



Daily Meal Planning Guide

When you find out you have diabetes there are so many things to learn! One of the first things you may want to know is – what can I eat? Choosing healthy foods can help you control your blood glucose. A daily meal plan is an important part of your diabetes management, along with physical activity, blood glucose checks, and often diabetes medications.

There is no one meal plan that works for everybody with diabetes. This guide will provide you with three ways that may help you plan your meals.

- *Balance Your Plate:* Many people with diabetes like to keep meal planning simple. This food plan can help you to easily portion out your food.
- *Food List for Meal Planning and Personal Meal Plan:* If you want to count servings of food and follow a plan that is good for your diabetes too, check out the *Food List for Meal Planning* and the *Personal Meal Plan*. This plan will help you know how much of carbohydrate, protein, and fat you can eat each day.
- *Carbohydrate Counting:* There are many carbohydrate foods to enjoy, including grains, fruits, vegetables, milk products and those with sugar. Carbohydrate foods raise your blood glucose level more than proteins and fats. This meal planning approach helps you to keep track of how much carbohydrate you eat at your meals and snacks. Many people who take insulin like to use this plan.

Some key things to remember no matter which meal plan you choose to follow:

- Keep your food intake consistent from day to day
- Make half your grains whole grains
- Choose whole fruits and vegetables often
- Go with lean protein
- Get your calcium-rich foods
- Know your limits on fats, salt, and sugars
- Choose water instead of sugary beverages, juice “drinks”, and sports drinks

Checking your blood glucose will help you to see how your food choices affect your blood glucose control.

A Registered Dietitian (RD) can help you make a meal plan that best meets your needs and lifestyle. Ask your healthcare provider, diabetes educator, hospital, or local diabetes association for the names of RDs in your area who work with people that have diabetes.

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Meal Planning Options

Balance Your Plate

One fruit serving is 1 small fresh fruit, 2 Tbs. dried fruit, or ½ cup canned fruit or unsweetened fruit juice.



Fill this ¼ of the plate with a starch, grain, or starchy vegetable, such as corn, peas or potatoes.



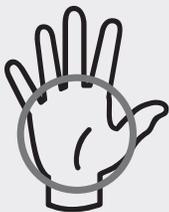
Use fat-free/low-fat milk and milk products.

Fill this ½ of the plate with non-starchy vegetables, such as broccoli, carrots, cauliflower, or green beans.

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.

Practical Nutrition: The Idaho Plate Method Practical Diabetol 1998;17:42-45.

Try your hand at these guidelines for estimating portion sizes*:



Your palm, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.



A fist is about 1 cup or about 30 grams of carb for foods such as 1 cup ice cream or 1 cup cooked cereal.



Your thumb is about 1 tablespoon or 1 serving of regular salad dressing, reduced-fat mayonnaise or reduced-fat margarine.



Your thumb tip is about 1 teaspoon or 1 serving of margarine, mayonnaise or other fats such as oils.

These portion estimates are based on a woman's hand size. Hand sizes vary. Measuring or weighing foods is the most accurate way to figure out a portion size.

**Adapted from: Warshaw, H.S., Kulkarni, K. Complete Guide to Carb Counting 2nd Edition. Alexandria, VA: American Diabetes Association, 2004; and Wondering How Much to Eat? Do the Hand Jive! Diabetes Spectrum 1999; 12:177-178.*

Food List 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 480 mg or more of sodium per serving

oz= ounce

tsp= teaspoon

Tbsp= Tablespoon

Resources:

Choose Your Foods: Exchange Lists for Diabetes, American Diabetes Association and American Dietetic Association, 2007.

Beyond Rice and Beans by Lorena Drago (American Diabetes Association, 2006)

Starch

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

These foods are the cornerstone of a healthy eating plan. Most of their calories come from carbohydrate, 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 as often as you can.

