Understanding carbohydrates

- How carbohydrates affect blood sugar
- More guidelines for healthy eating
- Sample meals for carbohydrate counting
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Carbohydrates come from starches and sugars. Understanding how carbohydrates affect your blood sugar can help you make important decisions about what kinds of foods you choose and when to eat them.

If you take fast-acting insulin to manage your diabetes, learning about carbohydrates is important in helping you match what you eat with the amount of insulin you take.

How carbohydrates affect blood sugar

Our bodies convert all food into energy. Our main source of energy is glucose, a type of sugar. We get glucose from the carbohydrate, protein, and fat in the food we eat.

Many foods contain a combination of carbohydrate, protein, and fat. The amount that’s in the food affects how fast our bodies change that food into sugar.
This is how different foods affect our blood sugar.

**Carbohydrate**
Our bodies change 100% of the carbs we eat into sugar. This affects our blood sugar levels quickly, within an hour or 2 after eating.

The main sources of carbs in our diet are foods such as bread, rice, pasta, potatoes, vegetables, fruit, sugar, yogurt, and milk.

Eating carbs can make your blood sugar go up higher than other foods. The more you eat, the faster your blood sugar will rise. Eating fat and protein can affect how fast your body turns carbs into sugar.

**Protein**
Our bodies change some of the protein we eat into sugar. Most of this sugar is stored in our liver. Eating protein usually has very little affect on blood sugar.

Protein sources in our diet include fish, meat, cheese, and peanut butter.

**Fat**
We turn less than 10% of the fat we eat into sugar. Fat slows down digestion, causing a delayed rise in blood sugar levels.

Fat in our diet comes from sources such as butter, salad dressing, avocado, olive oil.

When you know the amount of carb, protein, and fat you’re eating at a meal, you can learn to choose foods that help to keep your blood sugar levels even.

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**How many carbohydrates can I have a day?**

There isn’t just one answer for this question. The American Diabetes Association recommends that about half (50 – 60%) of a person’s daily calorie intake should come from carbs.

How many calories you eat or need depends on several things, including your age, overall health, and activity level. Your health care team will work with you to figure out the amount of calories you need each day, and how many of those calories will come from carbs.
Once you know how many carbs to eat each day, you might find that it helps to eat the same amount of carb at the same meal throughout the week. For example, each day you might eat 30 grams of carb for breakfast, 60 grams for lunch, and 90 grams for your evening meals. This gives you consistency in how many carbs you eat every day, making it easier to control calories and match carbs with how much insulin you take.

**Are some kinds of carbohydrate better for me than others?**

Yes. The types of carbohydrate you eat are as important as the amount you eat. Refined or simple carbs — found in candy, sodas, cookies, doughnuts, syrups, and jams — are broken down and digested quickly by the body. When you have diabetes, your body doesn’t have enough insulin to move this sudden rush of sugar into the cells where it can be used, so sugar levels in the blood go up.

Eating fiber-rich foods — such as whole-grain breads and cereals, beans, and green and yellow vegetables — slows this process down. Because it takes longer to digest foods high in fiber, blood sugar levels go up more slowly and peak at lower levels. This gives diabetes medicine time to work.

**How to count carb choices**

<table>
<thead>
<tr>
<th>Grams of carb</th>
<th>Number of carb choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 5 grams</td>
<td>Don’t count</td>
</tr>
<tr>
<td>6 to 10 grams</td>
<td>½ carb choice</td>
</tr>
<tr>
<td>11 to 20 grams</td>
<td>1 carb choice</td>
</tr>
<tr>
<td>21 to 25 grams</td>
<td>1½ carb choice</td>
</tr>
<tr>
<td>26 to 35 grams</td>
<td>2 carb choices</td>
</tr>
</tbody>
</table>

Each of the following = 1 carb choice (about 15 grams)

**Bread 1 ounce each**
- 1 slice
- Small dinner roll
- 6 soda crackers
- ½ of a small, 2-ounce, bagel
- ½ English muffin

**Starchy vegetables**
- ½ cup corn, potato, green peas, yam, or sweet potato
- 1 cup winter squash (butternut or acorn)
- 1 cup veggies mixed with corn, peas, and beans

