana nut bread       | 15g   | 3g      | 1g  |
| 1 slice zucchini bread         | 15g   | 3g      | 1g  |
| 1 slice apple cinnamon bread   | 15g   | 3g      | 1g  |
| 1 slice raisin bread           | 15g   | 3g      | 1g  |
| 1 slice nutmeg bread           | 15g   | 3g      | 1g  |
| 1 slice cardamom bread         | 15g   | 3g      | 1g  |
| 1 slice gingerbread            | 15g   | 3g      | 1g  |
| 1 slice lemon poppy seed bread | 15g   | 3g      | 1g  |
| 1 slice orange cranberry bread | 15g   | 3g      | 1g  |
| 1 slice blueberry bread        | 15g   | 3g      | 1g  |
| 1 slice raspberry bread        | 15g   | 3g      | 1g  |
| 1 slice strawberry bread       | 15g   | 3g      | 1g  |
| 1 slice lemonade bread         | 15g   | 3g      | 1g  |
| 1 slice orange juice bread     | 15g   | 3g      | 1g  |
| 1 slice pineapple bread        | 15g   | 3g      | 1g  |
| 1 slice peach bread            | 15g   | 3g      | 1g  |
| 1 slice cherry bread           | 15g   | 3g      | 1g  |
| 1 slice apple bread            | 15g   | 3g      | 1g  |
| 1 slice banana bread           | 15g   | 3g      | 1g  |
| 1 slice zucchini bread         | 15g   | 3g      | 1g  |
| 1 slice carrot bread           | 15g   | 3g      | 1g  |
| 1 slice nutmeg bread           | 15g   | 3g      | 1g  |
| 1 slice cardamom bread         | 15g   | 3g      | 1g  |
| 1 slice gingerbread            | 15g   | 3g      | 1g  |
| 1 slice lemon poppy seed bread | 15g   | 3g      | 1g  |
| 1 slice orange cranberry bread | 15g   | 3g      | 1g  |
| 1 slice blueberry bread        | 15g   | 3g      | 1g  |
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| 1 slice strawberry bread       | 15g   | 3g      | 1g  |
| 1 slice lemonade bread         | 15g   | 3g      | 1g  |
| 1 slice orange juice bread     | 15g   | 3g      | 1g  |
| 1 slice pineapple bread        | 15g   | 3g      | 1g  |
| 1 slice peach bread            | 15g   | 3g      | 1g  |
| 1 slice cherry bread           | 15g   | 3g      | 1g  |
| 1 slice apple bread            | 15g   | 3g      | 1g  |
| 1 slice banana bread           | 15g   | 3g      | 1g  |
| 1 slice zucchini bread         | 15g   | 3g      | 1g  |
| 1 slice carrot bread           | 15g   | 3g      | 1g  |
| 1 slice nutmeg bread           | 15g   | 3g      | 1g  |
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| 1 slice blueberry bread        | 15g   | 3g      | 1g  |



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