In general, a single serving of starch is:

- 1/2 cup of cooked cereal, grain or starchy vegetable
- 1/3 cup of cooked rice or pasta
- 1 oz of a bread product such as 1 slice of whole wheat bread
- 3/4 to 1 oz of most snack foods (some snack foods may also have extra fat)

Bread	Serving Size
Bagel, large (about 4 oz)	1/4 (1 oz)
*Biscuit, 2 1/2 inches across	1
Bread (whole wheat, white or rye)	1 slice (1 oz)
*Cornbread	1 3/4 inch cube (1 1/2 oz)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 oz)
Pancake	4 inches across, 1/4 inch thick (1)
Pita pocket bread (6" across)	1/2
Roll, plain, small	1 (1 oz)
Tortilla, corn or flour (6" across)	1
*Waffle	4 inch square or 4 inches across (1)

Cereals and Grains	Serving Size
Cereals, cooked (oats, oatmeal)	1/2 cup
Cereals, unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup
Granola, low-fat	1/4 cup
Pasta, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup

Starchy Vegetables

	Serving Size
Breadfruit	1/4 cup small cubes
Corn, cooked	1/2 cup
Corn on cob, large	1/2 cob (5 oz)
☺ Hominy, canned	3/4 cup
☺ Peas, green, cooked	1/2 cup
Plantain, ripe	1/3 cup
Potato	
baked with skin	1/4 large (3 oz)
boiled, all kinds	1/2 cup or 1/2 medium (3 oz)
* mashed with milk and fat	1/2 cup
French fried (oven-baked)	1 cup (2 oz)
Spaghetti/pasta sauce	1/2 cup
☺ Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup
Yucca	1/3 cup

Crackers and Snacks

	Serving Size
Crackers	
*round, butter-type	6
saltines	6
Graham cracker, 2 1/2 inch square	3
Popcorn	
* ☺ with butter	3 cups
☺ lower fat or no fat added	3 cups
Pretzels	3/4 oz
Snack chips (tortilla chips, potato chips)	
fat-free or baked	15-20 (3/4 oz)
* regular	9-13 (3/4 oz)

Beans, Peas and Lentils

(Count as 1 Starch + 1 Lean Meat)	Serving Size
☺ Baked beans	1/3 cup
☺ Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
☺ Lentils, cooked (brown, green, yellow)	1/2 cup
☺ Peas, cooked (black-eyed, split)	1/2 cup

Fruits

Each serving from this list contains **15 grams carbohydrate**, 0 grams fat, 0 grams protein and 60 calories.

Fruits are good sources of fiber, regardless if they are fresh, frozen, or dried. Fruit juices contain very little fiber. Choose fruits instead of juices whenever possible. When using canned fruit, choose fruit packed in its own juice or light syrup.

In general, a single serving of fruit is:

- 1/2 cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 tablespoons of dried fruit

Fruit	Serving Size
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	1/2 cup
Banana, extra small	1 (4 oz)
Berries	
☺ Blackberries	3/4 cup
Blueberries	3/4 cup
☺ Raspberries	1 cup

☺ Strawberries	1 1/4 cup whole berries
Cantaloupe, small	1/3 melon or 1 cup cubed (11 oz)
Cherries, sweet fresh	12 (3 oz)
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Grapefruit, large	1/2 (11 oz)
Grapes, small	17 (3 oz)
Guava	1/2 cup
☺ Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5 1/2 oz) or 1/2 cup
☺ Orange, small	1 (6 1/2 oz)
Papaya	1/2 fruit or 1 cup cubed (8 oz)
Passion fruit	1/4 cup
Peaches (fresh, medium)	1 (6 oz)
Pears (fresh, large)	1/2 (4 oz)
Pineapple (fresh)	3/4 cup
Plums	
dried (prunes)	3
small	2 (5 oz)
Tamarind	1/4 cup whole or 1 oz dried
Watermelon	1 slice or 1 1/4 cups cubes (13 1/2 oz)

Fruit Juice

	Serving Size
Apple, grapefruit, orange, pineapple	1/2 cup
Fruit juice blends, 100% juice,	
grape juice, prune juice	1/3 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.

