

WHAT CAN I EAT?

THINGS TO REMEMBER

A good meal plan includes a balance of carbohydrate (carbs), protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat each day will come from carbs.

Know Your Serving Sizes
Measure Your Food



TEASPOON 1/2 CUP PALM

Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from the different food groups in the right amounts (portions). You will get the sugar from food your body needs for energy without having high blood sugar problems.

Always Check Food Labels When You Shop

Nutrition Facts	
Servings Per Container: 8	
Serving Size: 2/3 cup (65g)	
Amount Per Serving	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	

EXAMPLES OF FOOD GROUP CHOICES

FOODS WITH CARBS

Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup
15 Carb grams
80 Calories



Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

Fruit

Serving Size:
1/2 cup juice,
1 cup cut
15 Carb grams
60 Calories



One small apple, orange, banana, or pear,
1/2 small grapefruit,
15 grapes

Milk

Serving Size:
1 cup
12 Carb grams
80 Calories



Fat-free or 1% milk, yogurt, buttermilk, soymilk

FOODS WITH LITTLE OR NO CARBS

Vegetables (Non-Starchy)

1/2 cup cooked,
1 cup raw
25 Calories



Celery, zucchini, carrots, cauliflower, greens, peppers, and tomatoes

Meat

Serving Size:
2-3 oz (palm of hand)
150 Calories



Lean meat, fish, chicken or eggs, cheese, and peanut butter (2 tablespoons)

Fat

Serving Size:
1 teaspoon
45 Calories



Cooking oils, mayonnaise, margarine, or low-fat salad dressing

SAMPLE MEAL PLAN

BREAKFAST

1/2 banana
1 slice of whole-wheat toast
1 tsp margarine
1/2 cup hot cereal
1 cup fat-free or 1% milk
coffee or tea

LUNCH

1/2 cup tuna in water
1 tsp mayonnaise
1 slice whole-wheat bread
1 tsp margarine
1 small tomato, sliced
1 cup melon
1 cup plain or light yogurt

DINNER

3 ounces chicken (1/2 small breast)
2/3 cup brown rice
1 cup broccoli
1 tsp cooking oil
Mixed green salad with
2 tbsp low-calorie dressing
1 1/2 cup strawberries

SNACKS

(IF RECOMMENDED)

There are many healthy foods you can eat. Your doctor, diabetes educator or dietitian will help you learn how to eat the right foods, in the right amounts, at the right times, to control your blood sugar.