**Milk and yogurt**
- 1 cup nonfat or low-fat milk
- 6 ounces no sugar added nonfat or low-fat yogurt

**Cereal and grain**
- ½ cup cooked cereal
- ¾ cup low sugar cold cereal flakes
- ½ cup cooked pasta
- ½ cup cooked rice
- ½ cup cooked dried beans, peas, or lentils

**Fruit**
- Small apple, pear, or orange
- ½ banana
- ½ cup canned fruit (no sugar added)
- 1 cup berries or melon
- ½ cup fruit juice
- 2 Tbsp raisins

**Dessert**
- 2 small cookies
- ½ cup low-fat ice cream
- ¼ cup sorbet or sherbet
- 2” square un-iced cake or brownie
Vegetables
These vegetables are low in carbs. Eat at least 3 servings every day.

3 cups raw or 1½ cups cooked = 1 carbohydrate choice.

- Asparagus
- Green beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions
- Greens (such as collard, kale, mustard, and turnip)
- Jicama
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Snap peas
- Sprouts
- Tomatoes
- Turnips
- Vegetable juice
- Zucchini

Carb choices for snacking
Each of the following is one carb choice.

- 3 cups fat-free popcorn
- 4 to 5 whole grain crackers
- 3 graham cracker squares
- 1 slice whole grain bread
- 1 small flour or corn tortilla
- ½ of a small, 2-ounce, bagel
- 1 piece small fresh fruit (4 ounces)
- 6 ounces light yogurt
- 1 ounce (½ to 1 cup) low sugar cereal
- 17 grapes
- ¼ cup blueberries
- 1 cup melon, cut into cubes
- ½ cup canned fruit packed in juice (not syrup)
- 8 ounces nonfat or low-fat milk
- ¾ ounce pretzels
- 6 saltine crackers

Free and low-calorie foods
Low-calorie foods
The following foods have fewer than 20 calories and less than 5 grams of carbohydrate per serving. You can have up to 3 servings of these per day. More than 3 servings will count toward your carbohydrate servings per day.

- Candy, hard – 1 piece
- Cranberries, sweetened with artificial sweetener – ½ cup cooked
- Jam or jelly – low sugar – 2 tsp
- Rhubarb, sweetened with artificial sweetener – ½ cup cooked
- Salsa – ¼ cup
- Sweet and sour sauce 2 tsp
- Syrup, sugar-free – 2 Tbsp

Free foods
The following foods have 0 calories, or close to 0 calories. You can have these anytime and in any amount.

- Artificial sweeteners
- Broth – clear, low-sodium
- Club soda
- Coffee – unsweetened or artificially sweetened
- Greens – including collard, mustard, and turnip
- Gum, sugar-free
- Horseradish
- Jell-o or other gelatin – unsweetened or artificially sweetened
- Lemon juice
- Mustard
- Salad greens – including endive, spinach, romaine, arugula, Boston or butter lettuce
- Seasonings – including garlic, dried and fresh herbs, spices, Worcestershire sauce
- Soft drinks – sugar-free
- Tea – unsweetened or artificially sweetened
- Vinegar
- Water, plain, carbonated, or mineral
More guidelines for healthy eating

Sugar
Read food labels. Sugar has many different names. The most common include dextrose, fructose, lactose, high fructose corn syrup, maltose, and sucrose. Foods high in simple sugar (such as table sugar) don’t offer much in the way of nutrients. They’re also high in calories and should only be a small part of your diet. These foods include white bread, cake, and cookies.

Sugar-free food and artificial sweeteners
Only foods with calories affect blood sugar. Most artificial sweeteners have no calories, but use them in moderation. They can increase your craving for sweets. Sugar alcohols (maltitol, sorbitol, and xylitol) added to gum and sugar-free candy affect blood sugar a little, but not as much as regular sugar. Too much sugar alcohol can cause bloating, gas, and diarrhea.

Keep salt and sodium to a minimum
Extra salt and sodium can increase your risk for high blood pressure. High blood pressure is more common in people with diabetes and can lead to stroke, heart disease, and kidney failure. Processed food, such as lunch meat, is usually high in sodium. Limit the amount of processed food you eat and use the salt shaker sparingly.

Watch protein and fat
It’s important to keep track of the protein and fat you eat. Like carbohydrates, protein and fat give your body important nutrients. But, eating too much can cause you to gain weight, and lead to health problems, such as high cholesterol and heart disease.