Milk, buttermilk, acidophilus milk, Lactaid	1 cup
Evaporated milk	1/2 cup
Yogurt, plain or flavored with a low calorie sweetener	2/3 cup (6 oz)

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

Milk, acidophilus milk, kefir, Lactaid	1 cup
Yogurt, plain	2/3 cup (6 oz)

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

Milk, buttermilk, goat's milk	1 cup
Evaporated milk	1/2 cup
Yogurt, plain	8 oz

Dairy-Like Foods

	Serving Size
Chocolate milk	
fat-free	1 cup
(1 fat-free milk + 1 carbohydrate)	
whole	1 cup
(1 whole milk + 1 carbohydrate)	

Food List for Meal Planning

Smoothies, flavored, regular (1 fat-free milk + 2 1/2 carbohydrate)	10 oz	Muffin (4 oz) (Count as 1 carbohydrate + 1/2 fat)	1/4 muffin (1 oz)
Soy milk, regular, plain (1 carbohydrate + 1 fat)	1 cup	Pie, commercially prepared fruit, 2 crusts (Count as 3 carbohydrates + 2 fats)	1/6 of 8-inch pie
Yogurt juice blends (1 fat-free milk + 1 carbohydrate)	1 cup	Pudding regular (made with reduced-fat milk) (Count as 2 carbohydrates)	1/2 cup
with fruit, low-fat (1 fat-free milk + 1 carbohydrate)	2/3 cup (6 oz)	sugar-free or sugar- and fat-free (made with fat-free milk)	1/2 cup

Sweets, Desserts, and Other Carbohydrates

Each serving from this list contains **15 grams of carbohydrate**; the amount of protein, fat and calories varies. You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the Starch, Fruit or Milk lists) in your meal plan, even though these foods have added sugars or fat. The foods on this list do not have as many vitamins, minerals and fiber. Choose foods from this list less often if you are trying to lose weight. Many sugar-free, fat-free and reduced-fat products are made with ingredients that contain carbohydrate, so check the Total Carbohydrate information on the Nutrition Facts food label.

Food	Serving Size
Brownie, small, unfrosted	1 1/4 inch square, 7/8 inch high (about 1 oz)
<i>(Count as 1 carbohydrate + 1 fat)</i>	
Cake	
frosted	2-inch square (about 1 oz)
<i>(Count as 2 carbohydrates + 1 fat)</i>	
unfrosted	2-inch square (about 1 oz)
<i>(Count as 1 carbohydrate + 1 fat)</i>	
Candy bar, chocolate/peanut	2 "fun size" bars (1 oz)
<i>(Count as 1 1/2 carbohydrates + 1 1/2 fats)</i>	
Candy, hard	3 pieces
Cookies	
chocolate chip	2 cookies (2 1/4 inch across)
<i>(Count as 1 carbohydrate + 2 fats)</i>	
vanilla wafer	5 cookies
<i>(Count as 1 carbohydrate + 1 fat)</i>	
Doughnut, cake, plain	1 medium (1 1/2 oz)
<i>(Count as 1 1/2 carbohydrates + 2 fats)</i>	
Flan (caramel custard)	1/2 cup
<i>(Count as 2 carbohydrates)</i>	
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)
Gelatin, regular	1/2 cup
Granola or snack bar, regular or low-fat (Count as 1 1/2 carbohydrates)	1 bar (1 oz)
Hot chocolate, regular	1 envelope added to 8 oz water
<i>(Count as 1 carbohydrate + 1 fat)</i>	
Ice cream	
light and no sugar added (Count as 1 carbohydrate + 1 fat)	1/2 cup
regular (Count as 1 carbohydrate + 2 fats)	1/2 cup
Jam or jelly, regular	1 Tbsp

