

Daily Meal Planning Guide

Managing Your Diabetes patient education program

Good nutrition is one of the most basic and important diabetes care tools. Eating right can help control blood sugar. And good control helps protect your long-term health. This meal planning guide is a great way to begin making smart food choices.

Whether you are following a calorielevel meal plan, counting carbohydrates, using exchanges or just trying to improve the overall nutritional value of your current eating patterns, the food lists on this sheet will give you a solid starting point.

Think of this plan as only a temporary guide. Keep in mind that every person with diabetes should have a customized meal plan that provides more freedom in terms of food choices. Just about any food, including your favorites, can be fit into your meal plan . A Registered Dietitian (RD) can work with you to develop the plan that best meets your needs and lifestyle. Ask your doctor, diabetes educator, hospital, or local diabetes association for the names diabetes in your area who specialize in diabetes. .

Meal Panning Options

Many effective meal plans involve tracking what you eat. Two of the most popular approaches are counting calories for regulating weight and counting carbohydrate for blood sugar control. Your diabetes healthcare professional will recommend the best approach for your needs.

Calorie Meal Plans

The table below shows sample meal plans, by number of serving, for different calorie levels. To maintain a healthy weight, choose a calorie level close to what you're eating now. If you need to gain or lose weight plan to use. Each plan provides about half of its calories from carbohydrate and less than 30% of calories from fat, based on choosing skim milk and medium or lower fat meats and cheeses.

Sample Meal Plans

Calories per day	1,200	1,400	1,600	2,800	2,200	2,800	other
Carbohydrates Starch (15 gram carb -servings)	6	6	6	7	9	11	
Vegetables (5 gram carb servings)*	3	3	3	4	4	5	
Fruit (15 gram carb servings)*	3	3	3	3	4	4	
Milk & yogurt (12 gram carb servings)**	2	2	2-3	2-3	2-3	2-3	
other & Meat substitutes							
Meat & Meat Substitutes	4 oz	4 oz	5 oz	5 oz	6 oz	7 oz	
Fat (5 gram fat servings)							
20% of total calories	2	4	4	5	6	8	
40% of total calories	5	8	9	11	13	18	

* There vegetable serving provide the same amount of carbohydrates as on serving of other carbohydrate food groups.

**Teenagers, young adults to age 24, and women who are pregnant or breastfeeding need 1200 mg of calcium each day. That equals about 4 serving of milk and yogurt. Eating fat- free and nonfat milk keep fat grams and calories lower.

Grains, Beans & Starchy Vegetables

Each serving from this food group : 15 grams of carbohydrate, 3 grams protein, 1 gram fat, and 80 calories.

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy . Many foods from this group also give you needed fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

These are just a few of the many available starchy foods . Estimate a single serving size for foods that are't on list as follows:

Starchy vegetables, grains, pasta	1/3 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/2 cup

Cereals/Beans/ Grains/Past Serving Size

*Beans; cooked or canned (all kinds)	1/3 cup
Cereal; cookrd	1/2 cup
(oatmeal , cream of wheat, rice, etc.)	
Cereal; dry (less than 100 calories per serving)	
(Serving Sizs very .)	(see box)
Past; cooked (all kids)	1/2 cup
Rice; cooked (all kinds)	1/3 cup
Starchy Vegetables	
* Corn; cooked or canned	1/2 cup
Corn meal; uncooked (mesa or matza meal)	3Tbsp
Corn on the cob (medium)	1
Parnsips	1/2 cup
* Peas (green); cooked	1/2 cup
Plantain (green , mature); cooked	1/2 cup
Potato; baked' boild, steamed	1 small (3 oz)
Squqsh (winter, acorn, hubbard)	1 cup
Yom or sweet potato	1/2 cup

Breads

Bagel	1/2
Bread (whole wheat, rye, white)	1 slice
English munffin	1/2
Pita pocket bread	1
Roll, plain bread	1
Sandwich bur or roll	1/2
(hamburger, hot- dog, kaiser)	
Tortilla (1'' corn or 7'' flour)	1

Crackers/ Snacks

Crackers (Salitine or butter- type)	6
Grahan crackers (squares)	3
Pretzels (sticks /rings)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/ Breads with Fat

Each serving from this food group equals: 15 grams of carbohydrate, 3 grams protein, 5 grams or more from fat , and 125-150 calories.

Biscuit	1
Tortilla Chips, fried	1 oz
* Potato chips	1 oz
* Refried beans	1/2 cup
Spaghetti & tomatto sauce	6 oz

Vegetables

Each serving from this food group equals: 5 grams of carbohydrate, 2 grams protein, and 25 calories.

