



Camelback Women's Health

SAMPLE 2200 CALORIE MENU

The sample menu below is an example of how to include your food requirements in a days worth of meals and snacks. Remember, when you plan meals, choose healthy foods that you and your family will enjoy and that will fit into your food budget.

BREAKFAST

1 starch/bread	1 slice of whole wheat toast
1 meat	1 egg or 1 TBSP peanut butter
1 milk	1 cup 2% milk
1 fat	1 tsp margarine

MORNING SNACK

1 fruit	1 apple
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LUNCH

2 starch/bread	2 slices of bread
2 meat	2 oz. lean meat
1 vegetable	raw carrot sticks
1 fruit	1 apple
1 milk	1 cup 2% milk
2 fat	2 tsp margarine

AFTERNOON SNACK

1 starch/bread	3 cups popped popcorn
1 fruit	½ banana
1 milk	1 cup 2% milk

DINNER

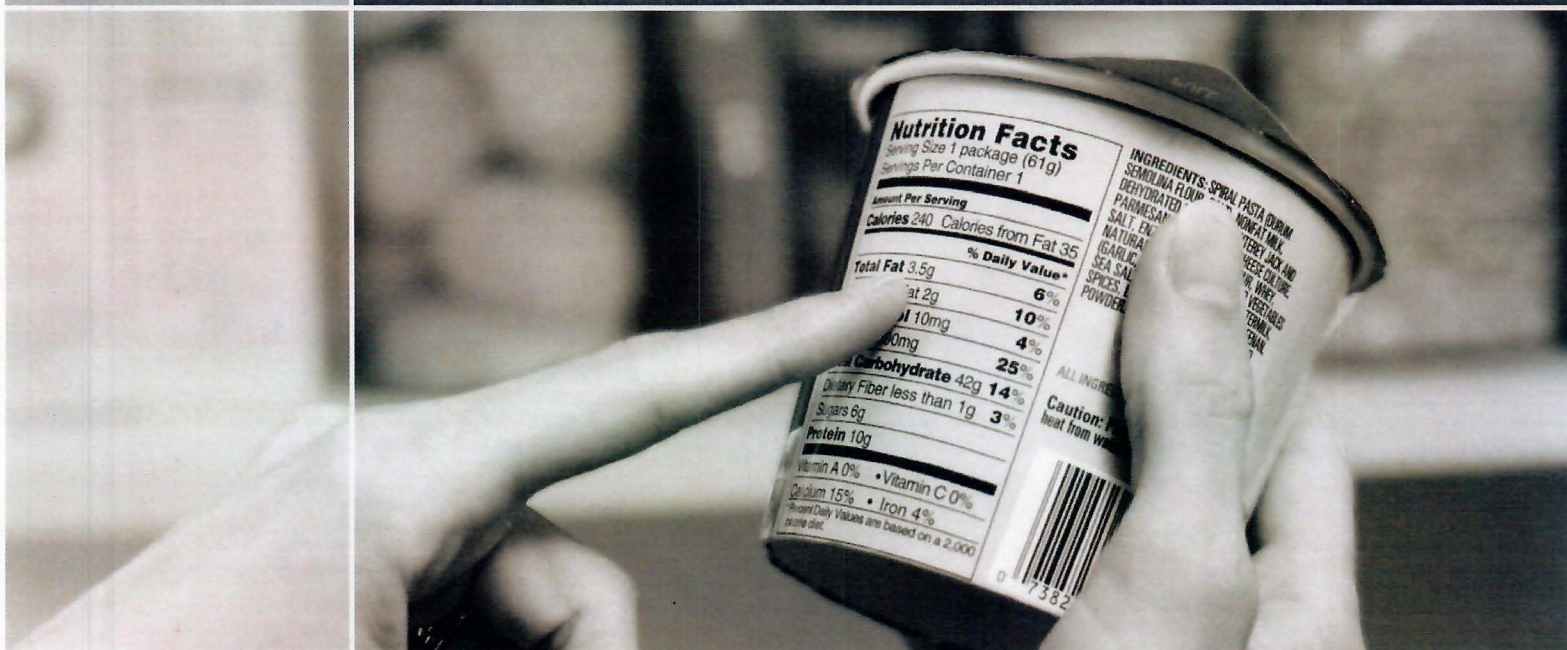
2 starch/bread	1 medium baked potato, 1 small whole wheat dinner roll
3 meat	3 oz. chicken breast
1 vegetable	½ cup cooked broccoli, small dinner salad
1 fruit	½ cup unsweetened sliced peaches
1 milk	1 cup 2% milk
2 fat	1 tsp margarine, 1 TBSP salad dressing