Meat / protein group
Aim for 4 to 6 ounces each day. Each of the following is equal to one ounce of protein:
- 1 oz meat, fish or poultry (chicken, turkey)
- 1 oz cheese
- ¼ cup cottage cheese
- 1 egg
- 1 tablespoons peanut butter
- 4 oz. tofu
- ½ cup beans (count as 1 oz. protein and 1 carbohydrate choice)

Fat
Choose fats that are mono or poly-unsaturated, such as vegetable and olive oils, avocados, and nuts. Limit saturated fats such as butter, shortening, and cream. Also watch out for trans-fats, which are used in many packaged foods.

Meat and other protein
Choose low fat or lean proteins. Most people need 6 ounces of protein or less per day. The following are some good choices for lean protein:
- Fish and Shellfish
- Chicken and other poultry without skin
- Beef, pork, lamb, or veal trimmed of fat
- Egg whites and egg substitutes
- Cheese and cottage cheese with 3 grams or less of fat per ounce
- Tofu and tempeh
- Cooked soy beans (edamame)

Cheese group
Limit fat to 3 to 5 servings each day. Each of the following is equal to one serving of fat:
- 1 teaspoon butter, margarine, oil, or mayonnaise
- 1 tablespoon salad dressing
- 2 tablespoons reduced calorie salad dressing
- 1 tablespoon cream cheese
- 2 tablespoons sour cream
- 6 almonds or cashews
- 4 walnut or pecan halves
- 10 peanuts
- ½ tablespoon peanut butter
- 1 tablespoon sunflower seeds
- 2 tablespoons (one ounce) avocado
Alcohol

People with diabetes can enjoy alcoholic beverages, but need to know how alcohol affects triglyceride and blood sugar levels. Alcohol can raise triglycerides increasing risk for heart disease, stroke, and pancreatitis. Alcoholic beverages can also have a serious effect on blood sugar levels.

Blood sugar levels can go too high if an alcoholic beverage has sugar or other carbohydrates. Examples include beer and sweet cocktails made with fruit juice or sweet syrups. On the other hand, alcoholic beverages with no carbohydrate, such as dry wine, whiskey, and vodka, can cause blood sugar levels to go down quickly in people taking diabetes medicine.

Normally, when blood sugar is getting too low, the liver releases sugar to keep blood sugar in a normal range. Both alcohol and diabetes medicine keep this from happening. That’s why, when people take diabetes medicine AND drink alcohol on an empty stomach, the blood sugar can go dangerously low. When blood sugar drops too low, a person can pass out or have a seizure. To keep this from happening, eat a carbohydrate food if you drink an alcoholic beverage that has no added sugars or carbohydrates.

Talk with your health care team about drinking alcohol and how to include it in your meal plan.

