



Daily Meal Planning Guide

When you find out you have diabetes there are so many things to learn! One of the first things you may want to know is – what can I eat? Choosing healthy foods can help you control your blood glucose. A daily meal plan is an important part of your diabetes management, along with physical activity, blood glucose checks, and often diabetes medications.

There is no one meal plan that works for everybody with diabetes. This guide will provide you with three ways that may help you plan your meals.

- *Balance Your Plate:* Many people with diabetes like to keep meal planning simple. This food plan can help you to easily portion out your food.
- *Food List for Meal Planning and Personal Meal Plan:* If you want to count servings of food and follow a plan that is good for your diabetes too, check out the *Food List for Meal Planning* and the *Personal Meal Plan*. This plan will help you know how much of carbohydrate, protein, and fat you can eat each day.
- *Carbohydrate Counting:* There are many carbohydrate foods to enjoy, including grains, fruits, vegetables, milk products and those with sugar. Carbohydrate foods raise your blood glucose level more than proteins and fats. This meal planning approach helps you to keep track of how much carbohydrate you eat at your meals and snacks. Many people who take insulin like to use this plan.

Some key things to remember no matter which meal plan you choose to follow:

- Keep your food intake consistent from day to day
- Make half your grains whole grains
- Choose whole fruits and vegetables often
- Go with lean protein
- Get your calcium-rich foods
- Know your limits on fats, salt, and sugars
- Choose water instead of sugary beverages, juice “drinks”, and sports drinks

Checking your blood glucose will help you to see how your food choices affect your blood glucose control.

A Registered Dietitian (RD) can help you make a meal plan that best meets your needs and lifestyle. Ask your healthcare provider, diabetes educator, hospital, or local diabetes association for the names of RDs in your area who work with people that have diabetes.

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Meal Planning Options

Balance Your Plate

One fruit serving is 1 small fresh fruit, 2 Tbs. dried fruit, or ½ cup canned fruit or unsweetened fruit juice.



Fill this ¼ of the plate with a starch, grain, or starchy vegetable, such as corn, peas or potatoes.



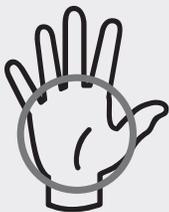
Use fat-free/low-fat milk and milk products.

Fill this ½ of the plate with non-starchy vegetables, such as broccoli, carrots, cauliflower, or green beans.

Fill this ¼ of the plate with lean meat, poultry or fish. If you choose a plant-based protein, such as dried beans, consider the carbohydrate content as part of your total carbohydrate amount for the meal.

Practical Nutrition: The Idaho Plate Method Practical Diabetol 1998;17:42-45.

Try your hand at these guidelines for estimating portion sizes*:



Your palm, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.



A fist is about 1 cup or about 30 grams of carb for foods such as 1 cup ice cream or 1 cup cooked cereal.



Your thumb is about 1 tablespoon or 1 serving of regular salad dressing, reduced-fat mayonnaise or reduced-fat margarine.



Your thumb tip is about 1 teaspoon or 1 serving of margarine, mayonnaise or other fats such as oils.

These portion estimates are based on a woman's hand size. Hand sizes vary. Measuring or weighing foods is the most accurate way to figure out a portion size.

**Adapted from: Warshaw, H.S., Kulkarni, K. Complete Guide to Carb Counting 2nd Edition. Alexandria, VA: American Diabetes Association, 2004; and Wondering How Much to Eat? Do the Hand Jive! Diabetes Spectrum 1999; 12:177-178.*

Food List for Meal Planning

Key

* Foods marked with * should be counted as 1 starch + 1 fat per serving

☺ Foods marked with ☺ contain more than 3 grams of dietary fiber per serving

! Foods marked with ! contain 480 mg or more of sodium per serving

oz= ounce

tsp= teaspoon

Tbsp= Tablespoon

Resources:

Choose Your Foods: Exchange Lists for Diabetes, American Diabetes Association and American Dietetic Association, 2007.

Beyond Rice and Beans by Lorena Drago (American Diabetes Association, 2006)

Starch

Each serving from this list contains **15 grams carbohydrate**, 0-3 grams protein, 0-1 gram fat and 80 calories.

