One Idea for a Daily Menu

The first step in managing your diabetes is planning a **Daily Menu**. No matter what kind of diabetes you have, you are in charge of the food you eat.

Breakfast

2/3 cup whole grain cereal
1 banana (small)
1 cup lowfat or skim milk

or

1 slice whole grain toast
1 piece of fruit
1 cup lowfat, no-sugar-added yogurt

Daytime Snack

1 piece of fresh fruit

Lunch and Dinner

Keep it easy with three choices:

1/2 of the plate should be vegetables, a salad, or bowl of vegetable soup

1/4 of the plate should be lean meat, fish, poultry, or soy such as tofu

1/4 of the plate should be starches such as macaroni, rice, or potato

Bedtime Snack

1 cup skim milk or no-sugar-added yogurt

To control your diabetes, remember these tips for healthy eating:

- Measure your food
- Use herbs and spices such as oregano, basil, and bottled hot sauce freely
- Drink 6 to 8 glasses of water each day
- Read menus carefully

Also remember to:

- Be active. Work up to at least 30 minutes of physical activity most days of the week.
- Check your blood sugar
- Keep appointments with your health care provider

Massachusetts Diabetes Prevention & Control Program
Department of Public Health

Massachusetts Department of Public Health
Diabetes Prevention and Control Program
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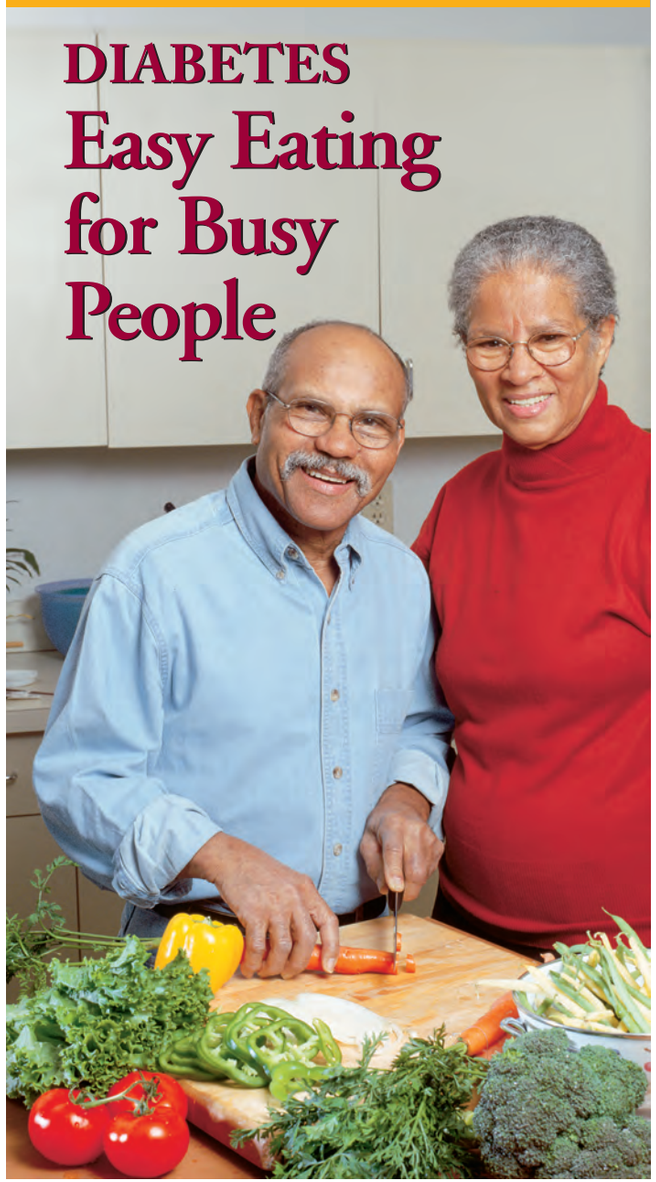
DIABETES Easy Eating for Busy People



Easy Eating for Diabetes

If you have diabetes, the best meal plan for you is one that includes your favorite foods. Soups, salads, dried beans, rice, white or sweet potatoes, macaroni, and spaghetti are all foods that people with diabetes can eat. A dietitian, nutritionist, or diabetes educator can help plan menus that include foods you usually eat.

People with diabetes do best if their meals and snacks are spaced 3 to 4 hours apart. Those on pills and insulin should talk to their health care professional about the best timing for meals and their bedtime snack.

A balance between amounts of food and physical activity, such as walking, is the basis of good diabetes control. Use food records and check your blood sugar to make decisions about which foods or combinations of foods produce good diabetes control.

What to Eat for Lunch and Dinner

based on an eight-inch plate

Vegetables

Use 1/2 of your plate for up to 2 cups of vegetables.

Fresh vegetables, washed and eaten raw or lightly steamed, add vitamins, minerals, and fiber to your diet. Soups and salads are a great way to include vegetables in your diet.

Use simple salad dressings made with lemon juice, cider, balsamic or rice vinegars, herbs, and small amounts of olive, canola or safflower oil.