EVENING SNACK

1 starch/bread	3 graham cracker squares
1 fruit	1 ¼ cup strawberries
1 milk	1 cup 2% milk

2200 Calories
238 grams of carbohydrates (47%)
106 grams of protein (22%)
66 grams of fat (31%)

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Daily Diabetes Meal Planning Guide

A daily meal plan is an important part of your diabetes management, along with physical activity, blood sugar (glucose) checks and, often, diabetes medications.

There is no one meal plan that works for everybody with diabetes. This guide provides you with information that may help you plan your meals, including:

- **Balance Your Plate:** Many people with diabetes like to keep meal planning simple. This eating plan can help you easily portion out your food.
- **A Handy Guide to Portion Sizes:** Quick tips for estimating portion sizes
- **Food Lists for Meal Planning:** If you want to count servings of food and follow a plan that is good for your diabetes too, use this tool to help you figure out how many carbohydrates, proteins, and fats are a good amount for you.
- **Carbohydrate Counting:** There are many foods with carbohydrates to enjoy, including grains, fruits, vegetables, milk products and even those with sugar. Carbohydrates raise your blood sugar level more than proteins and fats. This meal planning approach helps you keep track of how many carbohydrates you eat in your meals and snacks. Many people who take insulin like to use this plan.

Dietary Guidelines at a Glance:

- Balance your calories to manage your weight
- Increase your intake of nutrient-dense foods such as fruits, vegetables, whole grains, low-fat dairy and protein, and healthy fats/oils
- Reduce your intake of sodium, fats, added sugars, refined grains and alcohol
- Build healthy eating patterns

Checking your blood sugar as directed by your healthcare provider will help you to see how your food choices affect your blood sugar control.

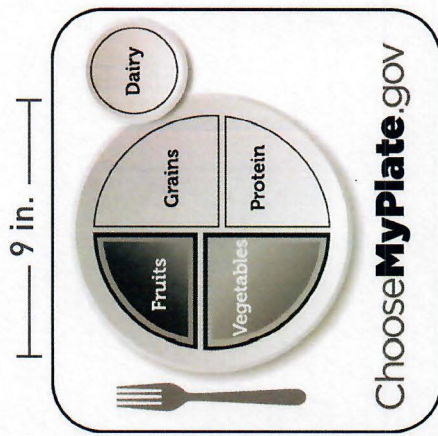
A registered dietitian (RD) can help you make a meal plan that best meets your needs and lifestyle. Ask your healthcare provider, certified diabetes educator (CDE), hospital, or local diabetes association for the names of RDs in your area who work with people who have diabetes or find an RD at www.eatright.org.

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Meal Planning Options

Balance Your Plate



- **FRUITS:** A serving of fruit is 1 small fresh fruit, 2 tbsp dried fruit, or ½ cup canned fruit or 4 oz unsweetened fruit juice.
- **VEGETABLES:** Choose nonstarchy vegetables, such as broccoli, carrots, cauliflower or green beans.
- **GRAINS:** Fill ¼ of the plate with a bread, cooked grain, or starchy vegetable such as corn, brown rice, or potatoes. Choose whole grains more often.
- **DAIRY:** Add 1 cup fat-free/low-fat milk or ¾ cup fat-free/low-fat yogurt.
- **PROTEIN:** 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.

MyPlate is not customized to match an individual's carbohydrate needs and blood sugar goals. It's still important to see an RD or CDE for nutrition advice.

A Handy Guide to Portion Sizes:

	The palm, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.	The thumb tip is about 1 teaspoon or 1 serving of margarine, mayonnaise, or other fats or oils.
	The fist is about 1 cup or about 30 grams of carbs for foods, such as 1 cup ice cream or 1 cup cooked cereal.	The thumb is about 1 tablespoon or 1 serving of regular salad dressing, reduced-fat mayonnaise, or reduced-fat margarine.
Hand sizes vary. These portion estimates are based on a woman's hand size. Measuring or weighing foods is the most accurate way to figure out portion size.		

Food Lists 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 400 mg or more of sodium per serving
oz = ounce
tsp = teaspoon
tbsp = tablespoon
Adapted from: The Official Pocket Guide to Diabetic Exchanges, American Diabetes Association, 2011.