These foods are the cornerstone of a healthy eating plan. Most of their calories come from carbohydrate, a good source of energy. Many foods from this group also give you fiber, vitamins and minerals. Prepare and eat starchy foods with as little added fat as possible. Choose whole grain starches as often as you can.

In general, a single serving of starch is:

- 1/2 cup of cooked cereal, grain or starchy vegetable
- 1/3 cup of cooked rice or pasta
- 1 oz of a bread product such as 1 slice of whole wheat bread
- 3/4 to 1 oz of most snack foods (some snack foods may also have extra fat)

| Bread | Serving Size |
|-------------------------------------|--------------------------------------|
| Bagel, large (about 4 oz) | 1/4 (1 oz) |
| *Biscuit, 2 1/2 inches across | 1 |
| Bread (whole wheat, white or rye) | 1 slice (1 oz) |
| *Cornbread | 1 3/4 inch cube (1 1/2 oz) |
| English muffin | 1/2 |
| Hot dog or hamburger bun | 1/2 (1 oz) |
| Pancake | 4 inches across, 1/4 inch thick (1) |
| Pita pocket bread (6" across) | 1/2 |
| Roll, plain, small | 1 (1 oz) |
| Tortilla, corn or flour (6" across) | 1 |
| *Waffle | 4 inch square or 4 inches across (1) |

| Cereals and Grains | Serving Size |
|------------------------------------|--------------|
| Cereals, cooked (oats, oatmeal) | 1/2 cup |
| Cereals, unsweetened, ready-to-eat | 3/4 cup |
| Couscous | 1/3 cup |
| Granola, low-fat | 1/4 cup |
| Pasta, cooked | 1/3 cup |
| Rice, white or brown, cooked | 1/3 cup |

Starchy Vegetables

| | Serving Size |
|-------------------------------------|------------------------------|
| Breadfruit | 1/4 cup small cubes |
| Corn, cooked | 1/2 cup |
| Corn on cob, large | 1/2 cob (5 oz) |
| ☺ Hominy, canned | 3/4 cup |
| ☺ Peas, green, cooked | 1/2 cup |
| Plantain, ripe | 1/3 cup |
| Potato | |
| baked with skin | 1/4 large (3 oz) |
| boiled, all kinds | 1/2 cup or 1/2 medium (3 oz) |
| * mashed with milk and fat | 1/2 cup |
| French fried (oven-baked) | 1 cup (2 oz) |
| Spaghetti/pasta sauce | 1/2 cup |
| ☺ Squash, winter (acorn, butternut) | 1 cup |
| Yam, sweet potato, plain | 1/2 cup |
| Yucca | 1/3 cup |

Crackers and Snacks

| | Serving Size |
|--|----------------|
| Crackers | |
| *round, butter-type | 6 |
| saltines | 6 |
| Graham cracker, 2 1/2 inch square | 3 |
| Popcorn | |
| * ☺ with butter | 3 cups |
| ☺ lower fat or no fat added | 3 cups |
| Pretzels | 3/4 oz |
| Snack chips (tortilla chips, potato chips) | |
| fat-free or baked | 15-20 (3/4 oz) |
| * regular | 9-13 (3/4 oz) |

Beans, Peas and Lentils

| (Count as 1 Starch + 1 Lean Meat) | Serving Size |
|---|--------------|
| ☺ Baked beans | 1/3 cup |
| ☺ Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white) | 1/2 cup |
| ☺ Lentils, cooked (brown, green, yellow) | 1/2 cup |
| ☺ Peas, cooked (black-eyed, split) | 1/2 cup |

Fruits

Each serving from this list contains **15 grams carbohydrate**, 0 grams fat, 0 grams protein and 60 calories.

Fruits are good sources of fiber, regardless if they are fresh, frozen, or dried. Fruit juices contain very little fiber. Choose fruits instead of juices whenever possible. When using canned fruit, choose fruit packed in its own juice or light syrup.

