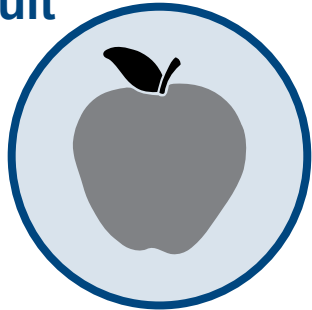


# Diabetes Meal Planning: Plan Your Plate

Fruit



Milk



Bread,  
Grains &  
Starchy  
Vegetables



Meat and  
Protein



Non-Starchy  
Vegetables



The foods in **blue** are carbohydrates and will raise blood glucose.

Choose 3-4 servings from the blue group at **each meal** until you see a dietitian for your own meal plan.

## Blood Glucose Targets\*

- **70-130** before meals
- **less than 180** 2 hours after meals
- **A1C less than 7**

\*Your Provider may advise different targets

## TAKE CONTROL!

**Don't skip meals**  
Try for 3 per day and space 4-5 hours apart

**Eat smaller portions**

**Eat out less**  
no more than 3 times a week

**Include healthy foods everyday**  
vegetables, fruit, whole grains, nuts, beans and peas, low-fat dairy

**Be physically active**  
start with 10 minutes each day and work up

**Avoid sugar-sweetened beverages and fruit juice**

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Foods in the **blue** group raise blood sugar

1 serving = 15 grams carbohydrate

These foods do not raise blood sugar

Bread, Grains, and Starchy Vegetables	Fruit	Milk	Sweets	Non-Starchy Vegetables	Meat and Protein	Fat
<b>1 serving =</b>	<b>1 serving =</b>	<b>1 serving =</b>	<b>1 serving =</b>	<b>3-5 servings/day</b>	<b>4-6 oz. per day</b>	<b>Use very little</b>
1/4 large bagel 1 slice bread 1/2 hamburger or hotdog bun 1/2 English muffin 1/2 large biscuit 5-6 crackers 4 inch pancake or frozen waffle 1/3 cup rice or pasta 1/2 cup grits or oatmeal 3/4 cup dry unsweetened cereal 1/2 cup bran cereal 10 French fries 12-15 chips 1/2 medium potato 1/2 cup mashed/boiled potato 1/2 cup dry beans/peas (cooked) 1/2 cup green peas 1/2 cup corn 3 cups popcorn	1 small piece of fruit: apple pear peach orange 1/2 large banana 1 cup melon cubes: cantaloupe honeydew watermelon 1 cup berries: strawberries blueberries raspberries 15 grapes or cherries 1/2 cup canned fruit in light syrup or juice 2 Tbsp. raisins 3 prunes 3-4 oz. fruit juice <i>*Only one serving at a time</i> <i>*Always have with a meat/protein or high fiber food</i>	8 oz. milk 6 oz. yogurt (artificially sweetened)	1/2 cup ice cream 1/4 cup sherbet 1/2 glazed doughnut 6 vanilla wafers 2 Oreos 1/2 cup sugar-free pudding 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate Kisses 1 Tootsie Roll pop	1 serving=1cup raw or 1/2 cup cooked Asparagus Beans: Italian, wax, green Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes Turnip	Chicken Turkey Beef Pork Fish Shellfish Cheese Cottage cheese Eggs Peanut butter Nuts and seeds	All fats are high in calories <b>Unsaturated: (Healthier)</b> Olive oil Canola oil Vegetable oil Soft margarine Mayonnaise Salad dressing Peanut butter Nuts and seeds <b>Saturated: (Less Healthy)</b> Bacon Sausage Butter Cream Cream cheese Gravy Shortening Sour cream