



Healthy Meal Planning



Meal Planning

How to make healthy choices:

- Eat a variety of foods in the right amounts.
- Check food labels for calorie, carbohydrate, total fat, and sodium amounts.
- Eat small portions several times a day.
- Match how much you eat with your activity level and medication or insulin.
- Eat fewer foods high in calories, cholesterol, saturated fat, trans fat, and sodium.
- Talk with your diabetes care team if you have any questions about your meal plan.
- Keep track of what you eat and drink.

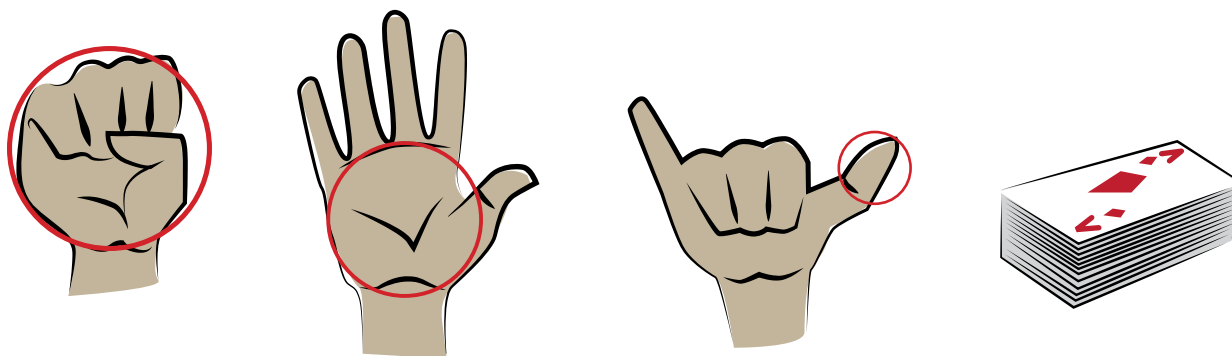
Choose:

- Lots of nonstarchy vegetables (half of your plate).
- Whole-grain foods.
- Fish two to three times a week.
- Lean cuts of beef and pork.
- Skinless chicken and turkey.
- Nonfat or lowfat dairy products.
- Water, unsweetened tea, coffee, and calorie-free, sugar-free drinks instead of drinks with sugar.
- Liquid oils for cooking instead of solid fats (limit quantities).

When eating out:

- Plan ahead by reviewing menu choices online and review the nutritional facts before you go. Select a restaurant that accommodates your meal requests.
- Share a meal or ask for half of it to be packed up (so you can take it home for another meal) before you begin eating.
- Stop eating when you first start to feel full.
- Skip high-sugar or high-calorie beverages, appetizers, and desserts.
- Order appetizers as entrees since they're smaller portions.
- Ask for salad dressings, sauces, gravy, and condiments on the side. Use a minimal amount.
- Don't be afraid to ask for substitutions for or omission of high-calorie and high-fat items.
- Go for items that are steamed, grilled, poached, broiled, vegetarian, or labeled "light" or "lean."
- Avoid items that are fried or breaded, items in cream or cheese sauces, and meat with visible fat.
- Remember your portion sizes.
- Eat slowly, take a break between bites, and enjoy your meal.

How to Estimate Portion Sizes



One easy way to estimate portion sizes of foods is by using your hands. Everyone's hands are different, so measure out portions first and compare them to your hands to get an idea of what they should look like. Use these guidelines when trying to estimate a portion size:

2 cups will fit into your hands if they were cupped together.

1 cup or 8 ounces is equivalent to your fist. If you have large hands, your fist might equal 10 oz or slightly more than a cup.

1/2 cup or about 4 ounces is the size of one cupped palm.

3 ounces is about the size of your palm or a deck of cards.

1 tablespoon is the size of the tip of your thumb.

1 teaspoon is the size of the tip of your pointer finger.