In general, a single serving of fruit is:

- 1/2 cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 tablespoons of dried fruit

| Fruit | Serving Size |
|-------------------------|--------------|
| Apple, unpeeled, small | 1 (4 oz) |
| Applesauce, unsweetened | 1/2 cup |
| Banana, extra small | 1 (4 oz) |
| Berries | |
| ☺ Blackberries | 3/4 cup |
| Blueberries | 3/4 cup |
| ☺ Raspberries | 1 cup |

| | |
|---|---|
| ☺ Strawberries | 1 1/4 cup whole berries |
| Cantaloupe, small | 1/3 melon or 1 cup cubed (11 oz) |
| Cherries, sweet fresh | 12 (3 oz) |
| Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins) | 2 Tbsp |
| Grapefruit, large | 1/2 (11 oz) |
| Grapes, small | 17 (3 oz) |
| Guava | 1/2 cup |
| ☺ Kiwi | 1 (3 1/2 oz) |
| Mandarin oranges, canned | 3/4 cup |
| Mango, small | 1/2 fruit (5 1/2 oz) or 1/2 cup |
| ☺ Orange, small | 1 (6 1/2 oz) |
| Papaya | 1/2 fruit or 1 cup cubed (8 oz) |
| Passion fruit | 1/4 cup |
| Peaches (fresh, medium) | 1 (6 oz) |
| Pears (fresh, large) | 1/2 (4 oz) |
| Pineapple (fresh) | 3/4 cup |
| Plums | |
| dried (prunes) | 3 |
| small | 2 (5 oz) |
| Tamarind | 1/4 cup whole or 1 oz dried |
| Watermelon | 1 slice or 1 1/4 cups cubes (13 1/2 oz) |

Fruit Juice

| | Serving Size |
|--------------------------------------|--------------|
| Apple, grapefruit, orange, pineapple | 1/2 cup |
| Fruit juice blends, 100% juice, | |
| grape juice, prune juice | 1/3 cup |

Milk

Milk and yogurt are rich in calcium and protein. Choose fat-free, low-fat and reduced-fat varieties for health. They have less saturated fat and cholesterol than whole milk products.

Fat-free (skim) or low-fat (1%) milk and yogurt:

Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 0-3 grams fat and 100 calories.

| | |
|--|----------------|
| Milk, buttermilk, acidophilus milk, Lactaid | 1 cup |
| Evaporated milk | 1/2 cup |
| Yogurt, plain or flavored with a low calorie sweetener | 2/3 cup (6 oz) |

Reduced-fat (2%) milk and yogurt: Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 5 grams fat and 120 calories.

| | |
|--|----------------|
| Milk, acidophilus milk, kefir, Lactaid | 1 cup |
| Yogurt, plain | 2/3 cup (6 oz) |

Whole milk and yogurt: Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 8 grams fat and 160 calories.

| | |
|-------------------------------|---------|
| Milk, buttermilk, goat's milk | 1 cup |
| Evaporated milk | 1/2 cup |
| Yogurt, plain | 8 oz |

Dairy-Like Foods

| | Serving Size |
|------------------------------------|--------------|
| Chocolate milk | |
| fat-free | 1 cup |
| (1 fat-free milk + 1 carbohydrate) | |
| whole | 1 cup |
| (1 whole milk + 1 carbohydrate) | |

Food List for Meal Planning

| | |
|---|-------------------------|
| Smoothies, flavored, regular (1 fat-free milk + 2 1/2 carbohydrate) | 10 oz |
| Soy milk, regular, plain (1 carbohydrate + 1 fat) | 1 cup |
| Yogurt juice blends (1 fat-free milk + 1 carbohydrate) with fruit, low-fat (1 fat-free milk + 1 carbohydrate) | 1 cup 2/3 cup (6 oz) |

Sweets, Desserts, and Other Carbohydrates

Each serving from this list contains **15 grams of carbohydrate**; the amount of protein, fat and calories varies. You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the Starch, Fruit or Milk lists) in your meal plan, even though these foods have added sugars or fat. The foods on this list do not have as many vitamins, minerals and fiber. Choose foods from this list less often if you are trying to lose weight. Many sugar-free, fat-free and reduced-fat products are made with ingredients that contain carbohydrate, so check the Total Carbohydrate information on the Nutrition Facts food label.

