Diabetic Meal Plans

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Diabetic Meal Plan

Sample Daily Meal Plan

People with Diabetes should aim to get **half** of their daily calories from carbs.

Try to eat the **same** amount of carbs at **each meal** to keep your blood sugar levels steady throughout the day.

**Breakfast: Veggie Egg Scramble**
- 2 scrambled eggs (0 carbs)
- ½ cup broccoli (1 carb)
- 3 oz. roasted potatoes (1 carb)
- Chopped tomatoes
- Piece of toast (1 carb)

**Lunch: Grilled Chicken Salad**
- Lettuce
- Diced tomatoes & onions
- Sliced cucumber
- Grilled chicken pieces (0 carb)
- 2 oz. crumbled feta cheese
- ½ cup chickpeas (1 carb)
- ½ cup canned beets (1 carb)
- Olive oil and vinegar dressing
- 1 apple (1 carb)

**Dinner: Beef Chili**
- 3 oz. ground beef (0 carb)
- ½ cup kidney beans (1 carb)
- ½ cup black beans (1 carb)
- 3 oz. diced sweet potato (1 carb)

Use the chart above to see how much carbs are in some common foods.

For example, 1 serving of bread is the same amount of carbs as 1 serving of a small fruit or medium 3 oz. baked potato.

**Snacks ideas (1 carb each):**
- 1/2 banana
- 3 cups of popcorn
- 16 grapes
- ½ cup yogurt with fruit

For more recipe ideas go to: https://www.diabetesfoodhub.org
A well-balanced, healthy diabetic diet should...

- include more non-starchy vegetables than starchy vegetables
- refrain from highly processed foods
- limit amounts of sugar and refined grains

Some helpful tips regarding food labels:

1.) **Serving Size**: all information on the food label is based on this serving size listed
2.) **Calories**: a unit of energy your body consumes to use for its function
3.) **Nutrients**:
   a.) **Total Fat**: tells you how much fat is in one serving of the food
   b.) **Sodium**: the amount of salt in one serving size
   c.) **Cholesterol**: the amount of cholesterol (waxy, fat-like substance found in all cells) per one serving size
   d.) **Total Carbohydrates**: contains all three types (sugar, starch, fiber)
      i.) **Added sugar**: this type of sugar should be distinguished from sugars found naturally in the food
      ii.) **Fibers**: part of plant foods that are either not or partially digested
4.) **% Daily Value**: tells you what percent of each nutrient the food provides if you were on a 2,000 calorie per day diet.
Serving Size for this product is 3 pieces.
The number in parenthesis shows the weight. One serving weighs 90 grams when using a food scale.
There are 3 servings in the whole package.

One serving, which is 3 pieces of this product, provides 30 g of carbohydrate.

Dietary fiber is part of the total carbohydrates. Fiber does not digest so you can subtract the grams of fiber from the total carbohydrate grams.

The grams of sugar are already included in the total carbohydrate count. The natural sugars in milk and fruit, along with added sugars are all grouped together.
Managing diabetes may be very overwhelming for adult patients. It is important to provide guidance on how to maintain a healthy diet in the most practicable and affordable way possible. It is also important to teach adult patients how to interpret a food label. With proper food choices, diabetics can limit the inflammatory responses of the disease, which makes the disease more manageable. This guidance also helps instill a greater sense of autonomy, which will help them live an overall better life.