

Living Well with Diabetes

Sample meals for carbohydrate counting

Ideas to help you plan your meals and snacks

Sample breakfasts

Meals with **2 carb choices** (about 30 grams of carbohydrate)

<ul style="list-style-type: none"> ▪ 1/2 cup cooked oatmeal ▪ 1/2 cup nonfat or low-fat milk ▪ 1 Tbsp raisins ▪ 1 Tbsp chopped pecans 	<ul style="list-style-type: none"> ▪ 1/2 English muffin ▪ 1/2 banana ▪ 1 Tbsp peanut butter 	<ul style="list-style-type: none"> ▪ 6 ounces light yogurt ▪ 1/2 cup high-fiber cereal ▪ 1 Tbsp sliced almonds 	<ul style="list-style-type: none"> ▪ 1 slice toasted whole grain bread ▪ 1/2 cup fruit juice ▪ 1/4 cup nonfat or low-fat cottage cheese
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Meals with **3 carb choices** (about 45 grams of carbohydrate)

<ul style="list-style-type: none"> ▪ 1 cup cooked oatmeal ▪ 1/2 cup nonfat or low-fat milk ▪ 1 Tbsp raisins ▪ 1 Tbsp chopped walnuts 	<ul style="list-style-type: none"> ▪ 1 English muffin ▪ 1/2 banana ▪ 1 Tbsp peanut butter 	<ul style="list-style-type: none"> ▪ 1 cup nonfat or low-fat milk mixed with one packet of sugar-free instant breakfast drink ▪ 1 small orange 	<ul style="list-style-type: none"> ▪ 2 slices toasted whole grain bread ▪ 1 Tbsp light margarine ▪ 1/2 cup fruit juice ▪ 1 poached egg
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Meals with **4 carb choices** (about 60 grams of carbohydrate)

<ul style="list-style-type: none"> ▪ 1 cup cooked oatmeal ▪ 1/2 cup nonfat or low-fat milk ▪ 1 Tbsp raisins ▪ 1/2 small (2-ounce) bagel ▪ 1 Tbsp peanut butter 	<ul style="list-style-type: none"> ▪ 1 large (4-ounce) bagel ▪ 1 1/2 Tbsp low-fat cream cheese ▪ 1/4 cup egg substitute 	<ul style="list-style-type: none"> ▪ 1 cup nonfat or low-fat milk mixed with 1 packet of sugar-free instant breakfast drink ▪ 1 banana 	<ul style="list-style-type: none"> ▪ 2 slices toasted whole grain bread ▪ 1 Tbsp light margarine ▪ 1 cup nonfat or low-fat milk ▪ 1/2 cup fruit juice ▪ 1 egg
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Sample snack ideas

1 carb choice (about 15 grams carbohydrate)	2 carb choices (about 30 grams carbohydrate)
<ul style="list-style-type: none"> ▪ 3 cups fat-free popcorn ▪ 4 to 5 whole grain crackers ▪ 3 graham cracker squares ▪ 1 slice whole grain bread ▪ 1 small flour or corn tortilla ▪ 1/2 small (2-ounce) bagel ▪ 1 piece small fresh fruit (4 ounces) ▪ 6 ounces light yogurt ▪ 17 grapes ▪ 3/4 ounce pretzels ▪ 6 saltine crackers 	<ul style="list-style-type: none"> ▪ 3/4 cup cereal with 1 cup nonfat or low-fat milk ▪ 1 fruit and grain bar ▪ 6 graham cracker squares ▪ 1 English muffin ▪ 20 baked tortilla chips ▪ 1 small (2 ounce) bagel ▪ 1 banana ▪ 6 ounces light yogurt with 1/4 cup low-fat granola ▪ 1 cup sugar-free pudding ▪ 16 animal crackers ▪ 12 saltines

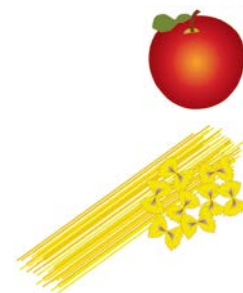
Sample lunches or dinners

Meals with **3 carb choices** (about 45 grams of carbohydrate)

