



## Nutrition in Diabetes

*This brochure provides information on several different diet plans based upon caloric intake:*

### **SAMPLE MEAL PLAN** **1800-2000 calorie diet \***

<b>Breakfast</b>	<b>08:00 AM</b> 2 Carbs^ 1 Meat 1 Fat
<b>AM Snack</b>	<b>10:00 AM</b> 2 Carbs
<b>Lunch</b>	<b>12:00 Noon</b> 3 Carbs 2 Meats 2 Vegetables 1 Fat
<b>PM Snack</b>	<b>03:00 PM</b> 2 Carbs
<b>Dinner</b>	<b>06:00 PM</b> 2 Carbs 4 Meats 2 Vegetables 2 Fats
<b>Bedtime Snack</b>	<b>09:00 PM</b> 3 Carbs 1 Meat

Preconception Mail Plan  
1400 Calorie Diet \*

<b>Breakfast</b>	<b>08:00 AM</b> 2 Carbs^ 1 Meat 1 Fat
<b>AM Snack</b>	<b>10:00 AM</b> 1 Carb
<b>Lunch</b>	<b>12:00 Noon</b> 2 Carbs 2 Meats 2 Vegetables 1 Fat
<b>PM Snack</b>	<b>03:00 PM</b> 1 Carb
<b>Dinner</b>	<b>06:00 PM</b> 2 Carbs 2 Meats 2 Vegetable 2 Fats
<b>Bedtime Snack</b>	<b>09:00 PM</b> 2 Carbs 0 Meat

*\* Depending on individual deal body weight the amount of calories recommended may be lower or higher than this basic plan*

*^Carbohydrate, 1 carb=12-15 grams*

**Pregnancy Meal Plan  
1800 Calorie Diet\***

<b>Breakfast</b>	<b>08:00 AM</b> 2 Carbs 1 Meat 1 Fat
<b>AM Snack</b>	<b>10:00 AM</b> 2 Carbs
<b>Lunch</b>	<b>12:00 Noon</b> 3 Carbs 2 Meats 2 Vegetables 1 Fat
<b>PM Snack</b>	<b>03:00 PM</b> 2 Carbs
<b>Dinner</b>	<b>06:00 PM</b> 2 Carbs 4 Meats 2 Vegetables 2 Fats
<b>Bedtime Snack</b>	<b>09:00 PM</b> 3 Carbs 1 Meat

*1 carbohydrate = 12-15 grams  
(1 starch, fruit or milk)*

**Sample Meal \***

<b>Breakfast</b>	1 Slice whole wheat toast 2 tbsp. peanut butter (omit fat if peanut butter) 1 small orange
<b>AM Snack</b>	3/4 cups bran flakes 1 cup low fat milk
<b>Lunch</b>	1 cup cooked rice 2 oz. baked chicken 1 cup cooked collards 1 tsp. margarine
<b>PM Snack</b>	3 squares graham crackers 3/4 cup plain low fat yogurt vanilla added
<b>Dinner</b>	1 small potato, 1 ear corn 4 oz. baked fish 1 c steamed broccoli 2 tbsp diet margarine
<b>Bedtime Snack</b>	1 cups low fat milk 8-12 crackers 1/4 c cottage cheese

We recommend 3-4 c low fat milk or substitutes, 1-3 fruits and 7-10 starch foods daily. Carbohydrate intake may be limited depending upon blood sugar control.

***\*Specific Individual diets should be approved by your health care provider.***