Food	Serving Size
Corn	½ cup
Corn on cob (large, 5 oz)	1 cup
⊕ Honey, canned	¼ cup
⊕ Peas, green	¼ cup
Plantain, ripe	½ cup
Potato	1
Baked with skin (3 oz)	½ cup
Boiled, all kinds (3 oz)	1 cup
French fried (oven-baked) (2 oz)	1 cup
* Mashd with milk and fat	½ cup
! Spaghetti/rid pasta sauce	1 cup
⊕ Squash, winter	1 cup
Yam, sweet potato, plain	½ cup
Crackers and Snacks	Serving Size
Crackers	6
* Round, butter-type	6
Saltines	3
Graham cracker (2 ½-inch square)	3
⊕ Popcorn	3 cups
* With butter	3 cups
Lower fat or no fat added	3 cups
Pretzels	¾ oz
Snack chips (tortilla chips, potato chips)	15-20
Fat-free or baked (¾ oz)	9-13
* Regular (¾ oz)	

Starch

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

Most of the calories in these foods come from carbohydrates, 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 when you can.

In general, a single serving of starch is:

- ½ cup of cooked rice or pasta
- 1 oz of a bread product (such as 1 slice of whole wheat bread)
- ¾ to 1 oz of most snack foods (some snack foods may also have extra fat)

Food	Serving Size
Bread	1
Bagel (large, about 4 oz)	1 slice
* Biscuit (2 ½ inches across)	1
Bread (whole wheat, white or rye) (1 oz)	1 slice
* Cornbread (1 ¾-inch cube or 1 ½ oz)	1
English muffin	1
Hot dog or hamburger bun (1 oz)	1
Pancake (4 inches across, ¼-inch thick)	1
Pita pocket (6 inches across)	1
Roll (plain, small, 1 oz)	1
Tortilla (corn or flour, 6 inches across)	1
* Waffle (4-inch square or 4-inch diameter)	1

Food	Serving Size
Cereals and Grains	1
Cereals, cooked (oats, oatmeal)	¾ cup
Cereals (unsweetened, ready-to-eat)	1
Couscous	¾ cup
Granola (low-fat)	¾ cup
Pasta, cooked	1
Rice, cooked (white or brown)	1
Starchy Vegetables	Serving Size
	1

Food	Serving Size
⊕ Raspberries	1 cup
⊕ Strawberries (whole)	1 ½ cup
Cantaloupe (cubed)	1 cup
Cherries (sweet, fresh, 3 oz)	12
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 tbsp
Grapefruit (large, 11 oz)	17
Grapes (small, 3 oz)	1 ½ cup
Guava	1
⊕ Kiwi (3 ½ oz)	1
Mandarin oranges, canned	¾ cup
Orange (small, 5 ½ oz)	1 ½ fruit or ½ cup
⊕ Mango (small, 6 ½ oz)	1
Papaya (cubed, 8 oz)	1 ½ fruit or 1 cup
Peaches (fresh, medium, 6 oz)	1
Pears (fresh, large, 4 oz)	½
Pineapple (fresh)	¾ cup
Plums (small)	2
Dried (prunes)	3
Watermelon (cubes, 13 ½ oz) 1 slice or 1 ¼ cups	
Fruit Juice	Serving Size
Apple, grapefruit, orange, pineapple	½ cup
Fruit juice blends (100% juice)	½ cup
Grape juice	1 ½ cup
Prune juice	1 ½ 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.

Food	Serving Size
Milk, buttermilk, acidophilus milk, Lactaid	1 cup
Evaporated milk	½ cup
Yogurt (plain or flavored with a low-calorie sweetener, 6 oz)	½ cup

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

Food	Serving Size
Milk, acidophilus milk, Lactaid	1 cup
Yogurt (plain, 6 oz)	¾ cup

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

Food	Serving Size
Milk, buttermilk, goat's milk.	1 cup
Evaporated milk	½ cup
Yogurt (plain, 8 oz)	1 cup

Food Lists for Meal Planning

Dairy-like Foods

Food	Serving Size
Chocolate milk (fat-free)	1 cup
(1 fat-free milk + 1 carbohydrate)	
Chocolate milk (whole)	1 cup
(1 whole milk + 1 carbohydrate)	
Smoothies (flavored, regular)	10 oz
(1 fat-free milk + 2 1/2 carbohydrate)	
Soy milk (regular, plain)	1 cup
(1 carbohydrate + 1 fat)	
Yogurt with fruit (low-fat, 6 oz)	1/2 cup
(1 fat-free milk + 1 carbohydrate)	

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 servings of nonstarchy vegetables each day. Choose a variety of vegetables to benefit from their essential vitamins, minerals, and antioxidants. When using canned vegetables, choose no-salt-added versions or rinse.