Reading Nutrition Labels

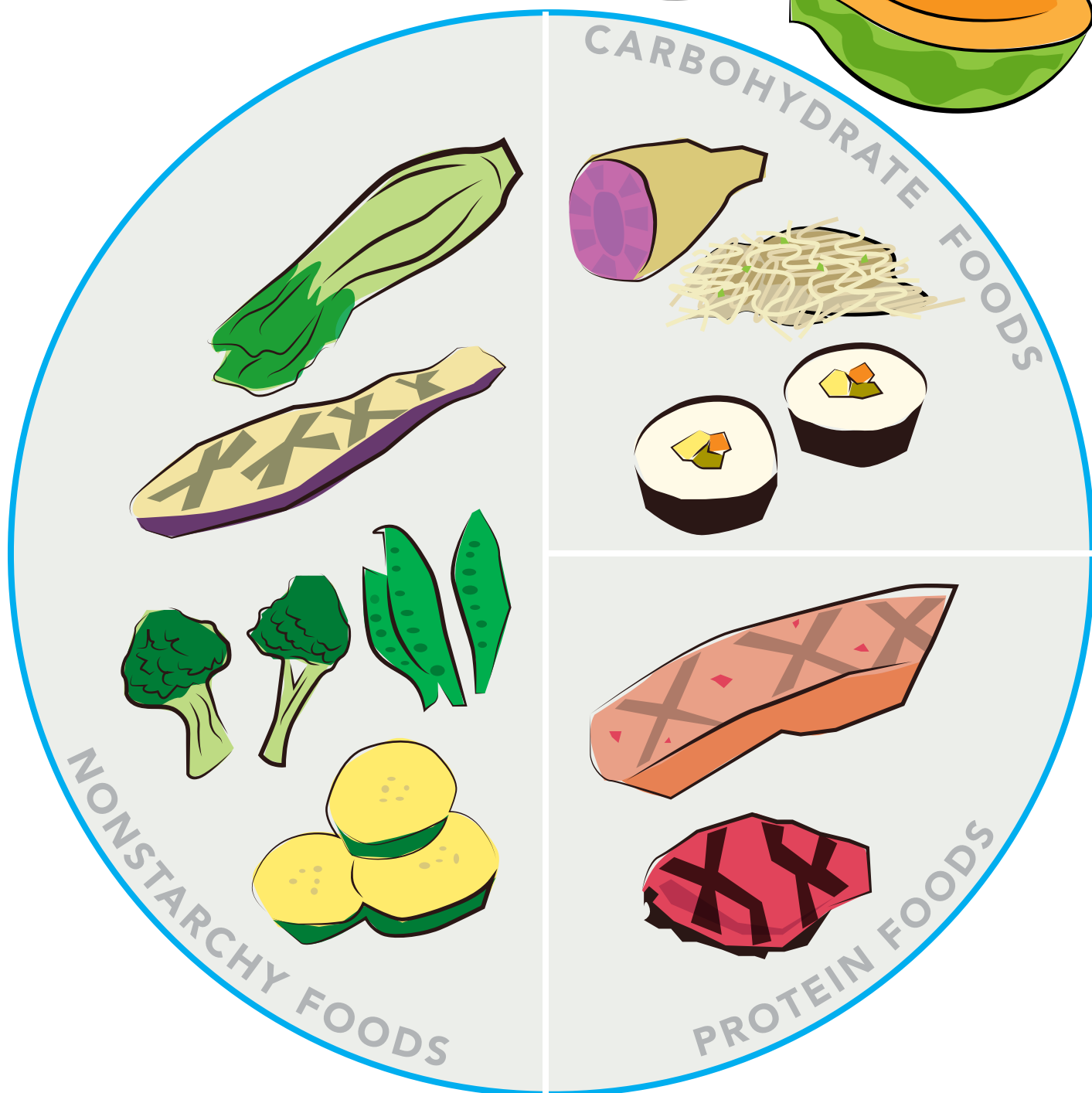
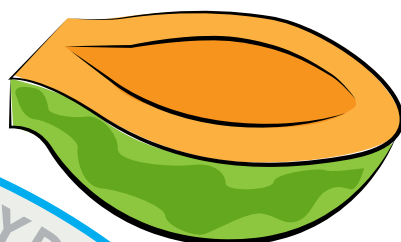
- Check the serving size. The information on the label is for the serving size listed. If you eat double the serving size, everything on the label is doubled.
- Total carbohydrates include sugar, starch, and fiber. Use the total grams of carbs per serving when counting carbs.
- Choose foods with less added sugar.
- Percent daily value can be used as a guide. Aim for less than 5% for nutrients you want to limit such as sodium and saturated fat. Aim for 20% or more for nutrients you want to get more of such as fiber, vitamin D, calcium, and iron.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vitamin A 10mcg	20%
Vitamin C 1mg	100%
Vitamin D 1mcg	50%
Vitamin E 2mcg	100%
Riboflavin 5mcg	75%
Folic Acid 200mcg	60%
Thiamin 2mcg	35%
Vitamin B12 5mcg	100%
Zinc 7mg	50%
Biotin 300mcg	100%
Calcium 50mcg	25%
Phosphorus 90mcg	90%
Magnesium 400mcg	100%
Chromium 75mcg	80%
Potassium 5g	100%

