

SAMPLE DIABETES MEAL PLAN

(1200 calories)

| | | | Carbohydrates (gm) |
|-----------|--------|------------------|--------------------|
| Breakfast | 1 c. | Oatmeal | 27 |
| | 1 c. | Fat free milk | 12 |
| Snack | 1 | Small fruit | 15 |
| | 1 | Hard boiled egg | 1 |
| Lunch | ½ c. | Noodles | 20 |
| | 2 oz. | Lean meat | 0 |
| | 1 c. | Cooked vegetable | 5 |
| | 1 tsp. | Oil | 0 |
| Snack | 1 | Small fruit | 15 |
| | 1 oz. | Unsalted almonds | 6 |
| Dinner | ½ c. | Brown rice | 23 |
| | 2 oz. | Fish | 0 |
| | 2 oz. | Bean curd (tofu) | 4 |
| | 1 c. | Cooked vegetable | 5 |
| | 1 tsp. | Oil | 0 |

(1500 calories)

| | | | Carbohydrates (gm) |
|-----------|--------|------------------|--------------------|
| Breakfast | 1 c. | Oatmeal | 25 |
| | 1 | Hard boiled egg | 1 |
| | 1 c. | Fat free milk | 12 |
| Snack | 1 | Small fruit | 15 |
| | 1 oz. | Unsalted almonds | 6 |
| Lunch | 1 c. | Noodles | 40 |
| | 2 oz. | Lean meat | 0 |
| | 1 c. | Cooked vegetable | 5 |
| | 1 tsp. | Oil | 0 |
| Snack | 1 | Small fruit | 15 |
| | 3 oz. | Baby carrots | 7 |
| Dinner | 1 c. | Brown rice | 45 |
| | 2 oz. | Fish | 0 |
| | 2 oz. | Bean curd (tofu) | 4 |
| | 1 c. | Cooked vegetable | 5 |
| | 1 tsp. | Oil | 0 |