| Food | Serving Size |
|--|---|
| Brownie, small, unfrosted | 1 1/4 inch square, 7/8 inch high (about 1 oz) |
| <i>(Count as 1 carbohydrate + 1 fat)</i> | |
| Cake | |
| frosted | 2-inch square (about 1 oz) |
| <i>(Count as 2 carbohydrates + 1 fat)</i> | |
| unfrosted | 2-inch square (about 1 oz) |
| <i>(Count as 1 carbohydrate + 1 fat)</i> | |
| Candy bar, chocolate/peanut | 2 "fun size" bars (1 oz) |
| <i>(Count as 1 1/2 carbohydrates + 1 1/2 fats)</i> | |
| Candy, hard | 3 pieces |
| Cookies | |
| chocolate chip | 2 cookies (2 1/4 inch across) |
| <i>(Count as 1 carbohydrate + 2 fats)</i> | |
| vanilla wafer | 5 cookies |
| <i>(Count as 1 carbohydrate + 1 fat)</i> | |
| Doughnut, cake, plain | 1 medium (1 1/2 oz) |
| <i>(Count as 1 1/2 carbohydrates + 2 fats)</i> | |
| Flan (caramel custard) | 1/2 cup |
| <i>(Count as 2 carbohydrates)</i> | |
| Fruit juice bars, frozen, 100% juice | 1 bar (3 oz) |
| Gelatin, regular | 1/2 cup |
| Granola or snack bar, regular or low-fat | 1 bar (1 oz) |
| <i>(Count as 1 1/2 carbohydrates)</i> | |
| Hot chocolate, regular | 1 envelope added to 8 oz water |
| <i>(Count as 1 carbohydrate + 1 fat)</i> | |
| Ice cream | |
| light and no sugar added | 1/2 cup |
| <i>(Count as 1 carbohydrate + 1 fat)</i> | |
| regular | 1/2 cup |
| <i>(Count as 1 carbohydrate + 2 fats)</i> | |
| Jam or jelly, regular | 1 Tbsp |

| | |
|---|-------------------|
| Muffin (4 oz) | 1/4 muffin (1 oz) |
| <i>(Count as 1 carbohydrate + 1/2 fat)</i> | |
| Pie, commercially prepared fruit, 2 crusts | 1/6 of 8-inch pie |
| <i>(Count as 3 carbohydrates + 2 fats)</i> | |
| Pudding | |
| regular (made with reduced-fat milk) | 1/2 cup |
| <i>(Count as 2 carbohydrates)</i> | |
| sugar-free or sugar- and fat-free (made with fat-free milk) | 1/2 cup |
| Sports drink | 1 cup (8 oz) |
| Sugar | 1 Tbsp |
| Syrup | |
| light (pancake type) | 2 Tbsp |
| regular (pancake type) | 1 Tbsp |
| Yogurt, frozen, fat-free | 1/3 cup |

Nonstarchy Vegetables

Each serving from this list contains **5 grams carbohydrate**, 2 grams protein and 25 calories. You should try to eat at least 2 to 3 nonstarchy vegetable servings each day. Choose a variety of vegetables to benefit from their important vitamins, minerals and antioxidants. When using canned vegetables, choose no salt added versions or rinse regular canned vegetables. In general, a single serving of a nonstarchy vegetable is:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

| |
|---|
| Amaranth or Chinese spinach |
| Beans (green, wax, Italian) |
| Bean sprouts |
| Broccoli |
| Cabbage (green, bok choy, Chinese) |
| ☺ Carrots |
| Cauliflower |
| Celery |
| Cucumber |
| Eggplant |
| Greens (collard, kale, mustard, turnip) |
| Jicama |
| Mushrooms, all kinds, fresh |
| Okra |
| Onions |
| Pea pods |
| ☺ Peppers (all varieties) |
| Radishes |
| ! Sauerkraut |
| Spinach |
| Squash (summer, crookneck, zucchini) |
| Tomatoes, fresh and canned |
| ! Tomato sauce |
| ! Tomato/vegetable juice |
| Water chestnuts |

Meat and Meat Substitutes

Meat and meat substitutes are rich in protein. Whenever possible, choose lean meats. Portion sizes on this list are based on cooked weight, after bone and fat have been removed. The carbohydrate content varies among plant-based proteins, so read food labels carefully.