* The % Daily Value (DV) 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.

Create your plate

Use a smaller 9-inch plate





Noncarbohydrates

Nonstarchy vegetables

- Don't raise blood sugar as much as starchy vegetables.
- Fill half of your plate or one to two servings per meal.

One serving (1 cup raw or ½ cup cooked) = 5 grams carbohydrates

1½ cups nonstarchy vegetables equals one carbohydrate serving

Examples:

Artichoke hearts
Asparagus
Baby corn
Bamboo shoots
Bean sprouts
Beans (green, long, wax, wing)
Bitter melon
Broccoli
Brussels sprouts
Cabbage (green, bok choy, choy sum, won bok)
Carrots
Cauliflower
Celery
Chayote
Chinese peas
Chives
Cilantro
Cucumber
Daikon
Eggplant
Fern shoots
Green onions

Green papaya
Greens (collard, kale, mustard, turnip)
Jicama
Leeks
Lettuce (all varieties)
Lotus root
Marungay
Mixed vegetables (without corn, peas, or pasta)
Mushrooms (all varieties)
Okra
Onions
Pea pods
Peppers (all varieties)
Radishes
Sauerkraut
Seaweed (limu)
Soybean sprouts
Spinach
Squash, summer (crookneck, zucchini)
Tomato
Turnips
Water chestnuts
Watercress



Protein

- Meat and meat substitutes are a source of protein and don't raise blood sugar significantly.
- Prepare meats without a batter. Bake, grill, or broil.
- Choose leaner meats.
- 3 ounces cooked meat = deck of cards or palm of your hand.
- The number of servings per day varies by individual meal plan.

1 protein choice = **0** grams carbs

1 choice = 1 ounce

Lean

Beef: Ground round, roast, round, sirloin, steak, or tenderloin
 Chicken: Light meat without skin
 Smoked fish: Herring or salmon (lox)
 Sandwich meats: Chipped beef, thin-sliced deli meats, turkey, or ham
 Pork: Canadian bacon, rib or loin chop/roast, ham, or tenderloin
 Lamb: Chop, leg, or roast
 Shellfish: Clams, crab, imitation shellfish, lobster, scallops, or shrimp
 Veal: Loin chop or roast

One choice

Cottage cheese: ¼ cup
 Hot dog: 3 grams fat or less per ounce
 Egg substitutes, plain: ¼ cup
 Egg whites: Two
 Beef jerky (lean): ½ ounce
 Sardines, canned: Two small

Medium fat

Beef: Corned beef, ground beef, prime rib, or short ribs
 Chicken: Light meat with skin
 Fish: Any fried product
 Lamb: Ground or rib roast
 Pork: Cutlet or shoulder roast
 Sausage: 4-7 grams fat per ounce
 Veal: Cutlet (no breading)

One choice

Cheese, 1 ounce: Feta, mozzarella, reduced-fat cheeses, or string cheese
 Tofu: ½ cup
 Egg: One
 Soy milk: 1 cup

High fat

Pork: Ground, sausage, or spareribs
 Hot dog: Beef or pork
 Sandwich meats: Bologna, pastrami, or hard salami
 Sausage: Bratwurst, chorizo, Italian, knockwurst, Polish, or smoked
 Vienna sausage: Three
 Spam: 1 ounce
 Bacon: Three slices

One choice

Cheese, 1 ounce: American, bleu, brie, cheddar, queso, or Swiss

Fats

- Don't raise blood sugar significantly.
- Should be used sparingly, especially if managing your weight.
- Choose unsaturated fats and limit saturated fats.
- Will help slow the rise of blood sugar after meals.

