

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 the primary part of any good type 2 diabetes 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 below.
- Using the chart, plan your menus for the day with serving amounts from each 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.

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

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 1 envelope	Add 1 Starch	Add 1 Starch	Add 1 Starch 1 Fat	Add 1 Starch 1 Fat 1 Fruit
Lunch 1 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	Tortilla (6") 1 oz Chicken 1 oz Cheese 1 oz Beans Apple (raw – 2") Salad dressing 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
Snack Nothing				1 Starch	1 Starch 1 Meat 1 Fruit
Dinner 2 Starches 2 Meat 1 Vegetable 1 Fruit 2 Fat	Rice 1/3 cup Corn chips 1 oz Chicken 2 oz Onions Butter 1 tsp Oil 1 tsp Canned fruit 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
Snack 1 Starch 1 Milk	Whole milk 8 oz Popcorn 3 cups		1 Fruit	1 Fruit	1 Fruit

Add variety to your type 2 diabetes meal plan

Starch

1 serving = 80 calories

Cereal/Beans/Grains/Pasta

Cereal (cooked) ½ cup
Beans (cooked or canned) 1/3 cup
Rice (cooked) 1/3 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) 1/3 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") 1

Fruit

1 serving = 60 calories

Apple (raw – 2") 1
Banana (medium) ½
Cherries 12
Dried fruit ¼ cup
Canned fruit in juice ½ cup
Grapes 12-15
Raisins 2 Tbsp
Apple, orange or grapefruit juice
½ cup
Cranberry, grape or prune juice
1/3 cup

Milk

1 serving = 90-100 calories

Whole milk 8 oz
Buttermilk 8 oz
Yogurt (non-fat, plain) 8 oz
Hot cocoa mix 1 envelope

Vegetable

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
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
Beef 1 oz
Chitterlings 1 oz
Chicken (dark meat, no skin) 1 oz
Eggs 1
Pork (ribs, barbecue, chops, cutlets) 1 oz
Sausage 1 oz
Wieners 1 oz

Fats

1 serving = 5 grams fat, 45 calories

Avocado (4") 1/8
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
Non-dairy creamer (liquid) 2 Tbsp
Non-dairy creamer (dry) 4 tsp
Oil 1 tsp
Nuts or seeds 1 Tbsp
Pesto sauce 2 tsp
Salad dressing (reduced calorie) 2 Tbsp

Free Foods

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 dry)
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

Sugar 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