Vegetable are a great source of vitamins and minerals and many also provide some fiber.

A serving is 1/2 cup of cooked vegetables, 1/2 cup of vegetable juice, or 1 cup of raw vegetable . (Starchy vegetables like potatoes, com and peas are lised with Grains and Beans. Vegetables with fwear than 20 calories per serving are listed with Free Foods.)

Bean sprouts
Beans (greens, wexied, Italian, snap)
Beets
Broccoli
Cabbage
Carrots
Egglant
Greens
Mushrooms
Okra
Pea pods or snow
Peppers
* Sauerkraut
Spinach
Squash (summer, crook neck, zucchini, calabazita)
Tomato
* Tomato or vegetable juice
Water chestnuts

Fruits

Each serving from this food group equals: 15 grams of carbohydrate and 60 calories.

Fruits provide important vitamins and minerals and can be a good source of fiber.

you can estimate the serving for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit;	
no sugar added	1/2 cup
Dried fruit	1/4 cup

Fresh Fruit Serving Size

Apple; unpeeled (small)	1
Applesauce;	
no suger added	1/2 cup
* Banana (small)	1
* Berries (raspberries)	1 cup
* Berries (blackberries)	3/4 cup
Cantaloupe or honeydew melon	1 cup
Cherries; fresh, sweet	12
Graperuit	1/2
Grapes (seedless)	17
Mandarin oranges	3/4 cup
Mango; fresh	1/2
Orange	1
Papaya i cup Peach (meadium)	1 (6 oz)
Pear (large)	1/2 (4 oz)
Pineapple; fresh	3/4 cup
Plums;fresh (small)	2
Raisins (dark, seedless)	2 Tbsp
Watermelon; cubed	1 1/4 cup
Fruit juices	
Apple, orange, or pineapple	1/2 cup
Cranberry, grape or prune	1/3 cup

Mink and Yogurt

Milk and yogurt supply calcium and minerals, vitamins, protein and carbohydrates. Choose low- fat and skimmed varieties for health. They have less fat, calories, and cholesterol then whel milk products.

Fat-free and low-fat Serving size

Each serving from this group equals; 12 grams of carbohydrate, 8 grams protein, 0-3 grams fat, and 90-110 calories.	
Buttermilk (fat-free, low-fat)	1 cup
Skin, 1/2%, or 1% milk	1 cup
Yogurt	3/4 cup
(nonfat, plain or artificially sweetened)	

Reduced-fat milk

Each serving from this group equals:12 grams of carbohydrate, 8 grams protein, 5 grams fat, and 120 calories.

2% milk	1 cup
Yogurt (low fat, plain)	3/4 cup

Whole Milk

Each serving from this group equals: 12 grams of carbohydrate, 8 grams protein, 8 grams fat, and 150 calories.

To reduce your intake of cholesterol and saturated fat, limit or avoid foods in this group.

Whole milk	1 cup
Evaporated whole milk	1/2 cup

Sugars and Sweets

Each serving from this group equals: 15 grams carbohydrate, or 1 Starch, or 1 Fruit, or 1 Milk,

Sugar can be included in your meals without losing blood sugar control if they are counted appropriately. Follow Food Guide Pyramid guidelines for keeping the amounts of sweets and Fats in your overall diet small compared to more nutritionally valuable foods. Portion sizes of foods high in refined sugar are often small. read the label.

Gelatin (regular)	1/2 cup
Gingersnaps	3
Ice cream (fat-free, no sugar added)	1/2 cup
Jam or jelly (regular, sugar-free); made with low-fat milk	1/2 cup
Syrup (regular)	1 Tbsp
Yogurt, frozen (fat-free, low-fat)	1/3 cup

Meat and meat Substitutes

Small serving of meat and meat substitutes provide enough protein to meet most people's daily needs. For better health, choose more often than medium- and high-fat types.

Very Lean Meat Serving

Each serving from this group equals: 7 grams protein, 0-1 grams fat, 35 calories.

Cottage cheese (non-fat)	1/4 cup
Comish hen, no skin	1 oz
Fish; fresh, frozen or canned in water (cod, flounder, tuna)	1 oz
Shellfish (clams, mussels, scallops)	1 oz

Lean Meats

Each serving from this group: 7 grams protein, 3 grams fat and 55 calories.

Cheese (low-fat American, low-fat Cheddar)	1 oz
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Medium-Fat Meats

Each serving from this group this equal: 7 grams protein, 5 grams fat, and 75 calories.