In general, a single serving of a nonstarchy vegetable is:

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

Food	Serving Size
Asparagus or Chinese spinach	1 cup
Beans (green, wax, Italian)	1 cup
Bean sprouts	1 cup
Broccoli	1 cup
Cabbage (green, bok choy, Chinese)	1 cup
Carrots	1 cup
Calliflower	1 cup
Celery	1 cup
Cucumber	1 cup
Eggplant	1 cup
Greens (collard, kale, mustard, turnip)	1 cup
Jicama	1 cup
Mushrooms	1 cup
Okra	1 cup
Onions	1 cup
Pea pods	1 cup
Peppers (all varieties)	1 cup
Radishes	1 cup
Sauerkraut	1 cup
Squash (summer, crookneck, zucchini)	1 cup
Tomatoes (fresh and canned)	1 cup
Tomato sauce	1 cup
Tomato/vegetable juice	1 cup
Water chestnuts	1 cup

Meat and Protein Sources

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

Meat and protein sources 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.

Beef (Select or Choice grades, trimmed of fat):

Food	Serving Size
Ground round, roast (chuck, rib, rump), sirloin, steak (cubed, flank, porterhouse, T-bone, tenderloin)	3 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):	1 oz
Calfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Hot dog (with 3 grams of fat or less per oz)	1
Pork (lean):	1 oz
Rib or loin chop/roast, ham, tenderloin,	1 oz
! Canadian bacon	1 oz
Poultry (without skin)	1 oz
Processed sandwich meats	1 oz
Tuna (canned in water or oil, drained)	1 oz

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

Food	Serving Size
Beef:	1 oz
Corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib)	1 oz
Cheeses (with 4-7 grams of fat per oz)	1 oz
Mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese, ! Feta	1 oz
Egg	1
Fish, any fried type	1 oz
Pork (culet, shoulder roast)	1 oz
Poultry (with skin or fried)	1 oz
Ricotta cheese (2 oz)	1/4 cup
Sausage (with 4-7 grams of fat per oz)	1 oz

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

Food	Serving Size
Bacon (pork)	2 slices
! Bacon (turkey)	3 slices
Cheese (regular):	1 oz
American, bleu, brie, cheddar, hard goat, Monterey jack, queso, swiss	1 oz
*1 Hot dog (beef, pork, or combination)	1

Plant-based Proteins

Each serving from this list contains 7 grams protein, amount of carbohydrate, fat, and calories varies.

Beans, peas, and lentils are also found on the StarCh list. Nut butters in smaller amounts are found in the Fats list.

Food	Serving Size
Beans, lentils, or peas (cooked)	1/2 cup
! Arachis + 1 lean meat	
Hummus	1/2 cup
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 tsp
Hot dog (with 3 grams of fat or less per oz)	1
Tempeh	1/4 cup
! 1 medium-fat meat	
Tofu (4 oz)	1/2 cup
! 1 medium-fat meat	

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

Food	Serving Size
Ununsaturated Fats	
Monounsaturated Fats	
Avocado (medium, 1 oz)	2 tsp
Nut butters (trans-fat free)	1 1/2 tsp
Nuts	
Almonds, cashews	6
Macadamia	3
Peanuts	10
Pecans	4 halves
Oil (canola, olive, peanut)	1 tsp
Olives (black, ripe)	8 large
! Olives (green, stuffed)	10 large

Polyunsaturated Fats

Food	Serving Size
Margarine (lower-fat spread)	1 tsp
! Margarine (stick, tub or squeeze)	1 tsp
Mayonaisse (reduced-fat)	1 tsp
Mayonaisse (regular)	1 tsp
Oil (corn, cottonseed, flaxseed, grape	1 tsp

Combination Foods

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

Entrees

Food	Serving Size
! Casserole type:	
Tuna noodle, lasagna, macaroni and cheese, 8 oz	1 cup
(2 carbohydrates + 2 medium-fat meats)	
Frozen Meals	
! Burrito (beef and bean, 5 oz)	1
(3 carbohydrates + 1 lean meat + 2 fats)	
! Pizza (cheese/vegetarian, thin crust)	1/4 of a 12-inch pie
(2 carbohydrates + 2 medium-fat meats)	
Soups	
! Bean, lentil, or split pea	1 cup
(1 carbohydrate + 1 lean meat)	
! Tomato (made with water)	1 cup
(1 carbohydrate)	

Alcohol

In general, 1 alcohol equivalent has about 100 calories. One alcohol equivalent is 12 oz beer or 1 1/2 oz distilled spirits or 5 oz 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.

