

My 35% Carbohydrate Meal Plan

Preventing Diabetes

Prediabetes is when your blood sugar is higher than normal but not high enough to be diagnosed with diabetes. Prediabetes puts you at a greater risk for diabetes, heart disease and stroke. To find out if you have prediabetes, your provider will order a blood test called Hemoglobin A1C. (HbA1C)

Dietary changes shown to help reduce risk of developing diabetes include: regular meals, a balance of carbohydrates and calorie control.

Where to start?

- Regular meals- Eat breakfast: within 1-2 hours of waking
- Space meals every 4-5 hours.
- Avoid skipping meals
- Eat with minimal distractions- turn off tv
- Mindful eating- Pay attention to taste and texture of food
- Don't worry about cleaning your plate
- Slow your pace- take 20-30 minutes to eat
- Take small bites and chew food well
- Use smaller plates and bowls

Pick a Calorie Goal: work with your dietitian for the correct calorie level. Each meal plan has 35% calories from carbohydrates which has shown to reduce risk of Diabetes.

- 1200 calorie meal plan- 105 g carbs/day- 3 meals (30g carb each) and 1 snack (15g carb)
- 1400 calorie meal plan- 122 g carbs /day- 3 meals (30 g carb each) and 2 snacks (15g carb each)
- 1600 calorie meal plan- 140g carbs/day – 1 meal (30 g carb) 2 meals (45g carb) 1 snack (15 g carb)
- 1800calorie meal plan- 158g carbs/day – 3 meals (45 g carb each), 2 snacks (15 g carb each)

My Meal Plan

30gram carbohydrate meal ideas

Pick a Breakfast or create one yourself: 30 grams carbohydrates breakfast ideas

- 1 frozen whole grain waffle, 1 cup blueberries, ½ cup milk 36 g
- Toast whole wheat bread; add 1 T peanut butter and ½ of a banana 35 g
- Packet instant plain oatmeal, and ½ cup of unsweetened applesauce, 1 hard-boiled egg 32 g
- Toast 2 slices of raisin bread, top with 1/2 low fat cottage cheese 37 g
- ¾ cup high fiber cereal, ¾ cup fat free or 1% milk and ¼ cup raspberries, string cheese 33 g
- ¾ cup high fiber cereal, ¾ cup fat free or 1% milk and 1/4 cup frozen or fresh blueberries 32 g
- 1½ T of peanut butter on a medium banana 34 g
- Breakfast burrito with small whole grain tortilla, 1 egg, vegetables, ½ cup potato and 1oz low fat cheese and salsa 35 g
- Whole-grain English muffin with low fat cheese 30 g
- Create my own:

Pick a Lunch or Dinner or Create one yourself: 30 grams carbohydrates for lunch/dinner ideas

- Tossed salad with ½ cup garbanzo or black beans, hard-boiled egg and small apple 30 g
- 1 cup reduced sodium vegetable soup, 3 whole wheat crackers and ½ sandwich with turkey 35 g
- 2 slices of rye bread, turkey, or lean roast beef and ¾ cup milk, raw carrots 36 g
- 1 cup bean soup, and 3 whole wheat crackers, string cheese, raw vegetables and an orange 33-38g
- 1 cup minestrone soup, string cheese and small apple, raw vegetables 30 g
- 6 oz. plain Greek yogurt, 1 cup blueberries and 3 whole wheat crackers 35 g
- Lean turkey on a whole wheat sandwich “thin” and a medium orange. 35-37 g
- 3oz Chicken breast grilled, 2/3 cup brown rice, with broccoli or other vegetables 30 g
- Packaged salad, 3oz tuna or chicken, 1/2 cup beans, 3 whole grain crackers. Piece of fruit 30-32 g
- 3 oz. lean meat, medium sweet potato, 1 cup cauliflower, and ¾ cup milk 38 g
- 2/3 cup cooked whole wheat pasta; with 1/2 cup no sugar added spaghetti sauce from a jar. Add cooked broccoli and a tossed salad with lite dressing 37 g
- 3 oz. grilled fish or chicken breast, medium baked potato with light margarine, 1 cup cooked carrots, raw vegetables 30-33 g
- Create my own:

My Meal Plan

45gram carbohydrate meal ideas

45 gram carbohydrates breakfast ideas

- 2 frozen whole grain waffles with 1 cup blueberries 45 g
- Breakfast burrito with 6" whole grain tortilla, 1 egg, ½ cup diced potato and 1 T low fat cheese and salsa 45-50 g
- Whole grain English muffin with 2 T low fat cheese, and 1 cup fat free or 1% milk 45 g
- Toast 1 slice whole wheat bread, add 1 T peanut butter and ½ 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 37g
- 1 cup high fiber cereal, ¾ cup fat free or 1% milk and 1 small banana 43 g
- 1 cup high fiber cereal, ¾ cup fat free or 1% milk and 1 cup frozen or fresh blueberries 47 g
- ½ whole wheat bagel, 2 tsp peanut butter, small fruit 40-45 g
- Create my own:

