

# MEAL PLANNING



FOR  
PEOPLE  
WITH  
DIABETES



**sanofi aventis**

Because health matters

## FOOD FOR THOUGHT

The two most important things to know about meal planning when you have diabetes are:

1. You can eat most of the foods you love but in smaller serving sizes. Smaller servings can help you gain control over your blood sugar levels (also called blood glucose levels).
2. You can do it! You can be healthier by making different choices about:
  - when you eat meals and snacks
  - how much food you eat
  - what kinds of foods you eat

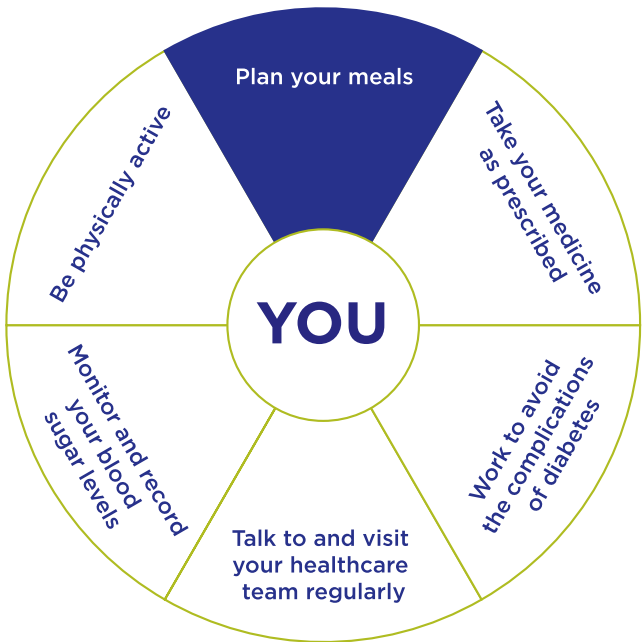
This guide will give you important information about all kinds of foods and show you how things like carbohydrates can change your blood sugar levels. This will help you choose the right amounts and types of foods to eat every day.

Talk to your healthcare provider before beginning any new meal plan. And if you want a meal plan created just for you, ask your healthcare provider to refer you to a Certified Diabetes Educator or a Registered Dietitian.

(Check the Web sites on the back of this brochure for help in locating a provider in your area.)



## THE CIRCLE OF BETTER BLOOD SUGAR CONTROL



# YOU

are at the center of a successful plan to improve your blood sugar control. All the power you need to manage your diabetes comes from within

# YOU

## **GO AHEAD AND EAT, BUT EAT RIGHT**

You don't have to completely avoid your favorite foods just because you have diabetes. You simply have to eat less of certain foods and more of others. And count the carbohydrates (carbs) and/or calories in the foods you eat to make sure you stay within your limits. This guide gives you the right serving sizes and amounts for many common foods, so read on!

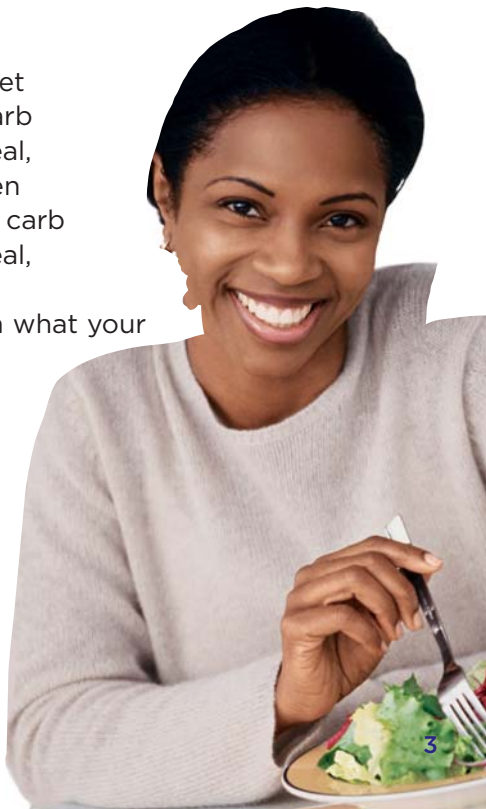
### **DAILY SERVINGS**

Your healthcare team can show you how many calories and carbohydrates you should eat at each meal based on your age, weight, activity, and glucose level.