One serving = 5 grams fat

Unsaturated Fats (Monounsaturated)

One serving

Avocado: 2 tablespoons

Nut butters (trans-fat free):
1½ teaspoons

Nuts

Almonds: Six

Cashews: Six

Peanuts: 10

Pecans: Four halves

Pistachios: 16

Oil: Canola, olive, or peanut
(1 teaspoon)

Olives, black: Eight large

Olives, green, stuffed: 10 large



Polyunsaturated Fats

Margarine or lower-fat spread
(30%–50% vegetable oil, trans-fat free):
1 tablespoon

Stick, tub (trans-fat free), or squeeze
(trans-fat free): 1 teaspoon

Mayonnaise: 1 teaspoon

Reduced-fat mayonnaise: 1 tablespoon

Oil, 1 tsp.: Corn, cottonseed, flaxseed,
grape seed, safflower, soybean, or
sunflower

Salad dressing, reduced fat:
2 tablespoon

Salad dressing, regular: 1 tablespoon

Seeds, 1 tablespoon: Flaxseed (whole),
pumpkin, sunflower, or sesame

Walnuts: Four halves

Saturated Fats

Bacon: One slice

Butter: 1 tablespoon

Butter, reduced fat: 1 teaspoon

Butter, stick or whipped: 2 teaspoons

Cream, regular: 2 tablespoons

Cream, half and half: 2 tablespoons

Cream, heavy: 1½ tablespoon

Cream, light, whipped, or pressurized:
¼ cup

Cream cheese, reduced fat: 1½ table-
spoons

Cream cheese, regular: 1 tablespoon

Lard: 1 teaspoon

Oil, coconut, palm, palm kernel: 1
teaspoon

Shortening, solid: 1 teaspoon

Sour cream, reduced fat or light: 3
tablespoons

Sour cream, regular: 2 tablespoons



Carbohydrates

- Most of the carbohydrates we eat quickly turn into blood sugar.
- Serving recommendations vary by individual meal plan.
- Generally, two or three servings of starch, one serving of fruit, and one dairy serving per meal is recommended.
- One starch or carbohydrate choice = 15 grams carbohydrates.
- Check the food label as foods can vary.

Milk and Yogurt

One choice = 12-15 grams carbohydrates

Chocolate milk, fat-free or whole:
½ cup

Evaporated milk (all kinds): ½ cup

Ice cream, light, no sugar added, or regular: ½ cup

Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole: 1 cup

Soy milk, light or regular, plain: 1 cup

Yogurt, plain, whole: 1 cup

Fruits

One choice = 15 grams carbohydrates

Apple, unpeeled, small: One (4 ounces)
 Apple (mountain): Three medium
 Applesauce, unsweetened: ½ cup
 Apricots: Four whole (5½ ounces)
 Banana: Half (4 ounces)
 Blackberries: ¾ cup
 Blueberries: ¾ cup
 Cantaloupe, small: 1/3 melon or 1 cup
 Cherries: 12 (3 ounces)
 Chico (sapodilla): Half (3 ounces)
 Dates: Three
 Dragon fruit: 4 ounces
 Dried fruits: 2 tablespoons
 Figs (fresh or dried): 1½
 Fruit juice: ½ cup
 Grapefruit, large: Half (11 ounces)
 Grapes, small: 17 (3 ounces)
 Guava: One medium
 Honeydew melon: One slice or 1 cup
 Jackfruit: ½ cup
 Kiwi: One (3½ ounces)
 Longan: 30
 Lychee or rambutan: 10
 Mango, small: Half (5½ ounces) or ½ cup
 Nectarine, small: One (5 ounces)
 Orange, small: One (6½ ounces)
 Papaya: Half or 1 cup
 Peaches, medium: One (6 ounces)
 Pears: ½ cup (4 ounces)*
 Pear, Korean or Japanese: Half (33/8-by-3 inches)
 Persimmon: Half
 Pineapple: ¾ cup
 Plums, small: Three
 Pomegranate: ½ cup
 Pomelo (jabong): 1 cup
 Prunes: Two (5 ounces)
 Raspberries: 1 cup

Raisins: 2 tablespoons

Starfruit: Two medium (6 ounces)