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

Food	Serving Size
Barbecue sauce	2 tsp
Catsup (ketchup)	1 tsp
Mustard	free
! Pickles (medium size dill)	1/2
Salsa	1/4 cup
Taco sauce	1 tsp
Vinegar	free
Drinks/Mixes	
! Bouillon, broth, consommé	free
Carbonated or mineral water, club soda	free
Coffee or tea	free
Diet soft drinks or sugar-free drink mixes	free
Seasonings	
Flavoring extracts	free
Garlic	free
Herbs (fresh or dried)	free
Nonslick cooking spray	free
Spices	free

Sample Meal Plan: Pulling the Food Lists Together

The table below shows sample meal plans, by numbers of servings, for different calorie requirements. Ask your RD, CDC, or healthcare provider which plan may work best for you. Each plan provides about half of its calories from carbohydrates 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 Carbohydrates †					
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.

† Consult with an RD about how to substitute foods from the Sweets, Desserts, and Other Carbohydrates list with other carbohydrate-containing foods as associated calorie content may be higher.

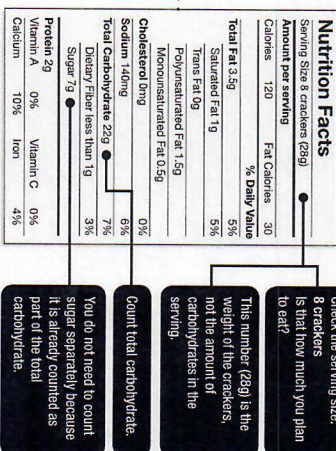
Carbohydrate Counting

Carbohydrate (starch and sugar) is the main nutrient in food that raises blood sugar. When you plan meals based on carbohydrate counting, count only the foods that contain carbohydrates. 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.

● TO CALCULATE CARBOHYDRATE CHOICES:

- Divide the number of grams of total carbohydrates by 15 (because 1 carbohydrate choice = 15 grams of carbohydrate).
- Total carbohydrates = 22g
- 22 divided by 15 = 1.5
- So, 8 crackers = 2 carbohydrate choices

Food Groups	Grams of Carbohydrate per Serving
Starches	15
Fruits	15
Milk	12
Nonstarchy Vegetables	5
Sweets, Desserts, Other Carbohydrates	varies
Meat and Protein Sources	0
Fats	0
Free Foods	< 5
Combination Foods	varies



● 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 3 meals and 15 grams carbohydrate (1 choice) for snacks as needed.

Men often need 60-75 grams carbohydrate (4-5 choices) at each of 3 meals and 15-30 grams carbohydrate (1-2 choices) for snacks as needed.

Personal Meal Plan

Meal Plan for: _____ Date: _____

Registered Dietitian: _____ No. of Carbohydrate Choices: _____ Proteins (ounces): _____

Phone: _____ Total Calories: _____ Fats (grams): _____

E-mail: _____ Carbohydrates (grams): _____

With your RD, fill in your personal meal plan below with the number of grams of carbohydrates 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						
Nonstarchy Vegetables						
Sweets, Desserts & Other Carbohydrates						
Meat & Protein Sources						
Fats						
Free Foods						
Menu Ideas						

Resources

American Association of Diabetes Educators

www.diabeteseducator.org

American Diabetes Association

www.diabetes.org

Academy of Nutrition and Dietetics

www.eatright.org

The Official Pocket Guide to Diabetic Exchanges

American Diabetes Association, 2011.

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Diabetes Care and Education (DCE), a dietetic practice group of the Academy of Nutrition and Dietetics, promotes quality diabetes care and education. DCE comprises members of the Academy of Nutrition and Dietetics 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 **Daily Diabetes Meal Planning Guide**.

We hope you find this resource useful.

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