Beef, most cuts when trimmed	1 oz
Cheese (5 grams of fat or less/oz)	1 oz
Chicken; roasted (dark meat, skin)	1 oz
Eggs; fresh, large	1
Pork (& Canadian bacon, loin chop)	1 oz

Fats

High-Fat Meats

Each serving from this group equals: 7 grams protein, 8 grams fat, and 100 calories.

* Cheese, all regular (American, Swiss, etc.)	1 oz
Pork (spareribs)	1 oz
* Sausage	1 oz

Fats

Each serving from this food group equal: 5 grams fat and 45 calories.

Fast add flavor and moisture to food but have few vitamins and minerals. Serving sizes of all fast are small. Choose mono- and polyunsaturated fast more often than saturated fast for better heart health and to lower blood Cholesterol levels.

Monounsaturated	Fats Serving Size
Avocado (4" across)	2 Tbsp (1 oz)
Oil (canola, olive, peanut)	1 Tbsp
Peanut butter	1/2 Tbsp
Macadamias; oil roasted, whole	3

Polyunsaturated Fats

Margarine (stick, tub or squeeze)	1 tsp
Mayonnaise (reduced fat)	1 Tbsp
Mayonnaise (regular)	1 tsp
Oil (corn, safflower, soybean)	1 tsp

Saturated Fats

Bacon	1 slice
Butter (stick)	1 tsp
Sour cream	2 Tbsp

Free Foods

Each free food or drink contains fewer than 20 calories per serving. Eat as you want of the free foods that list no serving size. Eat up to 3 serving size listed. For better blood sugar control, spread your serving of these extra foods throughout the day.

Drinks

* Bouillon or broth (fat-free)	
Coffee or tea	
Soft drinks (calorie-free) or club soda	

Sweet Substitutes

Gelatin (sugar-free)	
Jam or jelly (sugar-free)	2 tsp
Syrup (sugar-free)	2 Tbsp

Fruits

Spreadable fruit (100% fruit)	1 Tbsp
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Condiments

Catsup	1 Tbsp
Mustard	
Salsa (all kinds)	
Taco sauce	1 Tbsp
Vineager (balsamic, red wine)	1 Tbsp

Vegetables

Bamboo shoots, canned
Celery
Peppers (green, red, yellow)
Redishes
Salad greens (all types)
Spinach
Zucchini

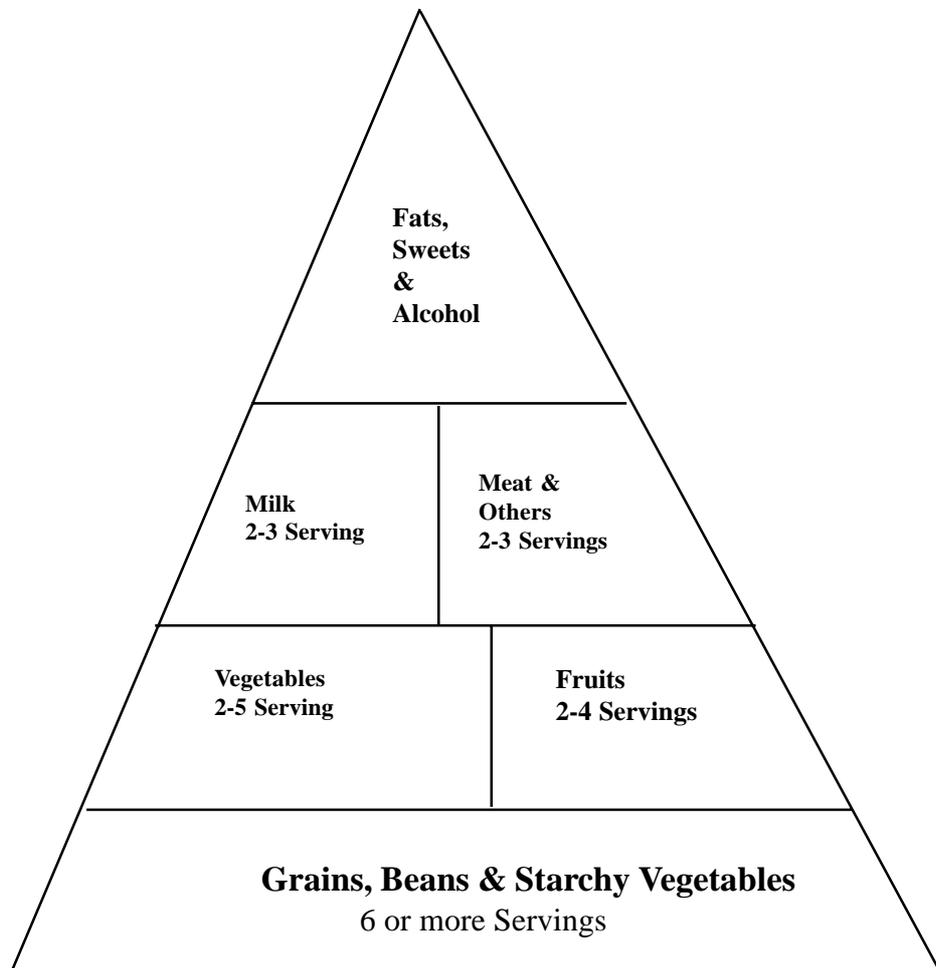
Seasonings

Seasonings can be used as desired. If you are on a low-sodium diet, read labels to avoid seasonings that contain sodium or salt.

