

Healthy Meal Planning for Diabetes

Carbohydrate Foods		
Grains, Potatoes, Starchy Vegetables 15 grams carbohydrates per serving _____ servings per day (_____ per meal and _____ per snack) One serving: 1 slice bread, whole wheat 6-inch tortilla, whole wheat, or corn ½ cup corn, beans, wild rice ⅓ cup cooked rice, white or brown ⅓ cup cooked pasta, whole grain ½ cup cooked oatmeal or hot cereal 1 cup peas or winter squash ½ cup potatoes, sweet or white, or small potato 1 dinner roll 3 graham cracker squares ¾ cup cold cereal, whole grain ½ hotdog or small hamburger bun, whole grain 1 oz bag pretzels ½ small bagel, whole grain ½ English muffin, whole wheat 5-inch pancake or waffle, whole wheat 6-8 crackers, whole grain ½ whole wheat pita		Milk and Yogurt 15 grams carbohydrates per serving _____ servings per day (1 serving per meal OR snack) One serving: 1 cup (8 oz) milk, skim or 1% 1 cup yogurt, plain or light Fruits 15 g carbohydrates per serving _____ servings per day (1 serving per meal OR snack) One serving: ½ cup juice 1 cup berries or melon ½ cup canned fruit ½ banana 2 tablespoons raisins 2 ½-inch piece of fruit 10-15 grapes 2 tablespoons dried fruit
Other Foods		
Meat/Protein _____ ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards) Equal to 1 ounce of protein: 1 ounce meat ½ veggie burger 1 egg or 2 egg whites ¼ cup tofu 2 tbsp peanut butter ¼ cup cottage cheese ¼ cup nuts or seeds 1 ounce cheese	Vegetables _____ servings per day (include at most meals and snacks) One serving: ½ cup cooked ½ cup vegetable juice 1 cup leafy greens 1 cup raw vegetables	Fats and Oils ♥ = heart healthy fats _____ servings per day One serving: 1 tsp olive, canola, or peanut oil ♥ 2 Tbsp light salad dressing 1 tsp tub margarine, butter, or mayonnaise 1 Tbsp cream cheese/light mayo 1 Tbsp salad dressing 1 Tbsp light tub margarine 5-10 olives ♥ ¼ avocado ♥

Sample Menus

Items in **blue** are foods with carbohydrates.

Menu 1

Breakfast: (total carbohydrates: 45 grams)

1 small banana (15 g)
2 slice whole wheat toast (30 g)
2 tsp. whipped butter
3/4 cup 1% cottage cheese

Snack: (total carbohydrates: 15 grams)

6 oz. Light or Greek Yogurt (15 g)
Pea pods with 1 tablespoon low fat dip

Lunch: (total carbohydrates: 45 grams)

2 slice whole wheat bread (30 g)
3 oz. sliced lean ham
1 tablespoon low-fat mayonnaise or 1
teaspoon whipped butter
Carrots and celery sticks
1 apple (15 g)

Snack: (total carbohydrates: 15 grams)

1/4 cup nuts
1 small orange (15 g)

Dinner: (total carbohydrates: 45 grams)

Mixed green salad with 1/8 avocado, sliced
1 Tbsp. low fat salad dressing
2/3 cup cooked whole wheat pasta (30 g)
2 tsp. olive oil
4 oz. baked chicken
Steamed asparagus
1 cup skim or 1% milk (15 g)

Food Group	Servings in this day	Grams Carbs in this day
Starch/ Grain	6	90
Fruit	3	45
Milk/ Yogurt	2	30
Vegetables	5+	
Meat/ Protein	9 oz	
Added fats	6	
Total carbs		165

Menu 2

Breakfast: (total carbohydrates: 45 grams)

2 slices whole wheat toast (30 g)
8 oz. Light or Greek yogurt (15–20 g)
1 Tbsp. peanut butter

Snack: (total carbohydrates: 15 grams)

1 piece low fat string cheese
1 cup strawberries (15 g)

Lunch: (total carbohydrates: 45 grams)

2 slices 100% whole wheat bread (30 g)
3 oz. sliced turkey
Sliced tomato and lettuce, mustard
Large serving raw vegetables
1 small apple (15 g)

Snack: (total carbohydrates: 15 grams)

1 apple (15 g)
Green/red pepper slices

Dinner: (total carbohydrates: 45 grams)

1 cup melon (15 g)
1/2 cup sweet potatoes (15 g)
2 tsp. whipped butter
4 oz. Salmon, broiled or grilled
Sliced mushrooms sautéed in 1 tsp. olive oil
Cooked green beans with sesame seeds
1 cup skim or 1% milk (15 g)

Food Group	Servings in this day	Grams Carbs in this day
Starch/ Grain	5	75
Fruit	4	60
Milk/ Yogurt	2	30
Vegetables	5+	
Meat/ Protein	8 oz	
Added fats	5	
Total carbs		165

