

Type 2 Diabetes Meal Planner

Eating healthy foods and adding variety to your menus is easier than you think. Your Doctor or healthcare provider can help you develop a meal plan that helps control your blood sugar. The following can help you make that plan more interesting by providing substitution options, so you don't have to eat the same foods all the time.

It also helps if you eat a balanced diet, eat meals at the same time every day, and avoid skipping meals, and eat food portions that are indicated by your individual meal plan. The American Diabetes Association recommends good eating habits along with being physically active as an important part of any good type 2 diabetes self-management plans.

Good meal planning can help you better control your blood sugar

Here's how you can easily choose foods that fit your type 2 diabetes meal plan.

Find your total calorie level on the chart to the right

- **Using the chart, plan your menus for the day with serving amounts from each food group**
- **Look at the sample meal plan below to see how you can do this.**
- **Give your meals variety by choosing other items from the same food groups**

Calorie Meal Plans (Daily)	1,200	1,500	1,800	2,000	2,500
Starch	5	7	8	9	11
Fruit	3	3	4	4	6
Milk	2	2	3	3	3
Vegetables	2	2	3	4	5
Meat-Meat Substitutes	4	4	6	6	8
Fat	3	4	4	5	6

Sample Meal Plans

1200 Calories	1,200 Sample Menu	1,500 Cals	1,800 Cals	2,000 Cals	2,500 Cals
Breakfast 1 Starch 1 Fruit 1 Milk	English muffin 1/2 Banana (medium) 1/2 Hot cocoa mix (artificially sweetened) 1 envelope	1 Starch	1 Starch	1 Starch 1 Fat	2 Starch 1 Fat 1 Fruit
Lunch 2 Starch 1 Fat 1 Fruit	Tortilla (6" across) 1 oz Chicken 1 oz Cheese 1 oz Beans Apple (raw - 2" across) Salad dressing (reduced- calorie) 2Tbsp	1 Starch	1 Starch 1 Meat 1 Milk	1 Starch 1 Milk 1 Fat 1 Vegetable	1 Starch 1 Meat 1 Vegetable 1 Fat 1 Milk
Afternoon Snack Nothing				1 Starch	1 Starch 1 Meat 1 Fruit
Dinner 2 Starch 2 Meat 1 Vegetable 1 Fruit 2 Fat	Rice 1/3 cup Corn chips 1 oz Chicken 2 oz Onions Butter 1 tsp Oil 1 tsp Canned fruit in juice 1/2 cup	1 Fat	1 Starch 1 Meat 1 Vegetable 1 Fat	1 Starch 2 Meat 1 Vegetable	2 Starch 2 Meat 2 Vegetable 1 Fat
Evening Snack 1 Starch 1 Milk	Low-fat or nonfat milk 8 oz Popcorn 3 cups		1 Fruit	1 Fruit	1 Fruit

Choose foods that you like that still add up to the right calorie count

Starch	Fruit	Milk	Vegetables
<p>1 serving = 80 calories (each item listed is 1serving)</p> <p>Cereal/Beans/Grains/Pasta Cereal (cooked) . cup Beans (cooked or canned) 1/3 cup Rice (cooked) 1/3} cup Pasta (cooked) 1/2cup</p> <p>Starchy Vegetables Corn (cooked) 1/2 cup Corn on the cob (6inch piece) 1 Peas (cooked) 1/2 cup Plantain (green, cooked) 1/3 cup Potato (small - 3 oz) 1 cup Squash (winter, cooked)1 cup Yam or sweet potato 1/2 cup</p> <p>Breads Bagel or English muffin 1/2 or 1oz Bread (slice or roll) 1 oz Crackers, snack 4-5 Graham crackers 3 squares Hamburger or hot dog bun 1/2 oz or 1 oz Popcorn (plain, unbuttered) 3 cups Tortilla (6" across) 1</p>	<p>1 serving = 60 calories (each item listed is 1 serving)</p> <p>Apple (raw - 2" across) 1 Banana (medium) 1/2 Cherries 12 Dried fruit 1/4 cup Canned fruit in juice or water 1/2 cup Grapes 12-15 Raisins 2Tbsp Apple, orange, or grapefruit juice 1/2 cup Cranberry, grape, or prune juice 1/3 cup</p>	<p>1 serving = 90-100 calories (each item listed is 1 serving)</p> <p>Low-fat or nonfat milk 8 oz Low-fat or nonfat buttermilk 8 oz Yogurt (nonfat, plain, or artificially sweetened) 8 oz Hot cocoa mix (artificially sweetened) 1 envelope</p>	<p>1 serving = 25 calories (A serving is 'A cup of cooked vegetables or 1 cup of raw vegetables)</p> <p>Beets Broccoli Cabbage Carrots Greens Mushrooms Okra Onions Pea pods Peppers Spinach Tomatoes Water chestnuts</p>

Meat/Meat Substitutes	Fats	Free Foods	Limit 2-3 Servings a Day
<p>Lean Meats T serving = 35-55 calories (each item listed is 1 serving) Cheese (1-3 grams of fat) 1 oz Chicken (white, no skin) 1 oz Cottage cheese 1/4 cup Fish (cod, flounder tuna) 1 oz Lean beef (flank, round, sirloin) 1 oz Shellfish (clams, crab, lobster shrimp) 1 oz Turkey (white/no skin) 1 oz</p> <p>Medium/High-fat Meats 1 serving contains 75-100 calories (each item listed is 1 serving) Beef 1 oz Chitterlings 1 oz Chicken (dark meat, no skin) 1 oz Eggs 1 Pork (spare ribs, barbecue, chops, cutlets) 1 oz Sausage 1 oz Wieners 1 oz</p>	<p>1 serving = 5 grams fat, 45 calories (each item listed is 1 serving)</p> <p>Avocado (4" across) Bacon 1 slice Butter 1 tsp Cream (light, table, coffee, SOUP) 2 1/2 Tbsp Cream cheese 1 Tbsp Margarine 1 tsp Mayonnaise 1 Tbsp Mayonnaise (reduced-fat) 1 Tbsp Nondairy creamer (liquid) 2 Tbsp Nondairy creamer (dry) 4 tsp Oil 1 Tbsp Nuts or seeds 1 Tbsp Pesto sauce 2 tsp Salad dressing (reduced-calorie) 2 Tbsp</p>	<p>Free foods are foods or beverages with less than 20 calories. They have little or no effect on blood sugar levels</p> <p>Unlimited Servings Beverages Bouillon Broth Club soda Coffee Drink mixes (sugar-free) Mineral water Tea Seasonings Flavoring extracts Garlic or garlic powder Herbs (fresh or dried) Mustard (prepared) Soy sauce Vinegar Sweet Substitutes Gelatin desserts (sugar-free) Gum (sugar-free) Popsicles (sugar-free) Sugar substitutes</p>	<p>Fruits Cranberries (no sugar added) 1/2 cup Rhubarb (no sugar added) 1/2 cup</p> <p>Sweet Substitutes Jam or jelly (sugar-free) 2 tsp Whipped topping 2 Tbsp Spreadable fruit (no sugar added) 1 Tbsp Condiments Catsup 1 Tbsp Salad dressing (reduced-calorie) 2 Tbsp Taco sauce 2 Tbsp</p>