Week 1

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ▪ 2 slices whole-grain bread ▪ 2 ounces sliced turkey or chicken breast ▪ Lettuce, sliced tomato ▪ 2 tsp low-calorie sandwich spread ▪ 1 small (4 ounce) apple 	<ul style="list-style-type: none"> ▪ 2/3 cup cooked brown rice ▪ 1 cup cooked broccoli ▪ 3 ounces baked skinless chicken breast ▪ 1 small whole-grain roll ▪ 1 Tbsp light margarine ▪ Sugar-free Jell-o 	<ul style="list-style-type: none"> ▪ 2 corn tortillas ▪ 1/2 cup refried beans ▪ 2 Tbsp guacamole ▪ ¼ cup tomato salsa ▪ Shredded lettuce ▪ 2 Tbsp light sour cream 	<ul style="list-style-type: none"> ▪ 2/3 cup pasta ▪ 1/2 cup tomato-based pasta sauce ▪ 2 ounces lean ground turkey or beef ▪ Tossed salad ▪ 2 Tbsp low-fat salad dressing

Friday	Saturday	Sunday
<ul style="list-style-type: none"> ▪ 2/3 cup cooked brown rice ▪ 1 cup stir-fry vegetables ▪ 3 ounces tofu ▪ 1 tsp. low sodium soy sauce ▪ 1/2 cup low-fat frozen dessert 	<ul style="list-style-type: none"> ▪ 1 cup mashed potato ▪ 1/2 cooked corn ▪ 1/2 cup cooked green beans ▪ 3 ounces skinless turkey ▪ 2 Tbsp nonfat gravy 	<ul style="list-style-type: none"> ▪ 1 cup mashed sweet potato ▪ 1 cup cooked broccoli ▪ 3 ounces broiled fish ▪ 1 Tbsp light margarine ▪ 1/2 cup unsweetened applesauce



Week 2

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ▪ 1 whole-grain pita ▪ 2 ounces canned tuna packed in water ▪ 2 Tbsp light mayo ▪ Cherry tomatoes ▪ Carrot and celery sticks ▪ 1 small (4 ounce) apple 	<ul style="list-style-type: none"> ▪ 1 piece corn bread (about 1 ½ ounces) ▪ 1 cup chili beans made with lean ground beef ▪ 2 Tbsp light sour cream ▪ Tossed green salad ▪ 2 Tbsp light salad dressing 	<ul style="list-style-type: none"> ▪ 1/2 cup cooked lentils ▪ 1/3 cup cooked brown rice ▪ Tossed green salad ▪ 2 Tbsp light salad dressing ▪ 1 cup sliced mixed berries 	<ul style="list-style-type: none"> ▪ 1/3 cup hummus ▪ 1/4 cup chopped olives ▪ 1 whole-grain pita ▪ Sliced tomato and cucumber ▪ Shredded lettuce

Friday	Saturday	Sunday
<ul style="list-style-type: none"> ▪ 1 small (2-ounce) bagel ▪ 1 ½ Tbsp low-fat cream cheese ▪ 1 ounce bag pretzels ▪ 1 small can low-sodium vegetable juice 	<ul style="list-style-type: none"> ▪ 2/3 cup cooked brown rice ▪ 3 ounces broiled fish ▪ Sliced beets ▪ Spinach salad ▪ 2 Tbsp light salad dressing ▪ 1 small whole-grain roll ▪ 1 Tbsp light margarine 	<ul style="list-style-type: none"> ▪ 1 cup mashed potato ▪ 1/2 cup cooked carrots ▪ 3 ounce slice meat loaf ▪ Tossed green salad ▪ 2 Tbsp light salad dressing ▪ 1 small Dinner roll ▪ 1 Tbsp light margarine

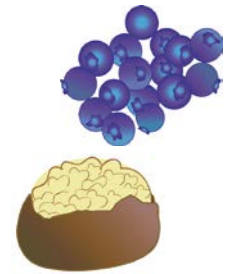


Meals with **4 carb choices** (about 60 grams of carbohydrate)

Week 1

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ▪ 2 slices whole-grain bread ▪ 2 ounces sliced turkey or chicken breast ▪ Lettuce, sliced tomato ▪ 2 tsp low-calorie sandwich spread ▪ 1 small (4 ounce) apple ▪ 1 cup nonfat or low-fat milk 	<ul style="list-style-type: none"> ▪ 1 cup mashed potato ▪ 3 ounces baked skinless chicken breast ▪ Small whole-grain roll ▪ Tossed salad ▪ 2 Tbsp low-fat salad dressing ▪ 1 Tbsp light margarine ▪ 1/2 cup unsweetened apple sauce 	<ul style="list-style-type: none"> ▪ 2 corn tortillas ▪ 1/2 cup refried beans ▪ 2 Tbsp guacamole ▪ 1/4 cup tomato salsa ▪ Shredded lettuce or cabbage ▪ 3 Tbsp light sour cream ▪ 17 grapes 	<ul style="list-style-type: none"> ▪ 2/3 cup pasta ▪ 1/2 cup tomato sauce ▪ 2 ounces lean ground turkey or beef ▪ Tossed green salad ▪ 2 Tbsp low-fat salad dressing ▪ 1 small dinner roll ▪ 1 Tbsp light margarine