One of the best ways to control your blood sugar is to focus on your carb servings for each meal.

**One carb serving is equal to 15 grams of carbohydrates.**

Most men can set a goal of 4-5 carb servings per meal, and most women can aim for 3-4 carb servings per meal, but ask your healthcare team what your goal should be.



## READING A FOOD LABEL

Sometimes it's hard to tell how the packaged foods at the supermarket will affect people with diabetes. That's why you should learn to read food labels and understand the numbers on them. So let's look at a sample label. Here are some tips on how to use it.

| <b>Nutrition Facts</b>         |                       |
|--------------------------------|-----------------------|
| Serving Size 1 Cup (228g)      |                       |
| Servings Per Container 2       |                       |
| Amount Per Serving             |                       |
| <b>Calories</b> 260            | Calories from Fat 120 |
| % Daily Value*                 |                       |
| <b>Total Fat</b> 13g           | <b>20%</b>            |
| Saturated Fat 5g               | <b>25%</b>            |
| <i>Trans</i> Fat 5g            |                       |
| <b>Cholesterol</b> 30mg        | <b>10%</b>            |
| <b>Sodium</b> 660mg            | <b>28%</b>            |
| <b>Total Carbohydrates</b> 31g | <b>10%</b>            |
| Dietary Fiber 1g               | <b>2%</b>             |
| Sugars 5g                      |                       |
| <b>Protein</b> 5g              |                       |

### Check the Serving Size

#### **Nutrition Facts**

Serving Size 1 Cup (228g)  
Servings Per Container 2

The portion you're planning to eat may not be the same as the serving size on the label. Remember, if the label serving size is one cup and you eat two cups, you are getting twice the calories, fat, and carbohydrates listed on the label.

### Count the Total Carbohydrates

|                                |            |
|--------------------------------|------------|
| <b>Total Carbohydrates</b> 31g | <b>10%</b> |
| Dietary Fiber 1g               | <b>2%</b>  |
| Sugars 5g                      |            |

Many people with diabetes count the carbohydrates, or

carbs, in the foods they eat, because total carb intake has the strongest impact on post-meal blood sugar levels. The Total Carbohydrates listed on the food label includes sugar, fiber, and complex carbohydrates. Foods high in carbohydrates are rice, pasta, starchy vegetables such as potatoes, green peas, and corn, and beans such as pinto

beans and blackeyed peas, along with fruits, milk, yogurt, and sweets.





## Look for Foods with Fiber

|                  |    |
|------------------|----|
| Dietary Fiber 1g | 2% |
|------------------|----|

A meal plan high in dietary fiber may help balance blood sugar levels by slowing the breakdown of carbohydrates into sugar. Fruits, vegetables, whole grains, and beans such as pinto or kidney are all good sources of fiber, which is an important part of any meal plan. People with diabetes should eat about 25–30 grams of fiber each day.

## Limit Saturated Fat, Cholesterol, Trans Fat, and Sodium

|                         |            |
|-------------------------|------------|
| <b>Total Fat</b> 13g    | <b>20%</b> |
| Saturated Fat 5g        | 25%        |
| Trans Fat 5g            |            |
| <b>Cholesterol</b> 30mg | <b>10%</b> |
| <b>Sodium</b> 660mg     | <b>28%</b> |

Although fat is helpful in slowing the breakdown of carbs into sugar, it's important to limit

the saturated fat, trans fat, and cholesterol. Eating less of these foods may help lower your risk of heart disease. Trans fat is found in shortenings, processed foods, and some margarines, among other foods. It is listed on the food label under the Total Fat category, but will be listed as 0 grams if the food contains less than .5 grams per serving. One way to identify hidden trans fat in a food is to look for “partially hydrogenated oils” in the ingredients list.

## FOOD LIST

Here's a list of common foods you may eat each day. It gives you an idea of the number of calories and carbohydrates in each food.

