

Easy to Prepare Diabetic meals

These ideas are for ~45 grams of carbohydrate



Each meal is listed with the approximate grams of carbohydrate (CHO). These carbohydrate amounts are based on standard sized products. **Beverages:** Water, black coffee, unsweetened tea and sugar free drinks are free. Limit fruit juice. 3- 4 ounces of fruit juice is 15 grams of carbohydrate.

Breakfast:

2 frozen waffles with 1 cup blueberries	45 g
Breakfast burrito with 6" tortilla, 1 egg, 1/2c. diced potato and low fat cheese and salsa	45-50 g
English muffin with 2 T low fat cheese, and 1cup fat free or 1% milk	45 g
Toast 1 slice 100% whole wheat bread, add 1 T peanut butter and 1/2 of a banana	37-40 g
One packet instant plain oatmeal, 2 T raisins and 6oz lite yogurt	48 g
Toast 2 slices of raisin bread, top with 1/2 cup low fat cottage cheese	37 g
1 cup cheerios, 3/4 cup fat free or 1% milk and 1 small banana	43 g
1 cup Wheaties, 3/4 cup fat free or 1% milk and 1 cup frozen or fresh blueberries	47 g
1/2 bagel, 2 tsp peanut butter, small fruit	40-45 g

Lunch:

Medium sized baked potato (6oz) 1/2cup pinto beans, margarine and low-fat cheese and salsa	45 g
Tossed salad with 1/2 cup garbanzo or black beans, 1/2 cup corn, and small apple	45 g
1cup reduced sodium vegetable soup, 6 crackers, and 1/2 sandwich with turkey, low fat mayo	40-45 g
Fill 6" pita bread with veggies, tuna, low fat dressing and 6 oz. lite yogurt or 1 cup low-fat milk	47-50g
2 slices of rye bread, with turkey or lean roast beef and a small orange	40-45 g
1 cup minestrone soup, and 6 crackers, string cheese and a small apple	45-50 g

Dinner:

Chicken breast grilled with spices, 1cup brown rice, with broccoli or other non-starchy vegetables	45 g
Buy packaged salad, add 3oz tuna or chicken, and add 1/2 cup beans, a small roll or 6 crackers and a piece of fruit	45 g
3 oz. lean pork, medium sweet potato (6 oz), 1cup cauliflower, 3 graham cracker squares	45 g
2/3 c cooked pasta with 1/2 cup no sugar added spaghetti sauce with ground turkey breast; cooked broccoli and a tossed salad with lite dressing	40-45 g
3 oz. grilled fish or chicken breast, medium baked potato(6 oz) with light margarine, 1 cup cooked carrots, raw vegetables, and 1/2 medium banana sliced over sugar free gelatin	45 g

Hints:

Eat a variety of foods every day.

Prepare foods with small amounts of healthy fat, like olive or canola oil.

Choose lean proteins and include more chicken, turkey or fish.

Pick higher fiber foods like whole grains, bran cereals whole fruits, vegetables and legumes like pinto beans.

Look at labels when you can. Check the serving size first then look at grams of carbohydrates. For the best blood sugar control, be consistent with your intake of carbohydrates at meals.

Websites/ references:

www.diabetes.org my food advisor

www.diabetesselfmangement.com Meals and menus for 1 or 2.

The American Diabetes Association "Month of Meals" Diabetes Meal Planner.

Easy to Prepare Diabetic meals

These ideas are for ~60 grams of carbohydrate.



Each meal is listed with the approximate grams of carbohydrate (CHO). These carbohydrate amounts are based on standard sized products. **Beverages:** Water, black coffee, unsweetened tea and sugar free drinks are free. Limit fruit juices. 3-4 ounce of fruit juice is 15 grams of carbohydrate.

Breakfast:

- 2 frozen waffles with 1 cup blueberries and 6oz light yogurt 60 g
- Breakfast burrito with medium tortilla, 1 egg, small cut up potato, low fat cheese and salsa and 1 small orange 60-65 g
- English muffin with low fat cheese, 1 cup frozen or fresh blueberries and 1cup milk 60 g
- Toast 2 slices of whole wheat bread, add 1 T peanutbutter and ½ of a banana 52-55 g
- Packet instant plain oatmeal, 2 T raisins, a small sliced apple and 6oz light yogurt 58-63 g
- Toast 2 slices of raisin bread, top with 1/2 low fat cottage cheese, and 2 T raisins 52-56 g
- 1 ½ cups cheerios, ¾ cup fat free or 1% milk and 1 small banana 55-58 g
- 1 1/2 cups Wheaties, ¾ cup fat free or 1% milk and 1 cup frozen or fresh blueberries 58 g
- 1 bagel with light margarine 56-60 g

Lunch:

- Medium sized baked potato (6oz), 1/2cup pinto beans, margarine and low fat cheese and salsa and 1 cup fat free or 1 % milk 60 g
- Tossed salad with ½ cup garbanzo or black beans, ½ cup corn, small apple and 6 crackers 60 g
- 2 cups reduced sodium vegetable soup, 6 crackers, ½ sandwich with turkey, low fat mayo 55-60 g
- Fill a 6” pita bread with veggies, tuna, low fat dressing with 6 oz. lite yogurt or 1 cup milk and 17 grapes 62-65 g
- 2 slices of rye bread, turkey, or lean roast beef, a small orange and 1 cup fat free or 1% milk 55-60 g
- 2 cups bean soup, and 6 crackers, string cheese, and a small apple 55-60 g

Dinner:

- Chicken breast grilled with spices and 1cup brown rice, with broccoli or other vegetables and ½ low fat ice cream 60 g
- Buy packaged salad add 3oz tuna or chicken, add 1 cup beans, a small roll or 6 crackers and small piece of fruit 60 g
- 3 oz. lean pork, medium sweet potato (6 oz), 1 cup cauliflower, and 3 graham cracker squares and 1 cup fat free or 1 % milk 60 g
- 1 cup cooked pasta; with 1/2 cup no sugar added spaghetti sauce from a jar. Add cooked broccoli and a tossed salad with lite dressing 55-60 g
- 3 oz. grilled fish, medium baked potato (6 oz)with light margarine, 1 cup cooked carrots, raw vegetables, 1 cup fat free or 1% milk and ½ medium banana sliced over sugar free gelatin 60 g

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