Lean meats and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 0-3 grams fat and 45 calories.

| | |
|---|---------|
| Beef: Select or Choice grades: | |
| ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin | 1 oz |
| Cheeses with 3 grams of fat or less per oz | 1 oz |
| Cottage cheese | 1/4 cup |
| Egg whites | 2 |
| Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna | |
| Hot dog with 3 grams of fat or less per oz | 1 |
| Pork, lean | |
| Canadian bacon | 1 oz |
| Rib or loin chip/roast, ham, tenderloin | 1 oz |
| Poultry, without skin | 1 oz |
| Processed sandwich meats with 3 grams of fat or less per oz | |
| Tuna, canned in water or oil, drained | 1 oz |

Medium-fat meat and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 4-7 grams fat and 75 calories.

| | |
|---|-----------------|
| Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib) | |
| Cheeses with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese | 1 oz |
| Egg | 1 |
| Fish, any fried product | 1 oz |
| Pork, cutlet, shoulder roast | 1 oz |
| Poultry, with skin or fried | 1 oz |
| Ricotta cheese | 2 oz or 1/4 cup |
| ! Sausage with 4-7 grams of fat per oz | 1 oz |

High-fat meat and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 8+ grams fat and 100 calories.

| | |
|---|----------|
| Bacon | |
| ! pork | 2 slices |
| ! turkey | 3 slices |
| Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso and swiss | |
| *! Hot dog: beef, pork or combination | 1 |
| Pork sparerib | 1 oz |
| Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami | |
| | 1 oz |

! Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer 1 oz

Plant-based proteins: Each serving from this list contains 7 grams protein and a **variable amount of carbohydrate**, fat and calories. Beans, peas and lentils are also found on the Starch list. Nut butters in smaller amounts are found in the Fats list.

| Food | Amount |
|--|----------------|
| Beans, lentils, or peas (cooked) (Count as 1 starch + 1 lean meat) | 1/2 cup |
| ☺Hummus (Count as 1 carbohydrate + 1 high-fat meat) | 1/3 cup |
| Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter (Count as 1 high-fat meat) | 1 Tbsp |
| Tempeh (Count as 1 medium-fat meat) | 1/4 cup |
| Tofu (Count as 1 medium-fat meat) | 4 oz (1/2 cup) |

Fats

Each serving from this list contains **0 grams carbohydrate**, 0 grams protein, 5 grams fat and 45 calories.

Choose heart-healthy fats from the monounsaturated and polyunsaturated groups more often.

In general, a single serving of fat is:

- 1 teaspoon of regular margarine, vegetable oil or butter
- 1 tablespoon of regular salad dressing

Unsaturated Fats

| Monounsaturated Fats | Serving Size |
|---------------------------------------|---------------|
| Avocado, medium | 2 Tbsp (1 oz) |
| Nut butters (<i>trans</i> -fat free) | 1 1/2 tsp |
| Nuts | |
| almonds, cashews | 6 nuts |
| macadamia | 3 nuts |
| peanuts | 10 nuts |
| pecans | 4 halves |
| Oil: canola, olive, peanut | 1 tsp |
| Olives, black (ripe) | 8 large |
| Olives, green (stuffed) | 10 large |

| Polyunsaturated Fats | Serving Size |
|--|--------------|
| Margarine | |
| lower-fat spread | 1 Tbsp |
| stick, tub or squeeze | 1 tsp |
| Mayonnaise | |
| reduced-fat | 1 Tbsp |
| regular | 1 tsp |
| Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower | 1 tsp |
| Salad dressing | |
| reduced-fat | 2 Tbsp |
| regular | 1 Tbsp |

Saturated Fats

| | Serving Size |
|----------------------------------|---------------------|
| Bacon, cooked, regular or turkey | 1 slice |
| Butter, stick | 1 tsp |
| Cream, half and half | 2 Tbsp |
| Cream cheese | |
| reduced-fat | 1 1/2 Tbsp (3/4 oz) |
| regular | 1 Tbsp (1/2 oz) |
| Sour cream | |
| reduced-fat or light | 3 Tbsp |
| regular | 2 Tbsp |