Cilantro
Flavoring extracts (vanilla, etc.) Garlic or garlic powder
Herbs, fresh or dried
lemon or lemon juice onion powder
Paprika
Pepper
Pimento
Spices
Tobasco sauce
Worcestershire sauce

Warshaw, Hope S. Diabetes Meal Planning Made Easy, 2nd Edition, Alexandria, VA: American Diabetes Association, 2000.

The Diabetes Food Pyramid



The Diabetes Food Pyramid

The Diabetes Food Pyramid is a little different than the USDA Food Guide Pyramid because it groups foods based on their carbohydrate and protein content instead of their classification as a food. To have about the same carbohydrate content in each serving, the portion sizes are a little different too. The Diabetes Pyramid gives a range of servings. If you follow the minimum number of serving in each group, you would eat about 1600 calories and if you eat upper end of the range, it would be about 2800 calories. The exact number of serving you need depends on your diabetes goals, calorie and nutrition needs, your lifestyle, and foods you like to eat. If you are using the pyramid, discuss with your healthcare provider the number of recommended for your particular needs.

<http://www.diabetes.org/nutrition-and-recipes/nutrition.jsp>. Accessed 6/14/06.

Try your hand at these guidelines for estimating portion sizes:

Personal Meal Plan

Goal: Distribute the total number of carbohydrate choices throughout the day in meals and snacks.

Total Calories:

Carbohydrate- # of choices:

grams:

Protein (oz) :

Fat (grams):

Breakfast

Time

CHO choices:

Grams CHO :

Lunch

Time:

CHO choices:

Grams CHO :

Dinner

Time:

CHO choices:

Grams CHO:

Daytime or Evening (Snack (If part of daily plan))

Time:

CHO choices:

Grams CHO:

Dietitian Name:

Dietitian Phone: ()

Date :

Key : CHO= Carbohydrate

Controlling Diabetes in the Fast Lane

It is an established fact that a proper diet plays a major role in your good health. Eating healthy is important for everyone... especially for those living with diabetes. Making wise food choices can help you manage your blood sugar level, lower your blood cholesterol, and help you lose weight.

Diabetes is a lifelong condition, so being able to select healthy food choices in a variety of situations is a skill you will need for the rest of your life. As an educational service for people with diabetes, Eli Lilly and Company has published this condensed edition of *Nutrition in Fast Lane* to help you make healthy food choices on the go.

You know that following basic nutrition guidelines makes good sense. You should follow these guidelines whenever buying groceries and preparing meals. That way you can be sure of getting food that not only tastes good but helps you manage your diabetes. When you are in charge, you control what is put on the table-and for people with diabetes, this kind of control is very important.

But what if you are like the millions of other Americans who regularly eat out? Say you're away from home most of the day and usually eat lunch in a restaurant or grill. If you have diabetes, it's all right to eat at these places, just watch what you eat on the go-to make sure it fits with your meal plan.

In recent years, doctors have identified key parts of the diet for staying healthy. Experts in nutrition have used this information to look at the food value of the menu items listed on the following pages. This booklet should be a useful tool for anyone who regularly eats out, especially for people with diabetes. Keep in mind that every person with diabetes should have a personal meal plan. A registered dietitian (RD) can work with you to develop the plan that best meets your needs.

Nutritional Guidelines for the Fast Lane

These three basic guidelines of good nutrition apply to everyone: 1) eat a balanced diet; 2) choose foods low in fat, especially saturated fat, trans fat and cholesterol; and 3) avoid high levels of sodium.

Often people think that eating fast-food means you have to settle for food loaded with calories and fat, but little food value. That thinking can be misleading.

Fast-food can be part of a healthy diet if you choose wisely. In addition, fast-food can provide some very good choices, but like other foods it can also be loaded with calories, fat, cholesterol and sodium.

How to Use This Booklet

This booklet gives you facts about over 1,500 menu items offered by 39 of the most popular national and regional fast food chains. Restaurants are listed in alphabetical order. At the top of each restaurant page are guides to nutrition facts on the labels of goods you buy at the supermarket.