Strawberries: 1¼ cups

Tangerines, small: Two (8 ounces)

Watermelon: One slice or 1¼ cups

Starchy Vegetables

One choice = 15 grams carbohydrates

Baked beans: 1/3 cup

Pork and beans: 1/3 cup

Beans, cooked (azuki, black, garbanzo, kidney, lima, navy, pinto, or white): ½ cup

Breadfruit: ¼ cup

Cassava: ¼ cup

Corn on cob, large: ½ cup

Dasheen: 1 cup

Gobo: ½ cup

Lentils, cooked: ½ cup

Mixed vegetables with corn, peas, or pasta: 1 cup

Mung beans: 1/3 cup cooked

Natto: ½ cup

Peas, green: ½ cup

Potato, baked with skin: ¼ large (3 ounces)

Potato, boiled: ½ cup

Potato, mashed, with milk and fat: ½ cup

Potato wedges (oven-baked): 1 cup (2 ounces)

Pumpkin, canned, no sugar added: 1 cup

Squash, winter (acorn or butternut): 1 cup

Taro or poi: ½ cup

Yam, sweet potato: ½ cup

Cereals and Grains

One choice = 15 grams carbohydrates

Bran or wheat: ½ cup

Cereal, cooked (grits, oats, or oatmeal): ½ cup

Cereal, shredded wheat, plain: ½ cup

Cereal, sugar-coated: ½ cup

Cereal, unsweetened, ready-to-eat: ¾ cup

Couscous: 1/3 cup

Granola, low-fat or regular: ¼ cup

Long rice, cooked: ½ cup

Pasta, cooked: 1/3 cup

Soba (buckwheat)

Macaroni

Ramen

Udon

Somen

Pancit

Long rice (bean thread)

Egg noodle

Rice noodle

Quinoa, cooked: 1/3 cup

Rice, white or brown, cooked: 1/3 cup

Wild rice, cooked: 1/3 cup



Crackers and Snacks

One choice = 15 grams carbohydrates

Animal crackers: Eight
 Cookies, chocolate chip: Two
 Cookies, vanilla wafers: Five
 Crackers, graham 2½-inch square: Three
 Crackers, mochi crunch: 1/3 cup
 Crackers, plain mochi: 2-by-½ inch
 Crackers, round, butter type: Six
 Crackers, saloon pilot: One
 Crackers, saltine-type: Six
 Crackers, sandwich-style, cheese or peanut butter filling: Three
 Crackers, soda: Three
 Crackers, whole wheat: 2-5
 Popcorn: 3 cups
 Pretzels: ¾ ounces
 Rice cakes, 4 inches diameter: Two
 Chips, fat-free or baked (tortilla, potato, pita): 15-20
 Chips (tortilla, potato): 9-13
 Chips (taro): 1 cup

Bread

One choice = 15 grams carbohydrates

Bagel: ¼ of a large bagel or 1 ounce
 Bread, reduced calorie: Two slices
 Bread, white, whole-grain, pumpernickel, or rye: One slice (1 ounce)
 English muffin: Half
 Hot dog or hamburger bun: Half (1 ounce)
 Pancake, 4 inches: One
 Pandesal: Half
 Pita, 6 inches: Half
 Roll, plain, small: One (1 ounce)
 Sweet bread: 1/12 of a round loaf
 Taco shell, 5 inches: Two
 Tortilla, corn or flour, 6 inches: One
 Waffle, 4-inch square: One

Other carbohydrates/combination foods

One choice = 15 grams carbohydrates

Jam/jelly: 1 tablespoon
 Syrup: 1 tablespoon
 Brownie, unfrosted: 2-inch square (1 ounce)
 Sugar: 1 tablespoon
 Manapua (pork): One
 Mun doo: Two
 Dim sum: One
 Beef stew: 1 cup
 Portuguese bean soup: ½ cup
 Sushi (norimaki): 1½ inch
 Gyoza: Four
 Corned beef hash: 2/3 cup
 Sari sari: 1 cup
 Malasada: Half
 Okinawan donut: One
 Cascarón: Half
 Haupia: 1-inch square
 Pork hash: Two

* Check with your diabetes care team for your individual meal plan recommendations.

Consult with your doctor or a dietitian if you have additional dietary restrictions.

