**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.

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.

**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

**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.

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**Nutrition Facts**

- **Total Fat**: 8g
- **Saturated Fat**: 1g
- **Trans Fat**: 0g
- **Cholesterol**: 0mg
- **Sodium**: 160mg
- **Total Carbohydrate**: 37g
- **Dietary Fiber**: 4g
- **Sugars**: 12g
- **Protein**: 3g

- **% Daily Value**
  - Total Fat: 10%
  - Saturated Fat: 5%
  - Trans Fat: 0%
  - Cholesterol: 0%
  - Sodium: 7%
  - Total Carbohydrate: 13%
  - Dietary Fiber: 14%
  - Sugars: 2%
  - Protein: 10%

- **Total Carbohydrate** includes 10g Added Sugar 20%

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