Here are some tips to help you drink alcohol safely:
- If you want to drink alcohol, limit yourself to 1 drink a day for women or 2 drinks a day for men.
- Mix club soda with wine or other alcohol.
- Sip slowly to make the drink last.
- Only drink alcohol when your diabetes is under good control.
- Don’t drink alcohol on an empty stomach. If you’re not drinking with a meal, snack on crackers or other carbohydrate snack.
- Include the carbohydrate and calories in your daily food count.
- NEVER drink alcohol before getting into a car to drive.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Serving size</th>
<th>Carbohydrate count</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beer</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular beer</td>
<td>12 ounces</td>
<td>13 grams</td>
<td>150</td>
</tr>
<tr>
<td>Light beer</td>
<td>12 ounces</td>
<td>6 grams</td>
<td>100</td>
</tr>
<tr>
<td>Near beer (no alcohol)</td>
<td>12 ounces</td>
<td>13 grams</td>
<td>65</td>
</tr>
<tr>
<td><strong>Distilled</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80 proof gin, rum,</td>
<td>1.5 ounces</td>
<td>0 grams</td>
<td>100</td>
</tr>
<tr>
<td>vodka, whiskey, and</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>scotch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry brandy, cognac</td>
<td>1 ounce</td>
<td>0 grams</td>
<td>75</td>
</tr>
<tr>
<td><strong>Table wine</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry white</td>
<td>5 ounces</td>
<td>4 grams</td>
<td>120</td>
</tr>
<tr>
<td>Red or rose</td>
<td>5 ounces</td>
<td>6 grams</td>
<td>127</td>
</tr>
<tr>
<td>Rose</td>
<td>5 ounces</td>
<td>3 grams</td>
<td>100</td>
</tr>
<tr>
<td><strong>Sparkling wine</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Champagne</td>
<td>4 ounces</td>
<td>1 gram</td>
<td>78</td>
</tr>
<tr>
<td>Sweet Kosher wine</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>132</td>
</tr>
<tr>
<td><strong>Dessert/ appetizer wine</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry Sherry</td>
<td>4 ounces</td>
<td>0 grams</td>
<td>128</td>
</tr>
<tr>
<td>Sweet sherry and port</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>185</td>
</tr>
<tr>
<td>Muscatel</td>
<td>4 ounces</td>
<td>6 grams</td>
<td>98</td>
</tr>
<tr>
<td>Liqueurs</td>
<td>1 ounce</td>
<td>24 grams</td>
<td>150</td>
</tr>
<tr>
<td><strong>Cocktails</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bloody Mary</td>
<td>10 ounces</td>
<td>7 grams</td>
<td>125</td>
</tr>
<tr>
<td>Cosmo</td>
<td>4 ounces</td>
<td>13 grams</td>
<td>212</td>
</tr>
<tr>
<td>Daiquiri</td>
<td>2 ounces</td>
<td>0 grams</td>
<td>111</td>
</tr>
<tr>
<td>Manhattan</td>
<td>2 ounces</td>
<td>0 grams</td>
<td>178</td>
</tr>
<tr>
<td>Margarita</td>
<td>4 ounces</td>
<td>20 grams</td>
<td>185</td>
</tr>
<tr>
<td>Martini</td>
<td>2 ounces</td>
<td>1 gram</td>
<td>123</td>
</tr>
<tr>
<td>Mojito</td>
<td>5 ounces</td>
<td>8 grams</td>
<td>215</td>
</tr>
<tr>
<td>Old-fashioned</td>
<td>4 ounces</td>
<td>0 grams</td>
<td>180</td>
</tr>
<tr>
<td>Tom Collins</td>
<td>4 ounces</td>
<td>0 grams</td>
<td>144</td>
</tr>
<tr>
<td>Wine Cooler</td>
<td>12 ounces</td>
<td>30 grams</td>
<td>215</td>
</tr>
<tr>
<td><strong>Mixers</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mineral water</td>
<td>Unlimited</td>
<td>0 grams</td>
<td>0</td>
</tr>
<tr>
<td>Sugar-free tonic</td>
<td>Unlimited</td>
<td>0 grams</td>
<td>0</td>
</tr>
<tr>
<td>Club soda</td>
<td>Unlimited</td>
<td>0 grams</td>
<td>0</td>
</tr>
<tr>
<td>Diet soda</td>
<td>Unlimited</td>
<td>0 grams</td>
<td>0</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>4 ounces</td>
<td>7 grams</td>
<td>25</td>
</tr>
<tr>
<td>Bloody Mary mix</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>60</td>
</tr>
<tr>
<td>Orange juice</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>60</td>
</tr>
<tr>
<td>Grapefruit juice *</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>60</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>4 ounces</td>
<td>15 grams</td>
<td>60</td>
</tr>
</tbody>
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* Don’t drink grapefruit juice if you’re taking a statin drug.
Sample meals for carbohydrate counting

**Sample breakfasts**

**Meals with 2 carb choices (about 30 grams of carbohydrate)**

<table>
<thead>
<tr>
<th>Breakfast Choices</th>
<th>Breakfast Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup cooked oatmeal</td>
<td>½ English muffin</td>
</tr>
<tr>
<td>½ cup nonfat or low-fat milk</td>
<td>½ banana</td>
</tr>
<tr>
<td>1 Tbsp raisins</td>
<td>1 Tbsp peanut butter</td>
</tr>
<tr>
<td>1 Tbsp chopped pecans</td>
<td></td>
</tr>
<tr>
<td>6 ounces light yogurt</td>
<td>1 slice toasted whole grain bread</td>
</tr>
<tr>
<td>½ cup high-fiber cereal</td>
<td>½ cup fruit juice</td>
</tr>
<tr>
<td>1 Tbsp sliced almonds</td>
<td>¼ cup nonfat or low-fat cottage cheese</td>
</tr>
</tbody>
</table>