Menu 3

Breakfast: (total carbohydrates: 45 grams)
1 cup Cheerios™ or toasted oat cereal (15 g)
8 oz. skim or 1% milk (15 g)
2 hard-boiled eggs
1 cup berries (15 g)

Snack: (total carbohydrates: 15 grams)
½ English muffin (15 g)
2 teaspoon peanut butter

Lunch: (total carbohydrates: 45 grams)
1 cup goulash (macaroni, tomato sauce, ground beef, etc.) (30 g)
Steamed broccoli
2 teaspoon whipped butter on broccoli
1 cup cantaloupe (15 g)

Snack: (total carbohydrates: 15 grams)
1 small orange (15 g)
1 oz. string cheese

Dinner: (total carbohydrates: 45 grams)
4 oz Pork Loin
⅔ cup brown rice (30 g)
1 teaspoon whipped butter
Romaine or spinach salad with 5 sliced olives
1 tablespoon low-fat dressing
1 cup pineapple (15 g)

Food Group	Servings in this day	Grams Carbs in this day
Starch/ Grain	6	90
Fruit	4	60
Milk/ Yogurt	2	30
Vegetables	5+	
Meat/ Protein	9oz	
Added fats	5	
Total carbs		180

Menu 4

Breakfast: (total carbohydrates: 45 grams)
1 cup cooked oatmeal (30 g)
1 cup blueberries (15 g)
¼ cup nuts

Snack: (total carbohydrates: 15 grams)
Yogurt, light or Greek (15-20 g)
Cut-up vegetables

Lunch: (total carbohydrates: 45 grams)
Grilled turkey and cheese sandwich (2 slices whole wheat bread (30 g)), 1 oz. Swiss cheese, 3 oz. sliced turkey, 1 teaspoon butter)
1 cup cooked broccoli
1 small pear (15 g)

Snack: (total carbohydrates: 15 grams)
1 nectarine (15 g)
¼ cup nuts

Dinner: (total carbohydrates: 45 grams)
Cheese pizza (¼ of 12 inch) (30 g)
Large lettuce salad with low fat dressing
1 cup skim or 1% milk (15 g)

Food Group	Servings in this day	Grams Carbs in this day
Starch/ Grain	5	75
Fruit	4	45
Milk/ Yogurt	2	30
Vegetables	5+	
Meat/ Protein	8 oz	
Added fats	5	
Total carbs		150

Carbohydrate Counting Food Lists

Starting Guide

- 45 grams carbohydrate per meal
- 0-15 grams carbohydrate per snack

Always check Nutrition Facts label for carbohydrate information when available.

Bread: 15 g Carb

Bagel, ½ small (1 oz.)
Biscuit or plain Roll (2.5 inches), 1
Bread (whole wheat, rye, white, etc), 1 slice (1 oz.)
Bread, “lite”, 2 slices
Breadstick (6-7 inches), 1
Chapatti (6 inches), 1
Cornbread (2-inch square), 1 piece
Croissant, ½ medium
English muffin, ½
Hamburger or hot dog bun, ½
Pancake or waffle (4 inches), 1
Pita (6 inches), ½
Tortilla, flour (6 inches), 1
Tortilla, corn (5 inches), 2
Stuffing or dressing, ⅓ cup

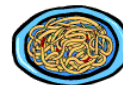


Cereals: 15 g Carb

Bran flake cereal, without fruit, ½ cup
Dry cereals (unsweetened), ¾ cup
Granola, ¼ cup
Oatmeal, ½ cup cooked (¼ cup dry)
Puffed cereal, 1 ½ cup
Raisin bran or cereals with dried fruit, ⅓ cup
Sugar frosted cereal, ½ cup

Grains/pasta: 15 g Carb

Chow Mein noodles, ½ cup
Pasta or noodles (cooked), ⅓ cup
Quinoa, polenta or millet (cooked), ⅓ cup
Rice or couscous (cooked), ⅓ cup
Wild rice (cooked), ½ cup



Crackers/chips: 15 g Carb

Crackers (Saltines, Triscuits), 6-8
Graham cracker squares (2 ½ inch), 3
Popcorn, 3 cups (popped)
Potato or tortilla chips, 10-13 chips (¾ oz.)
Pretzels, snack chips, 15-20 (1 oz.)
Rice cakes, 2

Starchy Vegetables: 15 g Carb

Baked beans (canned), ¼ cup
Beans (kidney, pinto) cooked, ½ cup
Beets, ¾ cup
Corn ½ cup
Corn on cob, 4 to 4 ½ inch piece (5 oz.)
French fries, 1 cup (2 oz.)
Hash browns, ½ cup
Hummus, ½ cup
Lentils (cooked), ½ cup
Mixed vegetables with corn or peas, 1 cup
Peas, cooked, 1 cup
Potato (sweet or white), ½ cup or 1 small (3 oz.)
Squash, Acorn or Butternut, cooked, cubed, 1 cup