Free Foods

Each serving from this list has **5 grams or less of carbohydrate** and less than 20 calories per serving. Eat up to 3 servings per day of the free foods with a serving size noted without counting any carbohydrate. Choices listed without a serving size noted can be eaten whenever you like. For better blood glucose control, spread your servings of these foods throughout the day.

| Low Carbohydrate Foods | Serving Size |
|--|--------------|
| Cabbage, raw | 1/2 cup |
| Gelatin, sugar-free or unflavored | |
| Gum | |
| Jam or jelly, light or no sugar added | 2 tsp |
| Salad greens | |
| Sugar substitutes (low calorie sweeteners) | |

| Modified Fat Foods with Carbohydrate | Serving Size |
|--------------------------------------|-----------------|
| Cream cheese, fat-free | 1 Tbsp (1/2 oz) |
| Creamers | |
| nondairy, liquid | 1 Tbsp |
| nondairy, powdered | 2 tsp |
| Salad dressing | |
| fat-free or low-fat | 1 Tbsp |
| fat-free Italian | 2 Tbsp |

| Condiments | Serving Size |
|------------------|--------------|
| Barbecue sauce | 2 tsp |
| Catsup (ketchup) | 1 Tbsp |
| Mustard | |
| ! Pickles, dill | 1 1/2 medium |
| Salsa | 1/4 cup |
| Taco sauce | 1 Tbsp |
| Vinegar | |

Drinks/Mixes

! Bouillon, broth, consommé
Carbonated or mineral water, club soda
Coffee or tea
Diet soft drinks or sugar-free drink mixes

Seasonings

Flavoring extracts
Garlic
Herbs, fresh or dried
Nonstick cooking spray
Spices
Worcestershire sauce

Combination Foods

Combination foods contain foods from more than one food list, but with the help of a Registered Dietitian (RD) you can fit these foods into your meal plan.

| Entrees | Serving Size |
|--|--------------|
| ! Casserole type (tuna noodle, lasagna, macaroni and cheese) | 1 cup (8 oz) |
| (Count as 2 carbohydrates + 2 medium-fat meats) | |

| Frozen Meals/Entrees | Serving Size |
|---|--------------|
| !☺Burrito (beef and bean) | 1 (5 oz) |
| (Count as 3 carbohydrates + 1 lean meat + 2 fats) | |
| !Enchilada | 1 (11 oz) |
| (Count as 3 carbohydrates) | |

| | |
|---|-------------------------------|
| ! Pizza, cheese/vegetarian, thin crust | 1/4 of a 12 inch (4 1/2-5 oz) |
| (Count as 2 carbohydrates + 2 medium-fat meats) | |
| !Taco | 1 (5-6 oz) |
| (Count as 2 carbohydrates) | |

| Soups | Serving Size |
|---|--------------|
| ! Bean, lentil or split pea | 1 cup |
| (Count as 1 carbohydrate + 1 lean meat) | |
| ! Tomato (made with water) | 1 cup |
| (Count as 1 carbohydrate) | |

These Food Lists are not intended to be all inclusive. Consult with your RD about any foods that you eat which are not listed.

Sample Meal Plan

The table below shows sample meal plans, by number of servings, for different calorie levels. Ask your RD, diabetes educator, or healthcare provider which plan works best for you. Each plan provides about half of its calories from carbohydrate and less than 25% of calories from fat, based on choosing fat-free milk and low-fat meats (Lean Meat Group) and cheeses.

| Calories per day* | | | | | |
|--|------|------|------|------|------|
| | 1200 | 1600 | 1800 | 2000 | 2200 |
| Carbohydrates | | | | | |
| Starches | 5 | 7 | 8 | 9 | 10 |
| Fruits | 3 | 3 | 3 | 4 | 4 |
| Milk | 2 | 3 | 3 | 3 | 3 |
| Sweets, Desserts, & Other Carbohydrate | | | | | |
| Nonstarchy Vegetables | 3 | 4 | 5 | 6 | 6 |
| Meat & Meat Substitutes | 4 oz | 6 oz | 6 oz | 7 oz | 8 oz |
| Fats | 3 | 5 | 6 | 6 | 7 |

*The numbers included in the chart are individual servings from each food list.