**Meals with 3 carb choices (about 45 grams of carbohydrate)**

<table>
<thead>
<tr>
<th>Breakfast Choices</th>
<th>Breakfast Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cooked oatmeal</td>
<td>1 English muffin</td>
</tr>
<tr>
<td>½ cup nonfat or low-fat milk</td>
<td>½ banana</td>
</tr>
<tr>
<td>1 Tbsp raisins</td>
<td>1 Tbsp peanut butter</td>
</tr>
<tr>
<td>1 Tbsp chopped walnuts</td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat or low-fat milk mixed with one packet of sugar-free instant breakfast drink</td>
<td>2 slices toasted whole grain bread</td>
</tr>
<tr>
<td>1 small orange</td>
<td>1 Tbsp light margarine</td>
</tr>
<tr>
<td>1 small flour or corn tortilla</td>
<td>1 English muffin</td>
</tr>
<tr>
<td>½ small (2-ounce) bagel</td>
<td>20 baked tortilla chips</td>
</tr>
<tr>
<td>1 Tbsp peanut butter</td>
<td>1 small (2 ounce) bagel</td>
</tr>
<tr>
<td>1 poached egg</td>
<td>1 banana</td>
</tr>
<tr>
<td>2 slices toasted whole grain bread</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp light margarine</td>
<td>6 ounces light yogurt</td>
</tr>
<tr>
<td>1 small flour or corn tortilla</td>
<td>17 grapes</td>
</tr>
<tr>
<td>½ small (2-ounce) bagel</td>
<td>¾ ounce pretzels</td>
</tr>
<tr>
<td>1 piece small fresh fruit (4 ounces)</td>
<td>6 saltine crackers</td>
</tr>
<tr>
<td>6 ounces light yogurt</td>
<td>6 ounces light yogurt with ¼ cup low-fat granola</td>
</tr>
<tr>
<td>17 grapes</td>
<td>1 cup sugar-free pudding</td>
</tr>
<tr>
<td>¾ ounce pretzels</td>
<td>16 animal crackers</td>
</tr>
<tr>
<td>6 saltine crackers</td>
<td>12 saltines</td>
</tr>
</tbody>
</table>
Sample lunches or dinners

Meals with 3 carb choices (about 45 grams of carbohydrate)

Week 1

**Monday**
- 2 slices whole-grain bread
- 2 ounces sliced turkey or chicken breast
- Lettuce, sliced tomato
- 2 tsp low-calorie sandwich spread
- 1 small (4 ounce) apple

**Tuesday**
- ⅔ cup cooked brown rice
- 1 cup cooked broccoli
- 3 ounces baked skinless chicken breast
- 1 small whole-grain roll
- 1 Tbsp light margarine
- Sugar-free Jell-o

**Wednesday**
- 2 corn tortillas
- ½ cup refried beans
- 2 Tbsp guacamole
- ¼ cup tomato salsa
- Shredded lettuce
- 2 Tbsp light sour cream

**Thursday**
- ⅓ cup pasta
- ⅓ cup tomato-based pasta sauce
- 2 ounces lean ground turkey or beef
- Tossed salad
- 2 Tbsp low-fat salad dressing

**Friday**
- ⅔ cup cooked brown rice
- 1 cup stir-fry vegetables
- 3 ounces tofu
- 1 tsp. low sodium soy sauce
- ½ cup low-fat frozen dessert

**Saturday**
- 1 cup mashed potato
- ½ cooked corn
- ½ cup cooked green beans
- 3 ounces skinless turkey
- 2 Tbsp nonfat gravy

**Sunday**
- 1 cup mashed sweet potato
- 1 cup cooked broccoli
- 3 ounces broiled fish
- 1 Tbsp light margarine
- ½ cup unsweetened applesauce

Week 2

**Monday**
- 1 whole-grain pita
- 2 ounces canned tuna packed in water
- 2 Tbsp light mayo
- Cherry tomatoes
- Carrot and celery sticks
- 1 small (4 ounce) apple