The numbers below the column guides break down the nutrition value of each menu item in calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar and protein. They also give you the total carb exchange (for those counting carbohydrates), as well as suggested exchange values for each item as recommended by the American Dietetic Association and the American Diabetes Association.

An example of a listing in this booklet looks like this :

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (mg)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Hamburger Serving : 1 Sandwich	260	80	9 Sat Fat 3 1/2 Trans Fat <1	30	530	33 Fiber 1 Sugar 7	13	2	2 Starch MF Meat 1 Fat

To keep this simple, it might be helpful to review the meaning of the column guides.

TOTAL CALORIES- The bigger your body, the harder it must work, the more calories you will need. Additionally, gender, age and activity level all play an important part in your daily requirements. But if you regularly eat more calories than you need, you will put on too much weight. For body's ability to keep blood sugar in a normal range. For a more in-depth look into FDA suggested daily food requirements for specific caloric intake see the **My. Pyramid. gov** chart on page 5. For your own calorie requirements, consultation with a Registered Dietitian is highly recommended.

TOTAL FAT, SATURATED FAT & TRANS FATS -

Fat supplies energy, insulates the body, and cushions and protects internal organs. Too much fat, however, contributes to obesity, some types of cancer and heart disease. Fat many come from such sources as vegetable fats (found in cooking oil) and animal fats (found in meat and dairy products). Total fat refers to polyunsaturated fats, monounsaturated fats and saturated fats.

Most saturated fats from animals, but some vegetable oils, such as coconut oil and palm oil, are also high in saturated fat. The presence of trans fat is due largely to the use of dehydrogenated cooking oils during preparation. Both of these are major cause of high cholesterol levels, which can lead to cardiovascular problems. Since people with diabetes are increased risk for cardiovascular problems, it is especially important to limit the amount of fat in your diet

MYPYRAMID .GOV STEPS TO A HEALTHIER YOU

The Food Guide Pyramid graphically illustrates not only the equal importance of the five major food groups, but the need for exercise as well (30-60 minutes of physical activity per day to stay fit and prevent weight gain). when creating your meal plan choosing more fish, beans, peas, nuts and seeds.

Following are the suggested amounts of food to consume daily from the basic food groups, sub-groups and oils for each of 12 different calorie levels. The final column “DCA” (Discretionary Calorie Allowance) is the number of calories remaining if you have been selecting nutrient-dense foods, such as dark -green or orange vegetables or very lean meats. These calories may be either discarded or may be used to add food items, increase the use of oil, fats and sugars, or to consume alcohol.

CALORIES	GRAINS	VEGGIES	FRUITS	MILK	MEAT/BEANS	OILS	DCA
1,000	3 oz.	1 cup	1 cup	2 cups	2 oz.	3 tsp	165
1,200	4 oz.	1 1/2 cup	1 cup	2 cups	3 oz.	4 tsp	171
1,400	5 oz.	1 1/2 cup	1 1/2 cup	2 cups	4 oz.	4 tsp	171
1,600	5 oz.	2 cup.	1 1/2 cup	3 cups	5 oz.	5 tsp	132
1,800	6 oz.	2 1/2 cup	1 1/2 cup	3 cups	5 oz.	5 tsp	195
2,000	6 oz.	2 1/2 cup	2 cup	3 cups	5 1/2 oz.	6 tsp	267
2,200	7 oz.	3 cup	2 cup	3 cups	6 oz.	6 tsp	290
2,400	8 oz.	3 cup	2 cup	3 cups	6 1/2 oz.	7 tsp	362
2,600	9 oz.	3 1/2 cup	2 cup	3 cup	6 1/2 oz.	8 tsp	410
2,800	10 oz.	3 1/2 cup	2 1/2 cup	3 cups	7 cups	8tsp	426
3,000	10 oz.	4 cup	2 1/2 cup	3 cups	7 oz.	10 tsp	512
3,200	10 oz.	4 cup	2 1/2 cup	3 cups	7 oz.	11 tsp	648
FOR MORE SPECIFIC GUIDLINES VISIT My Pyramid.gov ON THE WORLD- WIDE WEB							

and replace the saturated fats with monounsaturated fats, like olive, peanut, and canola oils. Nutritionists tell us that total fat should be 30% or less of the total calories we eat. Saturated fat should make up less than 10% of total calories with trans fat consumption kept as low as possible.

CALORIES FROM FAT - When watching your diet, knowing the number of calories coming from fat can help you to quickly make a healthier choice. A recommended diet would contain no more than one-third of total calories from fat.