Friday	Saturday	Sunday
<ul style="list-style-type: none"> ▪ 2/3 cup cooked brown rice ▪ 1 cup stir-fry vegetables ▪ 3 ounces tofu ▪ 1 tsp low-sodium soy sauce ▪ 3/4 cup blueberries ▪ 1/2 cup frozen yogurt ▪ 	<ul style="list-style-type: none"> ▪ 1 cup mashed potato ▪ 1/2 cup cooked carrots ▪ 3 ounces skinless turkey ▪ 2 Tbsp nonfat gravy ▪ 1 small dinner roll ▪ 1 Tbsp light margarine ▪ 1 chocolate brownie (about 1 ounce, unfrosted) 	<ul style="list-style-type: none"> ▪ 1 cup mashed sweet potato ▪ 1/2 cup cooked green peas ▪ 3 ounces lean pork chop ▪ 1 Tbsp light margarine ▪ 1/2 cup unsweetened applesauce



Week 2

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ▪ 1 cob of corn ▪ 1/2 cup potato salad ▪ Cole slaw made with low-fat dressing ▪ 3 ounces broiled skinless chicken breast ▪ 1 slice watermelon 	<ul style="list-style-type: none"> ▪ 2 cups chicken noodle soup with vegetables ▪ 6 saltine crackers ▪ 1 small apple 	<ul style="list-style-type: none"> ▪ 1 cup sweet potato ▪ 1/2 cup cooked green beans ▪ 3 ounces baked lean ham ▪ 1 piece corn bread (about 1 1/2 ounces) ▪ 1/2 cup canned peaches (packed in water) 	<ul style="list-style-type: none"> ▪ 1 beef and bean burrito (made with lean ground beef) ▪ 1 ounce shredded low-fat cheddar cheese ▪ Shredded lettuce or cabbage ▪ 1/4 cup tomato salsa ▪ 1 frozen fruit juice bar

Friday	Saturday	Sunday
<ul style="list-style-type: none"> ▪ 1 cup beef and vegetable soup ▪ 1 small bagel (2 ounces) ▪ 1 1/2 Tbsp low-fat cream cheese ▪ 17 grapes 	<ul style="list-style-type: none"> ▪ 1 cup winter squash (acorn or butternut) ▪ 2/3 cup cooked couscous ▪ 1 cup cooked broccoli ▪ 3 ounces broiled or poached fish ▪ 3 gingersnap cookies 	<ul style="list-style-type: none"> ▪ 1 cup mashed potato ▪ 3 ounces skinless turkey ▪ Tossed green salad ▪ 2 Tbsp low-fat salad dressing ▪ 1 small dinner roll ▪ 1 Tbsp light margarine ▪ 1 small piece pumpkin pie (about 1/8 of 8" pie)



Low-calorie and free foods

Low-calorie foods – The following foods have fewer than 20 calories and less than 5 grams of carbohydrate per serving. You can have up to 3 servings of these per day.

- Cabbage – 1/2 cup raw
- Candy, hard – 1 piece
- Carrots, cauliflower, or green beans – 1/2 cup cooked
- Cranberries, sweetened with artificial sweetener – 1/2 cup cooked
- Cucumbers – ½ cup sliced
- Jam or jelly – low sugar – 2 tsp
- Rhubarb, sweetened with artificial sweetener – 1/2 cup cooked
- Salsa – 1/4 cup
- Sweet and sour sauce – 2 tsp
- Syrup, sugar-free – 2 Tbsp

Free foods – The following foods have 0 calories, or close to 0 calories. You can have these anytime and in any amount:

- Artificial sweeteners
- Broth – clear, low-sodium
- Club soda
- Coffee – unsweetened or artificially sweetened
- Greens – including collard, mustard, and turnip
- Gum, sugar-free
- Horseradish
- Jell-o or other gelatin – unsweetened or artificially sweetened
- Lemon juice
- Mustard
- Salad greens – including endive, spinach, romaine, arugula, Boston or butter lettuce
- Seasonings – including garlic, dried and fresh herbs, spices, Worcestershire sauce
- Soft drinks – sugar-free
- Tea – unsweetened or artificially sweetened
- Vinegar
- Water, plain, carbonated, or mineral