

The Type 2 Diabetes Meal Planner

Good meal planning can help you better control your blood sugar.

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. This sheet 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, 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 plan.

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

- Find your total daily 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. See the choices listed on the other side.

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

To develop a meal plan at a higher calorie level, you can add food-group servings to the 1,200 calorie meal plan, as indicated below.

1,200 Calories	1,200 Sample Menu	1,500 Calories	1,800 Calories	2,000 Calories	2,500 Calories
Breakfast 1 Starch 1 Fruit 1 Milk	English muffin ½ Banana (medium) ½ Hot cocoa mix (artificially sweetened) 1 envelope	Add 1 Starch	Add 1 Starch	Add 1 Starch 1 Fat	Add 2 Starch 1 Fat 1 Fruit
Lunch 1 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	Tortilla (6" across) 1 oz Chicken 1 oz Cheese 1 oz Beans Apple (raw – 2" across) Salad dressing (reduced-calorie) 2 Tbsp	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 ½ cup Corn chips 1 oz Chicken 2 oz Onions Butter 1 tsp Oil 1 tsp Canned fruit in juice ½ 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

Add variety to your type 2 diabetes meal plan.

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

Starch

1 serving = 80 calories
(each item listed is 1 serving)

Cereal/Beans/Grains/Pasta

Cereal (cooked) ½ cup
Beans (cooked or canned) ½ cup
Rice (cooked) ½ cup
Pasta (cooked) ½ cup

Starchy Vegetables

Corn (cooked) ½ cup
Corn on the cob (6" piece) 1
Peas (cooked) ½ cup
Plantain (green, cooked) ½ cup
Potato (small – 3 oz) 1 cup
Squash (winter, cooked) 1 cup
Yam or sweet potato ½ cup

Breads

Bagel or English muffin ½ or 1 oz
Bread (slice or roll) 1 oz
Crackers, snack 4–5
Graham crackers 3 squares
Hamburger or hot dog bun
½ oz or 1 oz
Popcorn (plain, unbuttered) 3 cups
Tortilla (6" across) 1

Fruit

1 serving = 60 calories
(each item listed is 1 serving)

Apple (raw – 2" across) 1
Banana (medium) ½
Cherries 12
Dried fruit ¼ cup
Canned fruit in juice or water ½ cup
Grapes 12–15
Raisins 2 Tbsp
Apple, orange, or grapefruit juice ½ cup
Cranberry, grape, or prune juice ½ cup

Milk

1 serving = 90–100 calories
(each item listed is 1 serving)

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

Vegetables

1 serving = 25 calories
(A serving is ½ cup of cooked vegetables or 1 cup of raw vegetables)

Beets
Broccoli
Cabbage
Carrots
Greens
Mushrooms
Okra
Onions
Pea pods
Peppers
Spinach
Tomatoes
Water chestnuts

Meat and Meat Substitutes

Lean Meats

1 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 ¼ 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

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 (spareribs, barbecue, chops, cutlets) 1 oz
Sausage 1 oz
Wieners 1 oz

Fats

1 serving = 5 grams fat, 45 calories
(each item listed is 1 serving)

Avocado (4" across) ½
Bacon 1 slice
Butter 1 tsp
Cream (light, table, coffee, sour) 2 Tbsp

Cream cheese 1 Tbsp
Margarine 1 tsp
Mayonnaise 1 tsp
Mayonnaise (reduced-fat) 1 Tbsp
Nondairy creamer (liquid) 2 Tbsp
Nondairy creamer (dry) 4 tsp
Oil 1 tsp
Nuts or seeds 1 Tbsp
Pesto sauce 2 tsp
Salad dressing (reduced-calorie) 2 Tbsp

Free Foods

Free foods are foods or beverages with less than 20 calories. They have little or no effect on blood sugar levels.

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

LIMIT TO 2–3 SERVINGS A DAY

Fruits

Cranberries (no sugar added) ½ cup
Rhubarb (no sugar added) ½ cup

Sweet Substitutes

Jam or jelly (sugar-free) 2 tsp
Whipped topping 2 Tbsp
Spreadable fruit (no sugar added) 1 tsp

Condiments

Catsup 1 Tbsp
Salad dressing (reduced-calorie) 2 Tbsp
Taco sauce 2 Tbsp