CHOLESTEROL - ALL food cholesterol comes from animals. The main sources are egg yolks, meat, poultry, shellfish and dairy products. High blood cholesterol levels contribute to heart attacks and strokes - and much of the blame for this goes to saturated and trans fats. Nutritionists recommend keeping dietary cholesterol to 300 milligrams daily. A low-fat, high-fiber diet can help keep your cholesterol levels low.

SODIUM - Sodium is already in some food. In addition, it is added during cooking and at the table in the form of salt. Nutritionists tell us that sodium should be limited to 2,300 milligrams per day. Sodium can affect blood pressure, so people with high blood pressure may need to eat less.

CARBOHYDRATE - Carbohydrates raise blood sugar more than any other food item. Your body uses carbohydrates for energy. Carbohydrates come from sugar and starches. Some sugars are found naturally in the foods you eat, as in honey and fruits. Others are added during processing, like the corn syrups used in baked goods. Foods that have the largest amount of carbohydrates include fruit, milk, sugars and starchy foods such as breads, pasta and potatoes. Since all carbohydrates are turned into glucose by your body, even foods like rice, fruit, or bread can make your blood sugar level rise. When using carbohydrate counting for diabetes meal planning, only keep track of foods that contain carbohydrate. The amount of carbohydrate that's best for you may be given either as a number of servings or exchanges, or as a number of grams. Check with your dietitian to see the amount of carbohydrates you need.

DIETARY FIBER - Fiber in the food you eat helps your digestion run smoother. Also, a high-fiber, low-fat diet may reduce the risks of some forms of cancer and may lower blood cholesterol levels. High-fiber foods include fruits, vegetables, beans, whole grains, whole-wheat breads and cereals. A goal of 14 grams of dietary fiber per 1,000 calories consumed is recommended.

SUGAR - All food provides calories. All calories provide energy. But not all calories come with a full complement of extra benefits such as amino acids, fatty acids, fiber, vitamins and minerals. Natural sugars in fruits and milk contain these extra benefits. However, desserts, candy, syrups and jellies / jams contain the "empty" calories of added sugar. Since there are no other benefits, try to avoid added sugar as much as possible.

PROTEIN - Proteins are the body's building blocks and are needed for the growth and development of your body and for keeping muscle and body tissues fit. Meat and dairy products are high in protein. Beans and nuts are also rich sources.

TOTAL CARB EXCHANGE - Starch and sugar in foods are carbohydrates. Starch is in bread, cereal, pasta, potatoes, beans, peas and lentils. Natural sugars are in fruits and milk. Desserts, candy, syrups and jellies / jams all have added sugar. These starches and sugars are in the carbohydrate exchange group and can be exchanged for each other. Eating the same amount of carbohydrate daily at meals and snacks can help you control blood sugar levels. Although foods with added sugar can be substituted in a meal plan, they do not contain the important vitamins and minerals as would a starch, fruit or milk choice.

SUGGESTED EXCHANGE VALUE- The exchange system is a way to plan meals. It was developed by The American Dietetic Association and The American Diabetes Association. It tells you how to control portion sizes, calories, and the amounts of carbohydrate, protein and fat that are eaten daily.

The exchange lists divide all foods into three main groups: CARBOHYDRATE; MEAT & MEAT SUBSTITUTES; and FAT. Foods that are high in these nutrients are placed in those groups. Foods within a certain group can be traded or “exchanged” for each other .

The CARBOHYDRATE groups includes high carbohydrate food such as Fruits, Starches, Milk, Vegetables and Other foods that contain high carbohydrate such desserts .

The MEAT & MEAT SUBSTITUTES group includes foods that are high in protein like meats, cheeses, chicken and fish . These foods are further defined to make it easy to find the lower fat choices. Meats are grouped as Very Lean Meats (VL), Lean Meats (L), Medium Fat Meats (MF) and High Fat Meats (HF).

The FAT group has foods that are high in fat. These are items like butter, margarine, mayonnaise, oils and salad dressings. Polyunsaturated, monounsaturated and saturated fats are all part of the fat group.

The exchange system helps you because it not only tells you how many calories something has, it lets you know where those calories are coming from. For example, a food that contains 120 calories could be from either a healthy choice like fruit or it may all be from fat . This way, you can identify high fat foods and eat those less often.

Some items are listed as “free” in the exchange. A “free” food is one that has less than 20 calories or less than 5 grams of carbohydrate per serving. These are good choices to include, but try to eat no more than 3 servings per day. Even a “free” food is not “free” if you eat too much of it!

Healthy eating not only means finding good quality in your food, but also serving appropriate portions. How much is eaten is every bit as important as maintaining a healthy balance. The total number of servings you have per from each of food groups depends on your own needs.