Non-Starchy Vegetables (very low carb): 5 g Carb (count carbs if more than 3 servings at a meal)

Vegetables, cooked or vegetable juice, ½ cup
Vegetables, raw or salad/greens, 1 cup

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Fruits: 15 g Carb

Apple, 1 small (2 ½-inch diameter or 4 oz.)
Applesauce (unsweetened), ½ cup
Apricots (fresh or dried), 4 small
Banana, 1 small (4-inch) or ½ large (8-inch)
Berries (blackberries, raspberries), 1 cup
Blueberries, ¾ cup (4 oz.)
Canned fruit-unsweetened, ½ cup
Cherries, 12 fresh
Clementine, 2 small
Grapefruit, ½ large (5 ½ oz.)
Grapes, 15-17 (3 oz.)
Kiwi, ½ cup sliced or 1 large
Mango, ½ cup (3.4 oz.)
Melon (cantaloupe, watermelon), 1 cup cubed
Orange, 1 medium (6.5 oz. or 2.5 inch diameter)
Peach or nectarine, 1 medium (6 oz.)
Pear, ½ large (4 oz.)
Pineapple, fresh, ¾ cup
Prunes, 3 medium
Raisins and other dried fruit, 2 Tbsp.
Strawberries, 1 cup, sliced



Fruit Juice: 15 g Carb

Apple juice/cider, ½ cup
Fruit juice blends, 100% juice, ⅓ cup
Grape juice, ⅓ cup
Grapefruit or orange juice, ½ cup
Prune juice, ⅓ cup

Milk/Yogurt: 15 g Carb

Milk: skim, 1%, 2%, whole, 1 cup (8 oz.)
Soy milk (original or vanilla), 1 cup (8 oz.)
Yogurt (light, plain or Greek style), 1 cup



Soups: 15 g Carb

Broth based soups (beef or chicken noodle), 1 cup
Bean, lentil or split pea, ½ cup
Cream or tomato soup, made with milk, 1 cup
Ramen noodle, ½ package

Combination Foods: 30 g Carb

Burrito, 1 small meat
Casserole/ hot dish, 1 cup
Chicken nuggets, 12
Chili with beans, 1 ½ cups
Enchilada, 1 small beef
Frozen entrée (300 calorie), 1
Lasagna, 1 piece 3" x 4"
Pizza, thick crust, 1/8 of a 10-inch pizza
Pizza, thin crust, 1/4 of a 12-inch pizza
Pot pie, ⅓ of a pie (7 oz.)
Ravioli, 1 cup
Stew (meat/vegetables), 1 cup
Tacos, 2 soft



Condiments and Sauces: 15 g

Barbecue sauce, 3 Tbsp.
Cranberry sauce, ¼ cup
Hoisin sauce, 1 Tbsp.
Ketchup, 3 Tbsp.
Spaghetti sauce, ½ cup
Sweet and sour sauce, 3 Tbsp.
Salad dressing, 3 Tbsp.



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Sweets: 15 g Carb

Candy, hard, 3 pieces
Chocolate Kisses, 5
Cookies, 100 calorie pack
Cookies, 2 Oreos
Donut, plain cake type, 1 small
Fruit snacks, 1 small package or 1 roll
Gelatin (Jell-O), regular, ½ cup
Granola bar, 1 small
Honey, 1 Tbsp.
Hot chocolate, regular, 1 packet
Jelly or jam (regular), 1 Tbsp.
Ice cream, regular, ½ cup
Muffin, homemade, 1 small (1 oz.)
Pudding, sugar free, ½ cup
Sports drink, 1 cup (8 oz.)
Sugar, 1 Tbsp.
Syrup (agave, maple or pancake), 1 Tbsp.
Vanilla wafers, 5
Yogurt, frozen, fat-free, ½ cup



Sweets: 30 g Carb

Banana bread, 1-inch slice
Cake, unfrosted, 1 piece 2" x 3"
Candy bar, 1 regular size
Chocolate milk, 1 cup
Cupcake, frosted, 1 small
Energy Drink, 1 can (8.3 oz.)
Ice Cream, small soft serve cone, 1
Pie, pumpkin or custard-type, 1/8 of a pie
Pudding, made with sugar, ½ cup
Sherbet or Sorbet, ½ cup

Sweets: 45 g carb

Cookie, chocolate chip, 1 large (2.5 oz.)
Pie, two crust, 1/6 of a pie
Sweet roll or Danish, 1 roll
Yogurt with fruit, low fat, 1 cup
Soda, regular, 1 can (12 oz.)

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2024. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8273