

Diabetes Meal Plan Basics

A healthy plate

Planning a meal should be easy. Your foods should taste good. You can make your foods taste good by adding herbs and spices. Limit salt. Below is a plan of the types of foods you should eat at your meals. Limit double portions or second helpings. Portions of each food group are described on the Portion Control Handout.

How much food should I eat?

At least ½ plate of vegetables:

- Broccoli
- Carrots
- Green beans
- Spinach
- Tomatoes
- Greens

Foods that do not affect blood sugar:

- Pepper
- 1 Tbsp catsup
- 1 Tbsp mustard
- 2 or 3 cups of coffee or tea with no sugar
- Diet soda pop
- Artificial sweetener such as Equal, Sweet & Low or Splenda

¼ plate or less of lean meat or other protein:

- Chicken
- Fish
- Lean beef
- Lean pork
- Egg (*limit 3 per week*)
- Tofu, tempeh
- Cottage cheese (*high in salt*)

Choose 2-4 servings from the following.

Starch:

- 1/3 cup noodles or pasta
- 1 slice bread
- ½ whole bun
- 1/3 cup rice
- ½ cup corn
- ½ cup potatoes
- 1 small tortilla
- ½ cup hot cereal
- ¼ - ¾ cup cold cereal (*read food label*)
- ½ cup beans

Milk or yogurt:

- 1 cup non-fat or 1% milk
- 1 cup plain or light yogurt

Fruit:

- 1 small fresh fruit
- ½ cup canned fruit
- ½ cup fruit juice

Learn more about your meal plan

Meet with your dietitian regularly. Your dietitian will make sure your meal plan meets your needs. Ask your doctor or nurse to help you make an appointment.