A registered dietitian can help you design a meal plan that will help you reach your personal goals. This plan could mean cutting back on fat, losing weight, controlling blood glucose levels, or improving your eating habits. You can find a registered dietitian in your area by calling the Nutrition Hotline of The American Dietetic Association at 1-800-366-1655. Before you do, check with your health plan to see if these services are covered by your insurance.

In conclusion

For many people, life in the fast lane means eating on the run. This often means ordering food based on convenience rather than health. Sometimes it even means skipped meals. As a person with diabetes, staying with a healthy diet can be an even greater challenge in today’s fast-paced lifestyle. But just taking a moment to think about your food choice, and eating right—even with fast food—can help you manage your blood sugar. Besides gaining control over yourself, too.

Staying healthy isn’t just about eating the right foods and avoiding too much fat, saturated fat, trans fat, cholesterol, sugar and sodium. You should also remember to keep a healthy weight, exercise regularly, and take your medication as prescribed by your doctor.

We hope then Nutrition in the Fast Lane will be helpful to you. It should fit conveniently in your purse, pocket or the glove compartment of your car. Carry it with you and use it often to help you manage your diabetes while making the most of your life in the fast lane.

Speedy Snack Ideas

Having healthy snacks available helps you follow your meal plan. Each of these of snacks has about 15-20 grams of carbohydrate and 3 grams of fat or less. Enjoy!

- 0 1 granola bar (1 ounce)
- 0 3 graham cracker squares (2 1/2 inch)
- 0 3 cups popped popcorn (no fat added)
- 0 8 animal crackers
- 0 5 to 7 mini-rice or mini-popcorn cakes
- 0 15 Snyder's Snap Pretzels
- 0 10 tortilla chips (1 ounce) with 1/4 cup salsa
- 0 4 or 5 whole-grain snack crackers or 6 saltine cracker squares
- 0 3/4 cup mix-and-match unsweetened cereals
- 0 1/2 cup sugar-free pudding
- 0 1 cup artificially sweetened hot cocoa
- 0 Nabisco 100 Calorie Packs Honey Maid Cinnamon this crisps
- 0 Nabisco 100 Calorie Packs Ritz Snack Mix
- 0 Nabisco 100 Calorie Packs Oreo thin crisps
- 0 Nabisco 100 Calorie Packs Chips Ahoy thin crisps
- 0 Nabisco 100 Calorie Packs Planters Peanut Butter cookie crisps
- 0 3 cup of any combination of baby carrots, broccoli, cauliflower, cherry tomatoes, celery, cucumber, pea pods, bell peppers, redishes, tow fat dip, or 2 Tbsp FAGE Tzatziki
- 0 1 1/2 cup tomato or vegetable juice
- 0 1/2 cup suger-free ice cream or 1 sugar-free ice cream bar
- 0 3/4 to 1 cup yogurt (artificially sweetened or plain)
- 0 8 oz FAGE Total 0% yogurt
- 0 1 cup soy milk
- 0 1 Kashi TLC Cherry Dark Chocolate chewy granola bar
- 0 25 Soy Crisps
- 0 15 Kashi TLC crackers (Ranch, Original 7 Grain, or Honey Sesame)
- 0 2 to 4 sugar-free cookies (cheek the label for portion size)
- 0 41 Gold Fish Baked Snack crackers
- 0 1 silce low calorie bread, 1 romaine lettuce leaf, 1 slice turkey, 1 slice low/non-fat cheesa, 1 tsp mustard
- 0 1 slice of reduced calorie bread spread with 1/4 cup non-fat cottage cheese mixed with 2 Tablespoons of applesauce and sprinkled with cinnamon. Especially good warmed in the microwave.

Fats

1 Fat Exchange =

- 1 tsp regular margarine, butter, or vegetable oil
- 1 Tbsp low fat spread
- 1 Tbsp regular salad dressing
- 2 Tbsp reduced-fat salad dressing
- 8 black olives, 10 green stuffed olives
- 6 almonds, cashews, or mixed nuts 10 peanuts
- 4 pecan halves, walnuts, English nuts 1/2 Tbsp peanut butter
- 1Tbsp peanut butter
- 2 Tbsp Half and Half
- 2 Tbsp regular sour cream
- 2 Tbsp reduced fat sour cream

Serving Sizes & Exchanges

Starch / Bread

Examples: Cereals, grains, pasta, bread, crackers, starchy vegetables and cooked beans, peas, and lentils

