

# Your Meal Plan

*Large Print*



Allina Health



## Meal Plan

- Enjoy your favorite foods in moderation.
- Eat some carbohydrates (carbs) at each meal.
- Eat your regular meals at about the same time each day.
- Do not skip meals.
- Eat your meals and snacks every 4 to 5 hours to help even out your blood glucose level.
- See chapter 3 of “Basic Skills For Living With Diabetes” for information about:
  - carbohydrates
  - vegetables
  - fats
  - meat and meat substitutes.

<b>Grams of carbohydrate</b>	<b>Number of carbohydrate choices</b>
0 to 5	0
6 to 10	$\frac{1}{2}$
11 to 20	1
21 to 25	$1 \frac{1}{2}$
26 to 35	2
36 to 40	$2 \frac{1}{2}$
41 to 50	3
51 to 55	$3 \frac{1}{2}$
56 to 65	4
66 to 70	$4 \frac{1}{2}$
71 to 80	5

## Your Meal Plan

<b>Meal 1</b>	
_____ carbohydrate choices or _____ grams carbs	
<b>carbohydrate:</b>	
<b>vegetable:</b>	
<b>meat/meat substitute:</b>	
<b>fat:</b>	
<b>Snack</b>	
_____ carbohydrate choices or _____ grams carbs	
<b>Meal 2</b>	
_____ carbohydrate choices or _____ grams carbs	
<b>carbohydrate:</b>	
<b>vegetable:</b>	
<b>meat/meat substitute:</b>	
<b>fat:</b>	
<b>Snack</b>	
_____ carbohydrate choices or _____ grams carbs	
<b>Meal 3</b>	
_____ carbohydrate choices or _____ grams carbs	
<b>carbohydrate:</b>	
<b>vegetable:</b>	
<b>meat/meat substitute:</b>	
<b>fat:</b>	
<b>Snack</b>	
_____ carbohydrate choices or _____ grams carbs	

## Quick Carbohydrate Guide

The following list gives examples of some foods that are equal to one carbohydrate choice or 15 grams of carbohydrate.

<b>Breads and Flours</b>	
<ul style="list-style-type: none"><li>■ 1 slice bread</li><li>■ 1 flour tortilla (6 inches)</li><li>■ one-half English muffin</li></ul>	<ul style="list-style-type: none"><li>■ 1 4-inch pancake</li><li>■ one-half hamburger bun</li></ul>
<b>Cereals, Grains and Pasta</b>	
<ul style="list-style-type: none"><li>■ ½ cup cooked and unsweetened cereal</li></ul>	<ul style="list-style-type: none"><li>■ ⅓ cup cooked pasta or rice (brown, white)</li></ul>
<b>Starchy Vegetables, Beans and Lentils</b>	
<ul style="list-style-type: none"><li>■ ½ cup beans, peas, corn, yams (sweet potatoes) or mashed potatoes</li></ul>	<ul style="list-style-type: none"><li>■ 1 cup butternut squash</li></ul>
<b>Fruit and Fruit Juices</b>	
<ul style="list-style-type: none"><li>■ 1 small fresh fruit</li><li>■ ½ cup canned fruit in juice</li><li>■ ¼ cup dried fruit (raisins, banana)</li></ul>	<ul style="list-style-type: none"><li>■ 1 cup cubed melon or whole berries</li><li>■ ⅓ cup 100% fruit juice</li><li>■ 1 cup tomato juice</li></ul>
<b>Milk, Yogurt and Non-dairy Milk and Yogurt</b>	
<ul style="list-style-type: none"><li>■ 1 cup fat-free, 1% or 2% milk</li><li>■ 1 cup soy milk</li></ul>	<ul style="list-style-type: none"><li>■ ¾ cup plain or artificially sweetened yogurt</li></ul>

