

Healthy Meal Planning for Diabetes

Carbohydrate Foods		
<p>Grains, Potatoes, Starchy Vegetables 15 grams carbohydrates per serving _____ servings per day (_____ per meal and _____ per snack)</p> <p>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</p>	<p>Milk and Yogurt 15 grams carbohydrates per serving _____ servings per day (1 serving per meal OR snack)</p> <p>One serving: 1 cup (8 oz) milk, skim or 1% 1 cup yogurt, plain or light</p> <p>Fruits 15 g carbohydrates per serving _____ servings per day (1 serving per meal OR snack)</p> <p>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</p>	
Other Foods		
<p>Meat/Protein _____ ounces per day (Divide between all meals and most snacks) (3 ounces of meat = size of deck of cards)</p> <p>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</p>	<p>Vegetables _____ servings per day (include at most meals and snacks)</p> <p>One serving: ½ cup cooked juice ½ cup vegetable juice 1 cup leafy greens 1 cup raw vegetables</p>	<p>Fats and Oils ♥ = heart healthy fats _____ servings per day</p> <p>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 ♥</p>

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

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 © 1/2023. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8273