1 Starch / Bread Exchange =

1. 1/2 cup cooked cereal, grain, or starchy vegetable (corn, peas, or potato)
2. 3/4 cup unsweetened, cold cereals
3. 1/3 cup cooked rice, pasta, or beans
4. 1 oz of bread product (such as 1 slice of bread, 1 small roll)
5. 1/2 English Muffin, hamburger or hot dog bun
6. 3/4 to 1 oz of most snack foods

Fruit

1 Fruit Exchange =

1. 1 small fresh fruit (4 oz)
2. 1/2 cup canned or fresh fruit or unsweetened fruit juice
3. 1/4 cup dried fruit
4. 1 1/4 cup watermelon or strawberries

Milk

Try to choose the low-fat or fat-free varieties of Milk products

1 Milk Exchange =

1. 1 cup milk of any variety (includes soy, buttermilk, Goat's milk, and Kefir)
2. 1/2 cup evaporated milk
3. 6 oz yogurt

Non-Starchy Vegetables

1 Vegetable Exchange =

1. 1/2 cup cooked vegetables or juice
2. 1 cup raw vegetables

Meat and Meat Substitues

1 Meat/ Meat Substitute Exchange =

1. oz of meat, fish, poultry , or cheese
2. 1/4 cup low fat cottage cheese
3. 1 egg white, 1/4 cup egg substitute, 1 whole egg
4. 4 oz tofu

Botanical (Herbal) Medicines: Caution should be exercised when botanical medicines (botanicals) are taken concomitantly with COUMADIN (Warfarin Sodium). Few adequate, well-controlled studies exist evaluating the potential for metabolic and/ or pharmacologic interactions between botanicals and COUMADIN. Due to a lack of manufacturing standardization with botanical medicinal preparation, the amount of active ingredients may vary. This could further confound the ability to assess potential interactions and effects on anticoagulation. It is good practice to monitor the patient's response with additional PT/INR determinations when initiating or discontinuing botanicals.

Specific botanicals reported to affect COUMADIN therapy include the following:

1. Bromelains, danshen, dong quai (*Angelica sinensis*), garlic, Ginkgo biloba, ginseng, and cranberry products are associated most often with an INCREASE in the effects of COUMADIN.
2. Coenzyme Q₁₀ (ubidecarenone) and St. John's wort are associated most often with a DECREASE in the effects of COUMADIN.

Some botanicals may cause bleeding events when taken alone (e.g., garlic and ginkgo biloba) and may have anticoagulant, antiplatelet, and/or fibrinolytic properties. These effects would be expected to be additive to the anticoagulant effects of COUMADIN. Conversely, other botanicals may have coagulant properties when taken alone or may decrease the effects of COUMADIN.

Some botanicals that may affect coagulation are listed below for reference; however, this list should not be considered all-inclusive. Many botanicals have several common name and scientific names. The most widely recognized common botanical names are listed.

Botanicals that contain coumarins with potential anticoagulant effects:		
Alfalfa	Celery	Parsley
Angelica (Dong Quai)	Chamomile	Passion Flower
Aniseed	(German and Roman)	Prickly Ash (Northern)
Arnica	Dandelion ³	Quassia
Asa Foetida	Fenugreek	Red Clover
Bogbean'	Horse Chestnut	Sweet Clover
Boldo	Horseradish	Sweet Woodruff
Buchu	Licorice ³	Tonka Beans
Capsicum ²	Meadowsweet ¹	Wild Carrot
Cassia ³	Nettle	Wild Lettuce

Miscellaneous botanicals with anticoagulant properties :		
Bladder Wrack (Fucus)		

Botanicals that contain salicylate and/or have antiplatelet properties :		
Agrimony	Dandelion	Meadowsweet
Aloe Gel	Feverfew	Onion
Aspen	Garlic	Policosanol
Black Cohosh	German Sarsapilla	Poplar
Black Cohosh	Ginger	Senega
Bogbean	Ginkgo Biloba	Tamarind
Cassia	Ginseng (Panax)	Willow
Clove	Licorice	Wintergreen

Botanicals with fibrinolytic properties :		
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Bromelains Capsicum	Garlic Ginseng (Panax)	Inositol Nicotinate Onion
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Botanicals with fibrinolytic properties :		
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Agrimony Goldenseal	Mistletoe Yarrow	
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1. Contains coumarins and salicylate.
2. Contains coumarins and has fibrinolytic properties.
3. Contains coumarins and has antipatelet properties.
4. Contains salicylate and has coagulant properties.
5. Has antiplatelet and fibrinolytic properties.

Effect on other Drugs: Coumarins may also affect the of other drugs. Hypoglycemic agents (chlorpropamide and tolbutamide) and anticonvulsants (phenytoin and phenobarbital) may accumulate in the body as a result if interference with either metabolism or excretion.