

Sample Diabetic Meal Plan

(1200 calories)

			Carbohydrates (gm)
Breakfast	½ c.	Oatmeal	13
	1 sl.	White wheat toast	15
	½ c.	Fat free milk	6
Snack	1	Small fruit	15
Lunch	½ c.	Noodle	20
	2 oz.	Lean meat	0
	1 c.	Cooked vegetable	5
	1 tsp.	Oil	0
Snack	1	Small fruit	15
Dinner	½ c.	Brown rice	23
	2 oz.	Fish	0
	4 oz.	Bean curd (tofu)	4
	1 c.	Cooked vegetable	5
	1 tsp.	Oil	0
Snack	5	Whole wheat crackers	10
	1 c.	Unsweetened enriched soymilk	5

(1500 calories)

			Carbohydrates (gm)
Breakfast	0 c.	Oatmeal	25
	1 sl.	White wheat bread	15
	1 tsp.	Soft margarine	0
	1	Egg white	0
	½ c.	Fat free milk	6
Snack	1	Small fruit	15
Lunch	1 c.	Noodle	40
	2 oz.	Lean meat	0
	1 c.	Cooked vegetable	5
	1 tsp.	Oil	0
Snack	1	Small fruit	15
Dinner	1 c.	Brown rice	45
	3 oz.	Fish	0
	4 oz.	Bean curd (tofu)	4
	1 c.	Cooked vegetable	5
	1 tsp.	Oil	0
Snack	5	Whole wheat crackers	10
	1 c.	Unsweetened enriched soymilk	5