Muffin (4 oz) (Count as 1 carbohydrate + 1/2 fat)	1/4 muffin (1 oz)
Pie, commercially prepared fruit, 2 crusts (Count as 3 carbohydrates + 2 fats)	1/6 of 8-inch pie
Pudding regular (made with reduced-fat milk) (Count as 2 carbohydrates)	1/2 cup
sugar-free or sugar- and fat-free (made with fat-free milk)	1/2 cup
Sports drink	1 cup (8 oz)
Sugar	1 Tbsp
Syrup	
light (pancake type)	2 Tbsp
regular (pancake type)	1 Tbsp
Yogurt, frozen, fat-free	1/3 cup

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 nonstarchy vegetable servings each day. Choose a variety of vegetables to benefit from their important vitamins, minerals and antioxidants. When using canned vegetables, choose no salt added versions or rinse regular canned vegetables. In general, a single serving of a nonstarchy vegetable is:

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

Amaranth or Chinese spinach
Beans (green, wax, Italian)
Bean sprouts
Broccoli
Cabbage (green, bok choy, Chinese)
☺ Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Jicama
Mushrooms, all kinds, fresh
Okra
Onions
Pea pods
☺ Peppers (all varieties)
Radishes
! Sauerkraut
Spinach
Squash (summer, crookneck, zucchini)
Tomatoes, fresh and canned
! Tomato sauce
! Tomato/vegetable juice
Water chestnuts

Meat and Meat Substitutes

Meat and meat substitutes 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.

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

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

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

Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib)	
Cheeses with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese	1 oz
Egg	1
Fish, any fried product	1 oz
Pork, cutlet, shoulder roast	1 oz
Poultry, with skin or fried	1 oz
Ricotta cheese	2 oz or 1/4 cup
! Sausage with 4-7 grams of fat per oz	1 oz

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

Bacon	
! pork	2 slices
! turkey	3 slices
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso and swiss	
*! Hot dog: beef, pork or combination	1
Pork sparerib	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	
	1 oz

! Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer 1 oz

Plant-based proteins: Each serving from this list contains 7 grams protein and a **variable amount of carbohydrate**, fat and calories. Beans, peas and lentils are also found on the Starch list. Nut butters in smaller amounts are found in the Fats list.

Food	Amount
Beans, lentils, or peas (cooked) (Count as 1 starch + 1 lean meat)	1/2 cup
☺ Hummus (Count as 1 carbohydrate + 1 high-fat meat)	1/3 cup
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter (Count as 1 high-fat meat)	1 Tbsp
Tempeh (Count as 1 medium-fat meat)	1/4 cup
Tofu (Count as 1 medium-fat meat)	4 oz (1/2 cup)

Fats

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

Unsaturated Fats

Monounsaturated Fats	Serving Size
Avocado, medium	2 Tbsp (1 oz)
Nut butters (<i>trans</i> -fat free)	1 1/2 tsp
Nuts	
almonds, cashews	6 nuts
macadamia	3 nuts
peanuts	10 nuts
pecans	4 halves
Oil: canola, olive, peanut	1 tsp
Olives, black (ripe)	8 large
Olives, green (stuffed)	10 large

Polyunsaturated Fats	Serving Size
Margarine	
lower-fat spread	1 Tbsp
stick, tub or squeeze	1 tsp
Mayonnaise	
reduced-fat	1 Tbsp
regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
reduced-fat	2 Tbsp
regular	1 Tbsp

Saturated Fats

	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter, stick	1 tsp
Cream, half and half	2 Tbsp
Cream cheese	
reduced-fat	1 1/2 Tbsp (3/4 oz)
regular	1 Tbsp (1/2 oz)
Sour cream	
reduced-fat or light	3 Tbsp
regular	2 Tbsp

Free Foods

Each serving from this list has **5 grams or less of carbohydrate** and less than 20 calories per serving. Eat up to 3 servings per day of the free foods with a serving size noted without counting any carbohydrate. Choices listed without a serving size noted can be eaten whenever you like. For better blood glucose control, spread your servings of these foods throughout the day.

