A Diabetes Meal Plan Basics

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AACS Patient Education

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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 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 per meal?

At least ½ plate of vegetables:
- Broccoli
- Carrots
- Green Beans
- Greens
- Spinach
- Tomatoes (or tomato sauce)
- Cabbage
- Collard greens
- Kale

Choose 2-4 servings from the following:
- ½ cup noodles or pasta
- 1 slices bread
- ½ piece Injera (Ethiopian bread)
- 1/3 cup cooked rice
- ½ cup corn
- ½ cup cooked beans
- ½ cup potatoes
- ½ cup cooked cereal
- ¼- ⅔ cup cereal
- ½ cup cooked split peas
- ½ cup cooked lentils

1/4 plate or less of meat or other protein:
- 85 grams (3 ounces) chicken, pork or lean beef
- 85 grams (3 ounces) lamb or goat
- 85 grams (3 ounces) fish
- Egg
- Cottage cheese
- Homemade cheese (nonfat or 1%)

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 & Lo or Splenda

Milk or Yogurt
- 1 cup non-fat or 1% milk
- ½ cup plain or light yogurt
- 1 cup buttermilk

Fruit
- ½ 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.