When you look at the serving sizes, keep in mind that a cup is about the size of your closed fist, three ounces of meat or fish are about the size of your open palm, and an ounce of nuts is about a handful.



### Breads, Grains and Cereals

| Breads/Grains/Cereals                       | Serving Size | Calories | Carb Grams | Carb Servings |
|---------------------------------------------|--------------|----------|------------|---------------|
| Bagel, Large (3½ inches across)             | 1            | 289      | 56         | 4             |
| Bread (white or wheat)                      | 1 Slice      | 80       | 15         | 1             |
| Cereal (cooked)                             | ½ Cup        | 80       | 15         | 1             |
| Cereal (unsweetened, ready to eat)          | ¾ Cup        | 80       | 15         | 1             |
| Crackers (graham)                           | 3 Squares    | 80       | 15         | 1             |
| English Muffin                              | 1            | 120      | 25         | 2             |
| Granola (low-fat)                           | ½ Cup        | 160      | 30         | 2             |
| Grits                                       | 1 Cup        | 143      | 31         | 2             |
| Pasta (cooked)                              | ⅓ Cup        | 80       | 15         | 1             |
| Popcorn (air-popped)                        | 1 Cup        | 31       | 6          | ½             |
| Rice (cooked, white or brown)               | ⅓ Cup        | 80       | 15         | 1             |
| Tortilla (corn or flour, 5–6 inches across) | 1            | 80       | 15         | 1             |

### Starchy Vegetables

| Starchy Vegetables            | Serving Size    | Calories | Carb Grams | Carb Servings |
|-------------------------------|-----------------|----------|------------|---------------|
| Corn                          | ½ Cup           | 80       | 15         | 1             |
| McDonald's French Fries       | 1 Small serving | 238      | 31         | 2             |
| Potato                        | ½ Medium        | 80       | 15         | 1             |
| Potato (mashed w/ whole milk) | 1 Cup           | 237      | 36         | 2½            |
| Sweet Potato/Yam              | ½ Cup           | 80       | 15         | 1             |

## Beans and Peas

| Beans/Peas  | Serving Size | Calories | Carb Grams | Carb Servings |
|-------------|--------------|----------|------------|---------------|
| Baked Beans | 1/3 Cup      | 80       | 15         | 1             |
| Black Beans | 1/2 Cup      | 80       | 15         | 1             |
| Lentils     | 1/2 Cup      | 80       | 15         | 1             |
| Lima Beans  | 2/3 Cup      | 80       | 15         | 1             |
| Peas        | 1/2 Cup      | 80       | 15         | 1             |
| Red Beans   | 1/2 Cup      | 80       | 15         | 1             |

## Fruits

| Fruit                             | Serving Size   | Calories | Carb Grams | Carb Servings |
|-----------------------------------|----------------|----------|------------|---------------|
| Apple (small)                     | 1 (4 Oz)       | 60       | 15         | 1             |
| Applesauce (unsweetened)          | 1/2 Cup        | 60       | 15         | 1             |
| Banana                            | 1/2            | 60       | 15         | 1             |
| Blueberries                       | 3/4 Cup        | 60       | 15         | 1             |
| Cantaloupe (cubed)                | 1 Cup          | 60       | 15         | 1             |
| Cherries                          | 12             | 60       | 15         | 1             |
| Figs                              | 1 Small        | 30       | 8          | 1/2           |
| Fruit Cocktail (in natural juice) | 1/2 Cup        | 60       | 15         | 1             |
| Grapefruit                        | 1/2            | 60       | 15         | 1             |
| Grapes                            | 17 (3 Oz)      | 60       | 15         | 1             |
| Mango                             | 1/2 (5 1/2 Oz) | 60       | 15         | 1             |
| Orange                            | 1 (6 1/2 Oz)   | 60       | 15         | 1             |
| Peach                             | 1 (4 Oz)       | 60       | 15         | 1             |
| Pear                              | 1/2 (4 Oz)     | 60       | 15         | 1             |
| Pineapple                         | 3/4 Cup        | 60       | 15         | 1             |
| Plantain                          | 1/2 Cup        | 80       | 15         | 1             |
| Raisins                           | 2 Tbsp         | 60       | 15         | 1             |
| Raspberries                       | 1 Cup          | 60       | 15         | 1             |
| Strawberries (whole berries)      | 1 1/4 Cup      | 60       | 15         | 1             |
| Watermelon                        | 1 1/4 Cup      | 60       | 15         | 1             |

