

HEALTHY EATING WITH DIABETES: LET'S COOK UP A MEAL PLAN

HOW TO PLAN

HEALTHY SUGGESTIONS AND SERVING SIZES

BREAKFAST

OPTION 1

- 2 slices whole wheat toast
- 2 tbsp peanut butter
- 8 oz light yogurt
- 1 small banana

OPTION 2

- 4-inch whole wheat waffle
- 1 tsp margarine
- 2 tbsp sugar-free syrup
- 1 c fresh or frozen berries
- 1 c fat-free or 1% milk

OPTION 3

- Vegetable omelet: 1 egg or $\frac{1}{4}$ c egg substitute, onion, mushroom, pepper
- 1 slice whole wheat toast
- 1 tsp margarine
- 1 small orange
- 1 c fat-free or 1% milk

LUNCH

OPTION 1

- Sandwich: 2 oz beef, chicken, ham, or turkey, 1 slice low-fat cheese, 2 slices whole wheat bread, lettuce, tomato, 2 tsp mayonnaise or mustard
- 15 fat-free or baked snack chips
- 17 small grapes

OPTION 2

- Grilled chicken Caesar salad: romaine lettuce, 3 oz boneless, skinless chicken breast, mushrooms, peppers, 2 tbsp Caesar dressing, $\frac{1}{2}$ c croutons, 1 tbsp grated Parmesan cheese
- 1 c chicken noodle soup
- 6 saltine crackers
- 1 small pear

OPTION 3

- Tuna salad: 3 oz canned tuna in water, celery, onions, dill pickle, 2 tsp mayonnaise
- 12 saltine crackers or 2 slices whole wheat bread
- 8 baby carrots
- 1 small apple
- $\frac{1}{2}$ c sugar-free, fat-free pudding

SNACKS

OPTION 1

- 6 whole wheat crackers
- 1 low-fat cheese stick

OPTION 2

- 1 small apple
- 1 tbsp peanut butter

OPTION 3

- 3 cups air popped popcorn sprinkled with Parmesan cheese

DINNER

OPTION 1

- 4 oz boneless, skinless chicken breast
- 1 c cooked pasta with mushrooms, zucchini, pepper, 1 tsp olive oil
- Mixed greens salad with 2 tbsp low-fat salad dressing
- 1 small wheat roll

OPTION 2

- Cheeseburger: 3 oz lean ground beef, 1 slice low-fat cheese, 1 small whole wheat hamburger bun, onion, lettuce, tomato, 1 tsp mayonnaise, mustard
- 1 c cooked green beans
- 5 fat-free or baked snack chips

OPTION 3

- Chicken fajitas: 4 oz boneless, skinless chicken breast, 2 (6-inch) corn tortillas, grilled onions, peppers, tomatoes, 2 tbsp sour cream, salsa
- $\frac{1}{2}$ c cooked black beans

HELPFUL RECOMMENDATIONS

- Choose water or zero calorie drinks for beverages with meals or snacks
- Spread meals and snacks evenly throughout the day
- Ask your Registered Dietitian Nutritionist for more meal and snack suggestions



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STAYING ON TRACK WITH DIABETES

WHAT TO TRACK

FOOD					
Your healthcare team can help determine your specific nutrition needs.					
MEAL 1		SNACK	MEAL 2	SNACK	MEALS 3
EXAMPLE: Whole grain cereal with milk, black coffee		EXAMPLE: Hummus with carrots	EXAMPLE: Turkey on whole grain bread, milk	EXAMPLE: Apple with 1 tbsp peanut butter	EXAMPLE: Brown rice with 3 oz chicken, 1 c stir-fried vegetables, tea
SUN					
MON					
TUE					
WED					
THU					
FRI					
SAT					

Share this with your healthcare team at your next visit.