Alcohol – In general, 1 alcohol equivalent has about 100 calories. One alcohol equivalent is 12 ounces beer or 1 ½ ounces distilled spirits or 5 ounces wine. If you choose to drink alcohol, limit it to 1 drink or less per day if you are a woman and 2 drinks or less per day if you are a man.

Carbohydrate Counting

Carbohydrate (starch and sugar) is the main nutrient in food that raises blood glucose. When you plan meals based on carbohydrate counting, count only the foods that contain carbohydrate. Use either the portion sizes shown in the Food Lists, or calculate the carbohydrate grams or choices using the bolded carbohydrate numbers at the top of each food list. If you are using a packaged food with a Nutrition Facts label, count the number of “Total Carbohydrate” grams based on the serving size listed on the label.

How much carbohydrate do you need?

Your RD can help decide how much carbohydrate you need. The amount depends on your age, weight, activity, and diabetes medications if needed.

It's important to know that...

1 carbohydrate choice = 15 grams carbohydrate

Women often need about 45-60 grams carbohydrate (3-4 choices) at each of three meals and 15 grams carbohydrate (1 choice) for snacks as needed.

Men often need 60-75 grams carbohydrate (4-5 choices) at each of three meals and 15-30 grams carbohydrate (1-2 choices) for snacks as needed.

| Nutrition Facts | |
|-------------------------------|-----------------|
| Serving Size 8 crackers (28g) | |
| Amount per serving | |
| Calories 120 | Fat Calories 30 |
| % Daily Value | |
| Total Fat 3.5g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 0.5g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber less than 1g | 3% |
| Sugar 7g | |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 10% | Iron 4% |

Check the serving size: **8 crackers**
Is that how much you plan to eat?

This number (28g) is the weight of the crackers, not the amount of carbohydrate in the serving.

Count total carbohydrate.

You do not need to count sugar separately because it is already counted as part of the total carbohydrate.

TO CALCULATE CARBOHYDRATE CHOICES:

Divide the number of grams of total carbohydrate by 15 (because 1 carbohydrate choice = 15 grams of carbohydrate).

Total carbohydrate = 22g

22 divided by 15 = 1.5 (round to 2)

So, 8 crackers = 2 carbohydrate choices

Personal Meal Plan

Meal Plan For: _____ Phone: _____ Carbohydrate – number of grams: _____

Date: _____ Total Calories: _____ Number of carbohydrate choices: _____

Registered Dietitian: _____ Protein (ounces): _____

Fat (grams): _____

With your RD, fill in your personal meal plan below with the number of grams of carbohydrate and/or number of carbohydrate choices for each meal and snack (if needed).

| | Breakfast (Time: _____) | Snack (Time: _____) | Lunch (Time: _____) | Snack (Time: _____) | Dinner (Time: _____) | Snack (Time: _____) |
|---|----------------------------|------------------------|------------------------|------------------------|-------------------------|------------------------|
| Carbohydrates | | | | | | |
| Starch | | | | | | |
| Fruits | | | | | | |
| Milk | | | | | | |
| Sweets, Desserts & Other Carbohydrates | | | | | | |
| Nonstarchy Vegetables | | | | | | |
| Meat & Meat Substitutes | | | | | | |
| Fats | | | | | | |
| Others | | | | | | |
| Free Foods | | | | | | |
| Menu Ideas | | | | | | |

Diabetes Care and Education (DCE), a dietetic practice group of the American Dietetic Association (ADA), promotes quality diabetes care and education. DCE comprises members of the ADA who are leaders in the field of medical nutrition therapy (MNT) and care of people with diabetes. Their expertise is widely recognized throughout the diabetes community. We are pleased to have had the opportunity to collaborate with this group of professionals on the creation of Lilly's new *Daily Meal Planning Guide*.

We hope you find it a valuable resource.

This guide has been developed, written and reviewed by:

Authors:

Tami A. Ross, RD, LD, CDE
Patti B. Geil, MS, RD, FADA, CDE

Reviewers:

Connie Crawley, MS, RD, LD
Alison Evert, MS, RD, CDE
Carrie Swift, MS, RD, BC-ADM, CDE