## Dairy

| Dairy                   | Serving Size | Calories | Carb Grams | Carb Servings |
|-------------------------|--------------|----------|------------|---------------|
| 1% Milk                 | 1 Cup        | 105      | 12         | 1             |
| 2% Milk                 | 1 Cup        | 120      | 12         | 1             |
| Buttermilk (low-fat 1%) | 1 Cup        | 98       | 12         | 1             |

Dairy continued on page 8

## Dairy

| Dairy                                   | Serving Size | Calories | Carb Grams | Carb Servings |
|-----------------------------------------|--------------|----------|------------|---------------|
| Skim Milk                               | 1 Cup        | 90       | 12         | 1             |
| Sour Cream<br>(fat-free)                | 1 Tbsp       | 10       | 2          | 0             |
| Soy Milk<br>(low-fat)                   | 1 Cup        | 90       | 12         | 1             |
| Whole Milk                              | 1 Cup        | 150      | 12         | 1             |
| Yogurt (plain)                          | 1 Cup        | 127      | 17         | 1             |
| Yogurt<br>(with nonnutritive sweetener) | 1 Cup        | 80       | 15         | 1             |

## Nonstarchy Vegetables

| Nonstarchy Vegetables   | Serving Size                 | Calories | Carb Grams | Carb Servings |
|-------------------------|------------------------------|----------|------------|---------------|
| Artichoke               | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Asparagus               | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Beans<br>(green, wax)   | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Bean Sprouts            | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Broccoli                | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Brussels Sprouts        | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Carrots                 | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Cauliflower             | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Collard Greens          | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Cucumber                | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Eggplant                | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Green<br>Onion/Scallion | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Iceberg Lettuce         | 1 Cup                        | 25       | 5          | 0             |
| Leeks                   | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Mushrooms               | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Peppers                 | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Red Leaf<br>Lettuce     | 1 Cup                        | 25       | 5          | 0             |
| Spinach                 | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Summer Squash           | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Tomato                  | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |
| Zucchini                | 1/2 Cup cooked,<br>1 Cup raw | 25       | 5          | 0             |

## Protein

| Protein                                      | Serving Size   | Calories | Carb Grams | Carb Servings |
|----------------------------------------------|----------------|----------|------------|---------------|
| American Cheese (processed)                  | 1 Oz           | 105      | 0          | 0             |
| Beef (lean, cooked)                          | 3 Oz           | 165      | 0          | 0             |
| Burger King Whopper                          | 1              | 670      | 51         | 3½            |
| Cheddar Cheese (low-fat)                     | 1 Slice (1 Oz) | 48       | 0          | 0             |
| Chicken (skinless, white meat, cooked)       | 3 Oz           | 105      | 0          | 0             |
| Cod (broiled)                                | 3 Oz           | 89       | 0          | 0             |
| Cottage Cheese (1% milk)                     | ½ Cup          | 82       | 3          | 0             |
| Deli Turkey                                  | 1 Slice (1 Oz) | 30       | 1          | 0             |
| Eggs                                         | 1              | 75       | 0          | 0             |
| Hot Dog (beef, low-fat)                      | 1 Frankfurter  | 55       | 0          | 0             |
| McDonald's Chicken Selects                   | 3 Pieces       | 382      | 28         | 2             |
| Mozzarella Cheese (part skim milk)           | 1 Oz           | 75       | 0          | 0             |
| Pork (lean, cooked)                          | 3 Oz           | 165      | 0          | 0             |
| Salmon (baked)                               | 3 Oz           | 175      | 0          | 0             |
| Sausage                                      | 3 Oz           | 331      | 2          | 0             |
| Shellfish (cooked)                           | 3 Oz           | 84       | 0          | 0             |
| Sushi, California Roll (1¾" diam x 1¾" high) | 4 Pieces       | 200      | 28         | 2             |
| Taco Bell, Soft Taco Supreme (beef)          | 1              | 260      | 23         | 1½            |
| Tofu                                         | 4 Oz           | 75       | 0          | 0             |
| Tuna (canned in water)                       | 3 Oz           | 99       | 0          | 0             |