**Tuesday**
- 1 piece corn bread (about 1½ ounces)
- 1 cup chili beans made with lean ground beef
- 2 Tbsp light sour cream
- Tossed green salad
- 2 Tbsp light salad dressing

**Wednesday**
- ½ cup cooked lentils
- ⅓ cup cooked brown rice
- Tossed green salad
- 2 Tbsp light salad dressing
- 1 cup sliced mixed berries

**Thursday**
- ⅓ cup hummus
- ¼ cup chopped olives
- 1 whole-grain pita
- Sliced tomato and cucumber
- Shredded lettuce

**Friday**
- 1 small (2-ounce) bagel
- 1½ Tbsp low-fat cream cheese
- 1 ounce bag pretzels
- 1 small can low-sodium vegetable juice

**Saturday**
- ⅔ cup cooked brown rice
- 3 ounces broiled fish
- Sliced beets
- Spinach salad
- 2 Tbsp light salad dressing
- 1 small whole-grain roll
- 1 Tbsp light margarine

**Sunday**
- 1 cup mashed potato
- ½ cup cooked carrots
- 3 ounce slice meat loaf
- Tossed green salad
- 2 Tbsp light salad dressing
- 1 small Dinner roll
- 1 Tbsp light margarine
**Meals with 4 carb choices (about 60 grams of carbohydrate)**

### Week 1

**Monday**
- 2 slices whole-grain bread
- 2 ounces sliced turkey or chicken breast
- Lettuce, sliced tomato
- 2 tsp low-calorie sandwich spread
- 1 small (4 ounce) apple
- 1 cup nonfat or low-fat milk

**Tuesday**
- 1 cup mashed potato
- 3 ounces baked skinless chicken breast
- Small whole-grain roll
- Tossed salad
- 2 Tbsp low-fat salad dressing
- 1 Tbsp light margarine
- ½ cup unsweetened applesauce

**Wednesday**
- 2 corn tortillas
- ½ cup refried beans
- 2 Tbsp guacamole
- ¼ cup tomato salsa
- Shredded lettuce or cabbage
- 3 Tbsp light sour cream
- 17 grapes

**Thursday**
- ⅔ cup pasta
- ½ cup tomato sauce
- 2 ounces lean ground turkey or beef
- Tossed green salad
- 2 Tbsp low-fat salad dressing
- 1 small dinner roll
- 1 Tbsp light margarine

**Friday**
- ½ cup cooked brown rice
- 1 cup stir-fry vegetables
- 3 ounces tofu
- 1 tsp low-sodium soy sauce
- ¼ cup blueberries
- ½ cup frozen yogurt

**Saturday**
- 1 cup mashed potato
- ½ cup cooked green beans
- 3 ounces skinless turkey
- 2 Tbsp nonfat gravy
- 1 small dinner roll
- 1 Tbsp light margarine
- 1 chocolate brownie (about 1 ounce, unfrosted)

**Sunday**
- 1 cup mashed sweet potato
- ½ cup cooked green peas
- 3 ounces lean pork chop
- 1 Tbsp light margarine
- ½ cup unsweetened applesauce

### Week 2

**Monday**
- 1 cob of corn
- ½ cup potato salad
- Cole slaw made with low-fat dressing
- 3 ounces broiled skinless chicken breast
- 1 slice watermelon

**Tuesday**
- 2 cups chicken noodle soup with vegetables
- 6 saltine crackers
- 1 small apple

**Wednesday**
- 1 cup sweet potato
- ½ cup cooked green beans
- 3 ounces baked lean ham
- 1 piece corn bread (about 1½ ounces)
- ½ cup canned peaches (packed in water)

**Thursday**
- 1 beef and bean burrito (made with lean ground beef)
- 1 ounce shredded low-fat cheddar cheese
- Shredded lettuce or cabbage
- 1/4 cup tomato salsa
- 1 frozen fruit juice bar

**Friday**
- 1 cup beef and vegetable soup
- 1 small bagel (2 ounces)
- ½ Tbsp low-fat cream cheese
- 17 grapes

**Saturday**
- 1 cup winter squash (acorn or butternut)
- ½ cup cooked couscous
- 1 cup cooked broccoli
- 3 ounces broiled or poached fish
- 3 gingersnap cookies