### Snacks and Sweets

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>■ 10 to 15 tortilla chips</li><li>■ 2-by-2-inch unfrosted cake</li><li>■ 1 3-inch cookie</li><li>■ ½ cup ice cream</li></ul> | <ul style="list-style-type: none"><li>■ ¼ cup sherbet, sorbet or gelato</li><li>■ 1 tablespoon jam, jelly, table sugar or honey</li></ul> |
|--|---|

### Convenience and Combination Foods

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>■ ½ cup casserole (hot dish)</li><li>■ ½ cup pasta or potato salad</li></ul> | <ul style="list-style-type: none"><li>■ 1 cup soup: broth type</li><li>■ ½ cup soup: cream type</li></ul> |
|--|---|

## Foods Without Carbohydrate

### Meat and Meat Substitutes

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>■ chicken and turkey</li><li>■ fish and seafood</li><li>■ eggs</li></ul> | <ul style="list-style-type: none"><li>■ cottage cheese</li><li>■ cheese</li><li>■ tofu</li></ul> |
|--|--|

### Fats

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>■ tub margarine (trans fat-free with liquid oil as first ingredient)</li></ul> | <ul style="list-style-type: none"><li>■ oils</li><li>■ nuts</li></ul> |
|--|---|

### Nonstarchy Vegetables

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>■ asparagus</li><li>■ broccoli</li><li>■ cauliflower</li></ul> | <ul style="list-style-type: none"><li>■ cucumber</li><li>■ greens and lettuce</li><li>■ peppers</li></ul> |
|--|---|

For complete lists, see chapter 3 in “Basic Skills For Living With Diabetes.”

# Nutrition Facts

8 servings per container

① **Serving size** 2/3 cup (55g)

Amount per serving

② **Calories** 230

% Daily Value\*

③ **Total Fat** 8g 10%

④ Saturated Fat 1g 5%

⑤ *Trans* Fat 0g

⑥ **Cholesterol** 0mg 0%

⑦ **Sodium** 160mg 7%

⑧ **Total Carbohydrate** 37g 13%

⑨ Dietary Fiber 4g 14%

⑩ Total Sugars 12g

⑪ Includes 10g Added Sugars 20%

⑫ **Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of label: U.S. Food and Drug Administration

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## How to Read Food Labels

Use the nutrition label to understand the following.

- 1 **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- 2 **Calories:** Calories are a measure of energy released by a food or beverage.
- 3 **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Fat is a major source of energy for the body. It also helps the body absorb important vitamins.
- 4 **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- 5 **Trans fat:** Trans fats may increase LDL (“bad”) cholesterol and decrease HDL (“good”) cholesterol, which increases your risk for heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” oils.
- 6 **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol. Your body produces enough cholesterol for important functions such as digesting fats, making hormones and building cell walls.

- 7 **Sodium:** Your body needs sodium to help its organs function well and fluids to be in balance. Sodium (salt) is typically used to add flavor and increase the amount of time foods stay fresh. A healthy amount of sodium to consume each day is 2,300 milligrams (mg) or less.
- 8 **Total carbohydrate:** Carbohydrates give your body energy. However, too many can raise your blood glucose.
- 9 **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and functioning well.
- 10 **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.
- 11 **Added sugars:** Added sugars are sugars added during the making (processing) of foods. Examples include sugar, honey, pure cane sugar, cane sugar, corn syrup, molasses, brown sugar, agave syrup, maple syrup — and more! Studies have shown consuming more than 10 percent of your total daily calories from added sugar makes it less likely that you will meet your nutrient needs (while staying within your calorie goal). Remember to read the ingredients list to look for sources of sugar!

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- ⑫ **Protein:** Protein is important for healing, building muscle, strengthening your immune system, helping your body recover from stress and more!
  - ⑬ **Percent (%) daily value:** Your body needs more of some nutrients (calcium, dietary fiber, potassium) and less of others (total fat, saturated fat, sodium, added sugars) to function at its best. The % daily value will help you know how much of that nutrient your body needs. In general for each nutrient:
    - 5% daily value or less is considered low
    - 20% daily value or more is considered high.



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