45 grams carbohydrates lunch/dinner ideas

- 3oz Chicken breast grilled with spices, 1 cup brown rice, with broccoli or other non-starchy vegetables 45 g
- Packaged salad, 3oz tuna or chicken, and add ½ cup beans, 6 whole wheat crackers and a piece of fruit 45 g
- 3 oz. lean pork, medium sweet potato (6 oz), 1cup cauliflower, 1 small whole grain roll 45 g
- 2/3 cup cooked whole wheat pasta with 1/2 cup no sugar added spaghetti sauce, 3oz 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 ½ medium banana sliced over sugar free gelatin 45 g
- Medium sized baked potato (6oz) ½ cup pinto beans, margarine and low-fat cheese and salsa 45 g
- Tossed salad with ½ cup garbanzo or black beans, ½ cup corn, and small apple 45 g
- 1 cup reduced sodium vegetable soup, 6 crackers, and ½ 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 whole grain crackers, string cheese and a small apple 45-50 g
- Create my own:

My Snack Plan

Snack ideas

15-20 g carbohydrates snack ideas

- 1 cup blueberries and ¼ cup cottage cheese
- Apple slices (small apple) with 1 Tbsp. nut butter
- 1 granola bar (ex: Nature Valley®, Kashi®, Clif®)
- Small orange and 10 almonds
- 1 quesadilla (small whole wheat tortilla and 1 oz. shredded cheese)
- 5 Triscuits® and 1 string cheese
- ½ sandwich (1 slice whole grain bread and 1 ounce ham or turkey with mustard, lettuce and tomato)
- 3 graham squares and 1 Tbsp. nut butter
- 15 corn chips and ¼ cup salsa
- ½ cup melon, 7 Wheat thins® and 1 oz. low fat cheese
- 1 cup Greek yogurt and 1 Tbsp. sunflower seeds or pepitas (pumpkin seeds)
- 15 pretzels and 2 Tbsp. peanuts
- 10 pita chips and 2 Tbsp. hummus and 4 olives
- 5 animal crackers and 4 oz. skim or 1% milk
- 3 cups popcorn sprinkled with 1 tsp parmesan cheese
- 1 cup strawberries with 2 Tbsp. fat free whipped topping
- 1 whole grain waffle with 1 Tbsp. peanut butter and cinnamon
- ½ cup pudding sprinkled with 1 Tbsp. almond slivers
- ½ cup low fat ice cream sprinkled with 1 Tbsp. chopped peanuts
- 1 slice toast with 1 tsp soft tub margarine and 1 hard-boiled egg
- 1 small whole wheat tortilla roll-up filled with 1 Tbsp. reduced fat cream cheese, chopped olives and cucumbers
- Create my own:

Food Label

1. Start with the serving information at the top of the label
2. Next, check total carbohydrates per serving.
3. Watch for added sugar
 - Sugar: less than 6tsp/day
 - 4 g on food label= 1tsp
4. Increase fiber
 - Fiber: 25 – 30 g
 - Look for whole grain as first ingredient
5. Quick guide to % Daily value
 - If you want to eat less of a nutrient look for 5% or less % daily value
 - If you want to eat more of a nutrient look for 20% or more % daily value

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Physical Activity

Goal: 60 minutes of physical activity each day

- Pick activities you enjoy
- Work toward the goal of 60 minutes daily
- Break up your activity sessions to as little as 10 minutes each time, but do several sessions during the day. For instance, take a 10-minute walk three times a day
- Use an activity tracker to track steps. Aim for 10,000 per day

Activities I enjoy: _____

Ways I can increase my daily activity: _____

What are carbohydrates? Is a low carbohydrate diet right for me? Do I need to eliminate sugars?

Carbohydrate foods are our energy or fuel source and provide many important nutrients. Both starches and sugar contain carbohydrates. Starchy foods such as pasta, bread, cereal, and starchy vegetables like potatoes and beans may contain fiber and are full of nutrients. Foods with sugar include fruit, milk, yogurt and sweet foods like desserts, cookies, and ice cream. Eating too much carbohydrate overall or too much at one time may raise your blood sugar. It is best to spread your carbohydrates throughout the day and eat less sugary or sweet foods and beverages which are higher in calories and lacking in nutrients.

What are “good carbohydrates” to eat?

“Good carbohydrates” usually contain more fiber and nutrients. Healthy choices would include fruit, whole grains, such as brown rice, whole wheat pasta, old fashioned oatmeal, or beans and legumes. Look for a minimum of 3 grams of fiber or more on the food label. Aim for 20–35 grams of dietary fiber per day.

What if I want to carbohydrate count, how many carbohydrates should I eat?

As a general guideline, most girls should aim for 30-45 grams of carbohydrate at each meal. Boys generally need 45-60 grams of carbohydrate per meal. If you eat snacks, 15 grams of carbohydrate is reasonable. Again, try to select high fiber and/or whole grain carbohydrates.

What about using the glycemic index?

The glycemic index (GI) is a measure of how individual foods impacted the blood sugar over 1–2 hours. Many factors influence the GI value of a food, including fiber/fat content, processing and cooking method. The lower the GI number, the better. Choosing every food based on its GI value may be impractical and challenging. However, choosing one or two low glycemic index foods each day, or balancing low GI foods with higher GI foods might be one way to use this system. Some good low GI foods are beans, fresh fruits, such as apple, cherries, peaches or plums, sweet potatoes, whole-wheat pasta, and soybeans.

What about sugar substitutes?

Sugar substitutes like aspartame (Equal®), sucralose (Splenda®), saccharin (Sweet N Low®) and stevia-based sweeteners (Truvia®) are options for those who are trying to cut down on added sugar. Sugar alcohols, like sorbitol, xylitol and mannitol do not raise our blood sugar as much as table sugar. However, they may cause digestive side-effects like gas, diarrhea and might make it difficult to lose weight. These products are considered safe by the Food and Drug Administration. Foods made with these products, however, are not always lower in calories and should be used sparingly.