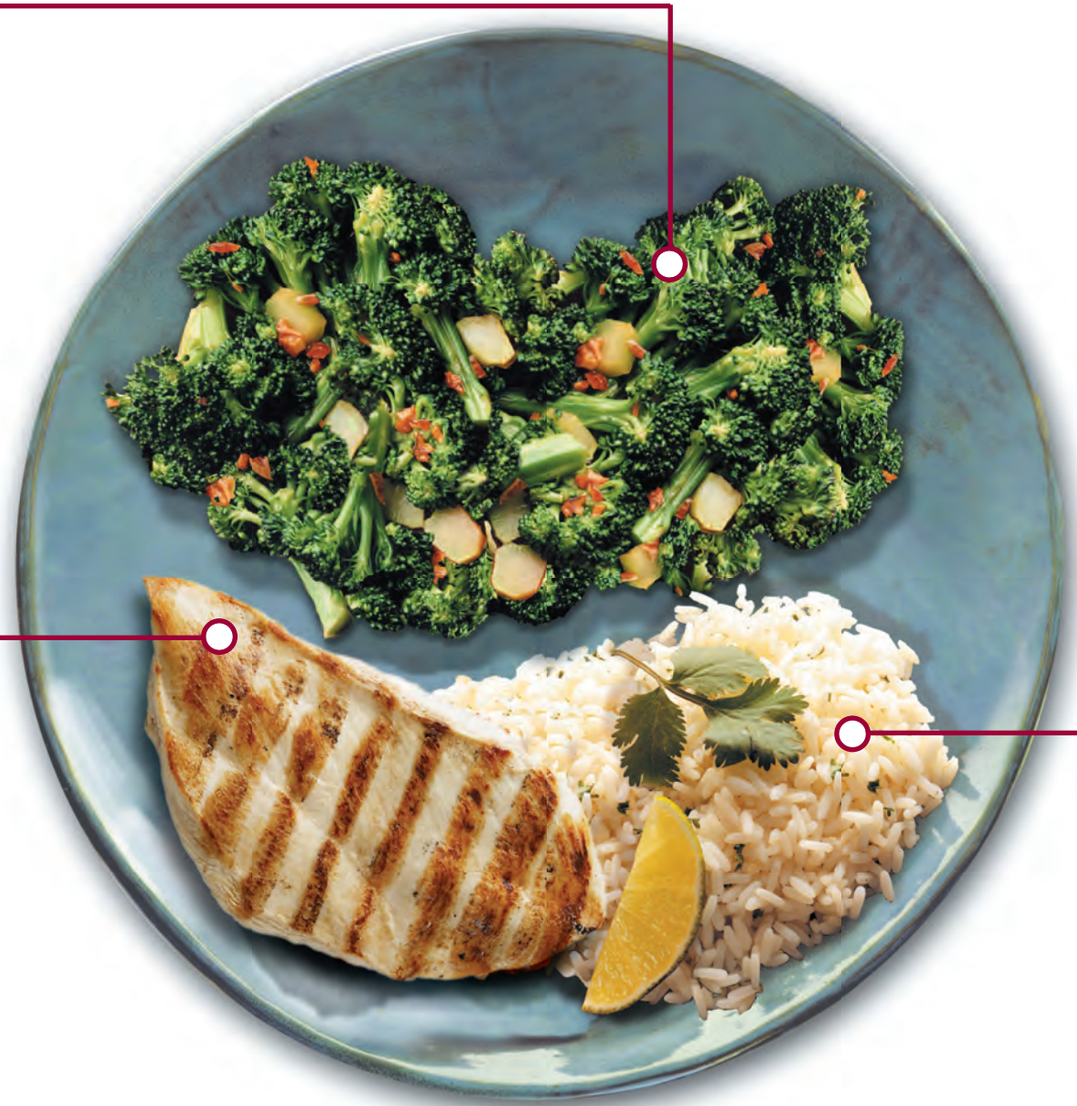
Milk

Skim milk can be used over cereal or as a drink. Yogurt made from skim milk with no sugar added can be eaten in place of milk.

Meats, Poultry, Eggs and Egg Substitutes, Soy Products, Fish, Cheese, and Nuts

Use 1/4 of your plate for lean meat, poultry, soy products, fish, low-fat cheese, and nuts.

Lean beef, pork, lamb, chicken and turkey (with the skin removed), soy products such as tofu, fish, shellfish, low-fat cheese, eggs and egg substitutes, and nuts provide protein. Bake, steam, or sauté meats, poultry, and fish in 1 teaspoon of olive oil. Season with lemon juice, garlic, or fresh tomato. Portion size should be no bigger than a deck of cards.



Grains, Breads, and Starches

Use 1/4 of your plate for 1 serving of grains, bread, and starches.

Rice (preferably brown rice), whole grain breads, macaroni, spaghetti, and potatoes are rich in energy. They are turned into sugars in your body. Each meal needs some starches. Buy breads and cereals with at least 2 to 3 grams of fiber per serving. Hot cereals such as oatmeal or oat bran have lots of fiber.

Fruit

Fresh fruit adds sweetness to any meal. Most fruits can be eaten by the piece. Bananas, cantaloupes, and other large fruits need to be cut into serving sizes of 1/2 cup.

Fiber

Vegetables, fruits, and grains have fiber. Fiber gives foods their crunch and form. It also helps keep your blood sugar stable.

Fats

Oil and fat have 45 calories per teaspoon. Use 1 teaspoon of corn, safflower, or olive oil per meal or 1 teaspoon of margarine made from those oils.