**Sunday**
- 1 cup mashed potato
- 3 ounces skinless turkey
- Tossed green salad
- 2 Tbsp low-fat salad dressing
- 1 small dinner roll
- 1 Tbsp light margarine
- 1 small piece pumpkin pie (about ⅛ of 8” pie)
## My meal plan

### Daily goals

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
</tr>
</thead>
</table>

### Meals and Snacks

<table>
<thead>
<tr>
<th>Time</th>
<th>Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Carbohydrate choices</td>
</tr>
<tr>
<td></td>
<td>Starch/bread</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Protein</td>
</tr>
<tr>
<td></td>
<td>Fat</td>
</tr>
</tbody>
</table>

**Breakfast**

**Time_____**

**Mid-morning snack**

**Time_____**

**Lunch**

**Time_____**

**Afternoon snack**

**Time_____**

**Dinner**

**Time_____**

**Bedtime snack**

**Time_____**

### Serving sizes

Even foods that are low in fat or sugar can have calories. Plan your meals for single serving sizes. That way you won’t be as likely to eat too much. Watching serving sizes can also help you maintain a healthy weight. This is especially important for managing diabetes, since being overweight makes it harder to keep diabetes in good control.

Use these pictures as an easy way to help you measure your foods.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Hand Portion</th>
<th>Object</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>fist</td>
<td>baseball</td>
<td>• starches/grains</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• vegetable</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• fruit</td>
</tr>
<tr>
<td>3 ounces</td>
<td>palm</td>
<td>deck of cards</td>
<td>• meat</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• fish</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• poultry</td>
</tr>
<tr>
<td>2 ounces</td>
<td>small handful</td>
<td>4 dice</td>
<td>• cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• nuts</td>
</tr>
<tr>
<td>1 ounce</td>
<td>thumb</td>
<td>2 dice</td>
<td>• peanut butter</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>thumb tip</td>
<td>1 die</td>
<td>• cooking oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• mayonnaise</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• margarine</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• sugar</td>
</tr>
</tbody>
</table>
Understand the label

Below is a sample food label showing some important points to consider as you begin to look at carbohydrate content of foods.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>12 oz. (340g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 5g</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
</tr>
<tr>
<td>Sodium 470mg</td>
</tr>
<tr>
<td>Total Carbohydrate 61g</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
</tr>
<tr>
<td>Sugars 2-3g</td>
</tr>
<tr>
<td>Protein 14g</td>
</tr>
</tbody>
</table>

| Vitamin A | 10% |
| Vitamin C | 35% |
| Calcium | 15% |
| Iron | 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Serving size**

The serving size is set by the maker of this product. You may need to adjust the size of your serving according to your meal plan.

**Servings per container**

The number of servings in this container is based on what the maker says is a serving size. Always adjust the serving size to meet your individual meal plan. For example, this package might be equal to 2 servings, according to your individual meal plan.

**Total carbohydrate**

Total carbohydrate is the number of carbohydrate grams in one serving of this product. (Remember, one serving of starch, fruit, or milk has about 15 grams of carbohydrate.) You may need to adjust the size of your serving as you plan the number of carbohydrate choices in your meal. For example, if you plan to eat 2 carb choices (30 grams of carb) at this meal, you will eat only ½ of the amount in this package.

**Sugars**

Grams of sugar is “nice to know” information. Sugars are carbohydrates and are included above in the total carbohydrate information.

**Resources**

- **Registered dietitians**
  Ask your personal physician for a referral to a registered dietitian to help you develop a meal plan that works best for you.

- **The Kaiser Permanente Resource Line** has information on a variety of health topics and community resources. Call weekdays from 9 a.m. to 4 p.m. toll-free 1-800-992-2279 or by e-mail at kpwa.resource.L@kp.org.

- **The Health and Wellness Resources section on the Kaiser Permanente website** at kp.org/wa has information on diabetes, meal planning, healthy eating, exercise, and hundreds of other health topics.

- **USDA’s MyPlate website** at www.choosemyplate.gov has interactive tools, including meal planners, food and physical activity trackers, and a look-up tool to find the calories and food exchanges for thousands of foods.

- **American Diabetes Association** on the web at diabetes.org has books, including cookbooks, articles, and tips that can help you eat healthfully and manage your diabetes.