

Food Guide for Meal Planning

Carbohydrates

Carbohydrates are the main source of energy for your body.

Foods with carbohydrate raise your blood glucose levels the most. Do include 1 to 3 carbohydrate choices (see list below) at each main meal (breakfast, lunch & dinner) and 1 carbohydrate choice for between-meal snacking: 1 carb choice = 15 grams of carb

Starch/Bread Group

2 (4 inch) breadsticks	
1 slice (1 oz) bread	½ English muffin
½ cup oatmeal, cooked	3 oz (small) potato
⅓ cup rice, cooked	½ cup yams
⅓ cup noodle, macaroni	1 - 4 inch pancake
½ cup corn or peas	1 - 6 inch tortilla
¾ cup dry cereal	1 cup croutons
½ cup kidney beans	3 graham crackers
½ small muffin	3 cups popcorn

Fruit Group

1 small orange	1 cup strawberries
½ medium grapefruit	½ cup canned fruit
1 medium apple/pear/peach	¾ cup pineapple
12 grapes	2 Tbsp raisins
4 inches banana	½ small mango
½ cup applesauce	4 kumquats
⅓ small cantaloupe	½ medium papaya
6 medium red dates	1 ¼ cup watermelon
1 large kiwi	14 cherries
2 plums or 2 figs	3 medium prunes

Milk Group

8 oz milk or soymilk	1 cup yogurt, artificially sweetened
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Other

1 tablespoon sugar or honey

Protein

Protein helps build tissues and muscles.

These do not raise blood glucose.

Meats should be baked/ broiled and visible fats removed.

Do include about 3 oz lean protein into each main meal:

cheese	fish	seafood	tofu
chicken	nuts	soybeans	turkey
eggs	pork	sirloin beef	

Fats and Oils

These do not raise blood glucose, but may raise cholesterol:

butter	cream dressings
mayonnaise	margarine

These may lower cholesterol:

avocado	nuts	seeds
canola oil	olive oil	

Vegetables

Vegetables are usually high in fiber and have little effect on your blood glucose. Include vegetables in every meal:

artichoke	eggplant	salad greens
asparagus	kale	spinach
beets	lettuce	summer squash
broccoli	mushrooms	tomatoes
cabbage	mustard green	turnip or daikon
carrots	okra	watercress
cauliflower	onions	zucchini
cucumber	peapods	

Source: In collaboration with California Pacific Medical Center, Center for Diabetes Services 2012