Low Carbohydrate Foods	Serving Size
Cabbage, raw	1/2 cup
Gelatin, sugar-free or unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Salad greens	
Sugar substitutes (low calorie sweeteners)	

Modified Fat Foods with Carbohydrate	Serving Size
Cream cheese, fat-free	1 Tbsp (1/2 oz)
Creamers	
nondairy, liquid	1 Tbsp
nondairy, powdered	2 tsp
Salad dressing	
fat-free or low-fat	1 Tbsp
fat-free Italian	2 Tbsp

Condiments	Serving Size
Barbecue sauce	2 tsp
Catsup (ketchup)	1 Tbsp
Mustard	
! Pickles, dill	1 1/2 medium
Salsa	1/4 cup
Taco sauce	1 Tbsp
Vinegar	

Drinks/Mixes

! Bouillon, broth, consommé
Carbonated or mineral water, club soda
Coffee or tea
Diet soft drinks or sugar-free drink mixes

Seasonings

Flavoring extracts
Garlic
Herbs, fresh or dried
Nonstick cooking spray
Spices
Worcestershire sauce

Combination Foods

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

Entrees	Serving Size
! Casserole type (tuna noodle, lasagna, macaroni and cheese)	1 cup (8 oz)
(Count as 2 carbohydrates + 2 medium-fat meats)	

Frozen Meals/Entrees	Serving Size
! ☺ Burrito (beef and bean) (Count as 3 carbohydrates + 1 lean meat + 2 fats)	1 (5 oz)
! Enchilada (Count as 3 carbohydrates)	1 (11 oz)

! Pizza, cheese/vegetarian, thin crust	1/4 of a 12 inch (4 1/2-5 oz)
(Count as 2 carbohydrates + 2 medium-fat meats)	
! Taco (Count as 2 carbohydrates)	1 (5-6 oz)

Soups	Serving Size
! Bean, lentil or split pea (Count as 1 carbohydrate + 1 lean meat)	1 cup
! Tomato (made with water) (Count as 1 carbohydrate)	1 cup

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

Sample Menu Plan

This menu shows some of the ways the exchange lists can be used to add variety to your meals. Use the exchange lists to plan your own menus.

Breakfast

1 Fruit
2 Starch/Bread
2 Fat
1 Milk
*Free Foods

Examples

½ cup orange juice
2 slices whole wheat toast
2 tsp margarine
1 cup 1% milk
Coffee or tea

Lunch

1 Meat
2 Starch/Bread
1 Vegetable
1 Fruit
1 Fat
*Free Foods

Examples

¼ cup tuna
2 slices rye bread
1 large tomato
½ banana
2 tsp salad dressing, mayonnaise - type
¼ cup chopped celery

Afternoon Snack

2 Fruit

Examples

1 small apple, 2 Tbsp raisins

Dinner

2 Meat
3 Starch/Bread
1 Vegetable
1 Fruit
2 Fat
*Free Foods

Examples

2 oz. roast beef
1 small potato, ½ cup corn, 1 slice whole wheat bread
½ cup broccoli
1¼ cup strawberries
2 tsp margarine
salad greens, radishes, 2 Tbsp low-calorie salad dressing

Evening Snack

2 Starch/Bread
1 Milk
1 Fruit
1 Fat

Examples

6 graham crackers
1 cup 1% milk
⅓ cup canned pineapple
1 Tbsp cream cheese

Personal Meal Plan

Meal Plan For: _____ Phone: _____ Carbohydrate – number of grams: _____

Date: _____ Total Calories: _____ Number of carbohydrate choices: _____

Registered Dietitian: _____ Protein (ounces): _____

Fat (grams): _____

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

Diabetes Care and Education (DCE), a dietetic practice group of the American Dietetic Association (ADA), promotes quality diabetes care and education. DCE comprises members of the ADA 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 new *Daily Meal Planning Guide*.

We hope you find it a valuable resource.

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