

▶ Carbohydrates

- Found in the starch, fruit, and milk food groups
- Eaten at every meal and snack
- Turn into sugar in your body
- Give you energy by fueling your brain, muscles, and organs

Eating too many carbohydrates at once will cause your blood sugar to go too high. Measure your portion sizes of carbohydrates to keep your blood sugar under control. Remember that starchy vegetables, like corn, peas, winter squash, potatoes, beans, yams, taro, and lotus root, are in the starch group.

▶ Protein

- Found in chicken, pork, beef, fish, eggs, cheese, nuts, legumes, soybeans, and tofu
- Eaten at every meal and snack
- Does not raise your blood sugar
- Helps you feel full longer
- Helps with growth and development
- 3 oz of meat looks like the size of a deck of cards, and 1 oz of cheese is about the size of 4 dice

▶ Sample meal plan

7 a.m.	Breakfast: 1 cooked egg , ½–1 cup cooked old-fashioned oatmeal
10 a.m.	Snack: 1 oz cheese, 1 tortilla, 1 small apple (tennis ball size)
1 p.m.	Lunch: 2 oz turkey slices, 2 slices whole-grain bread, lettuce, tomato, mustard, pickle, 1 cup salad with 2 Tbsp balsamic vinegar and oil, 6 oz light yogurt
4 p.m.	Snack: 1 oz nuts, 6 whole-wheat crackers, ½ banana
7 p.m.	Dinner: 3 oz baked chicken, 1 small potato (tennis ball size), ½ cup corn, 1 cup nonfat milk, ½ cup steamed broccoli, garlic
10 p.m.	Snack: 1–2 Tbsp natural peanut butter, 1 slice whole-grain bread, 1 cup nonfat milk

▶ Diabetes menu choices

Look at the boxes across the chart. When you're deciding what to eat for your meals and snacks, be sure to choose items similar to the items listed in each box.

	Protein group	Starch group	Milk group	Fruit group	Nonstarchy vegetables group****
BREAKFAST	<ul style="list-style-type: none"> • 1 egg OR • 2 egg whites OR • 1/8 cup nuts OR • 1–2 Tbsp peanut butter (natural) OR • 1 oz cooked lean meat • 1–2 oz cheese 	<ul style="list-style-type: none"> • 1–2 slices whole-grain bread OR • ½–1 cup cooked oatmeal OR • 1–2 (6") corn or wheat tortillas OR • ½–1 whole-wheat English muffin 	<ul style="list-style-type: none"> • Do not have at breakfast. 	<ul style="list-style-type: none"> • Do not have at breakfast. 	<ul style="list-style-type: none"> • As desired
MORNING SNACK	<ul style="list-style-type: none"> • 1 oz cooked lean meat, chicken, or fish** OR • ¼ cup cottage cheese OR • 1 oz cheese OR • ¼ cup paneer 	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR • 6 (2") whole-wheat crackers OR • 1 (6") corn or wheat tortilla OR • 1 (6") chapati OR • ½ (6") pita OR • 1 cup poha (rice flakes) 		<ul style="list-style-type: none"> • ½ large banana OR • ½ cup mango OR • 1 small piece fresh fruit (tennis ball size) OR • 1 cup diced cantaloupe OR • ½ large grapefruit OR • 1 large kiwi 	<ul style="list-style-type: none"> • As desired
LUNCH	<ul style="list-style-type: none"> • 2 oz cooked meat, chicken, fish, or shellfish (crab, clams, lobster, or shrimp)** OR • ½ cup cottage cheese OR • 2 oz light tuna canned in water** OR • 1 cup tofu OR • 2 oz cheese OR 	<ul style="list-style-type: none"> • 1 cup starchy vegetables*** OR • 2 slices whole-grain bread OR • 2 (6") corn or wheat tortillas OR • 2/3 cup cooked pasta, cooked rice, or baked beans OR • 1 medium potato OR • ½ naan of 8" x 2" OR • 2 (6") chapati OR • 1 cup cooked beans or lentils* OR • 1/3 cup cooked taro or lotus root 	<ul style="list-style-type: none"> • 1 cup nonfat/low-fat milk OR • 1 cup low-fat plain or light soy milk with calcium OR • 6 oz nonfat/low-fat plain or light yogurt 		<ul style="list-style-type: none"> • As desired
AFTERNOON SNACK	<ul style="list-style-type: none"> • 1 egg OR • 2 egg whites OR • 1 oz cooked lean meat OR • 1 oz cheese OR • 1/8 cup nuts OR • ¼ cup cottage cheese 	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR • 6 (2") whole-wheat crackers OR • 1 (6") corn or wheat tortilla OR • 1 (6") chapati OR • 1½ cup puffed rice OR • ½ (6") pita 		<ul style="list-style-type: none"> • 1 small piece fresh fruit (tennis ball size) OR • ½ cup unsweetened canned fruit drained OR • 17 small grapes OR • 1¼ cups cubed watermelon 	<ul style="list-style-type: none"> • As desired
DINNER	<ul style="list-style-type: none"> • 3 oz chicken, turkey, beef, or lamb OR • 3 oz cooked fish** OR • 1½ cups tofu OR • ¾ cup tempeh OR • ¾ cup paneer OR • 4 medium sardines OR • 2 Tbsp grated parmesan cheese 	<ul style="list-style-type: none"> • 2/3 cup cooked pasta, cooked rice, or baked beans OR • 1 whole-wheat dinner roll and ½ cup cooked corn, peas, or winter squash*** OR • 1 small potato (tennis ball size) and ½ cup cooked starchy vegetables*** OR • 1 cup cooked dhal or legumes* 	<ul style="list-style-type: none"> • 1 cup nonfat/low-fat milk OR • 1 cup low-fat, plain or light soy milk with calcium OR • 6 oz nonfat/low-fat plain or light yogurt 		<ul style="list-style-type: none"> • As desired
EVENING SNACK	<ul style="list-style-type: none"> • 1 oz cheese OR • 1 oz cooked lean meat OR • 1–2 Tbsp peanut butter (natural) OR • ¼ cup cottage cheese 	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR • 6 (2") whole wheat crackers OR • ½ cup cooked oatmeal 	<ul style="list-style-type: none"> • 1 cup nonfat/low-fat milk OR • 1 cup low-fat plain or light soy milk with calcium 		<ul style="list-style-type: none"> • As desired

* Equals 2 starch and 2 protein servings.

** Do not eat swordfish, shark, king mackerel, tilefish, or raw fish. Limit canned white albacore tuna to 6 oz per week only. These fish may contain dangerous levels of mercury, which may be harmful to your baby. Eat up to 12 oz per week of a variety of fish and shellfish that are lower in mercury.

*** Starchy vegetables such as corn, peas, winter squash, potatoes, beans, plantains, and yams are in the starch group.

**** Nonstarchy vegetables: lettuce, cucumber, cabbage, radishes, celery, mushrooms, zucchini, bell peppers, chili peppers, bok choy, broccoli, spinach, eggplant, okra

Foods to avoid: sugar, jam, honey, syrup, regular sodas, Kool-Aid, lemonade, all juices including orange, apple, cranberry, grape, etc.