## Fats

| Fat                    | Serving Size  | Calories | Carb Grams | Carb Servings |
|------------------------|---------------|----------|------------|---------------|
| Almonds                | 23 (1 Oz)     | 169      | 6          | ½             |
| Avocado                | 2 Tbsp (1 Oz) | 45       | 0          | 0             |
| Bacon                  | 2 Slices      | 90       | 0          | 0             |
| Butter                 | 1 Tsp         | 45       | 0          | 0             |
| Cashews                | 1 Oz          | 157      | 9          | ½             |
| Cream Cheese (low-fat) | 1 Tbsp        | 35       | 1          | 0             |
| Cream Cheese (regular) | 1 Tbsp        | 51       | 0          | 0             |
| Margarine              | 1 Tsp         | 45       | 0          | 0             |

Fats continued on page 10

## Fats

| Fat                                      | Serving Size | Calories | Carb Grams | Carb Servings |
|------------------------------------------|--------------|----------|------------|---------------|
| Mayonnaise                               | 1 Tbsp       | 100      | 0          | 0             |
| Oil<br>(olive, canola, peanut)           | 1 Tbsp       | 135      | 0          | 0             |
| Olives (black)                           | 8 Large      | 45       | 0          | 0             |
| Olives (green)                           | 10 Large     | 45       | 0          | 0             |
| Peanut Butter                            | 1 Tbsp       | 94       | 3          | 0             |
| Peanuts                                  | 1 Oz         | 161      | 5          | 0             |
| Pistachios<br>(roasted)                  | 1 Oz         | 161      | 8          | ½             |
| Salad Dressing<br>(Italian, reduced-fat) | 1 Tbsp       | 11       | 1          | 0             |
| Sour Cream                               | 2 Tbsp       | 45       | 0          | 0             |
| Walnuts                                  | 1 Oz         | 175      | 3          | 0             |

Tbsp = Tablespoon • Tsp = Teaspoon • Oz = Ounce

## MEAL PLANNING METHODS

Some people find it helpful to create their meals using a planning process. A simple and popular one is the Plate Method. Using this method at lunch and dinner, you would divide your plate into sections like so:

- 1/2 with nonstarchy vegetables
- 1/4 with lean, low-fat protein
- 1/4 with carbohydrates



For more information on breakfast and the Plate Method in general, go to <http://platemethod.com> or ask your healthcare provider for other easy ways to count carbs.

## HEALTHFUL SUBSTITUTIONS

A lot of the foods you cook or order every day can be made more healthful without losing much taste and without a lot of effort. Instead of eating less of a bad thing, try replacing it with something that's better for you.

For example:

| Instead of...     | Try...                                              |
|-------------------|-----------------------------------------------------|
| Candy Bar         | Strawberries with Low-Fat Chocolate Whipped Topping |
| French Fries      | Small Baked Potato with Reduced-Fat Sour Cream      |
| Fried Chicken     | Roasted Chicken                                     |
| Fried Fish Sticks | Broiled Salmon                                      |
| Fried Rice        | Brown Rice with Black Beans                         |
| Potato Chips      | Whole Wheat Pretzels                                |
| Sugary Cereal     | Whole Grain Cereal with Fresh Fruit                 |

## A WORD ON ALCOHOL



When choosing what to drink, you should know that the effect of alcohol **lowers** your blood sugar levels. If you drink alcohol, your blood sugar can go down with little warning—and that can be dangerous. Ask your healthcare provider if you should drink alcohol at all, and if it's okay, find out how to manage your diabetes

when you drink and how it can change your blood sugar levels. If you do drink, be sure to eat something, too. Don't ever drink on an empty stomach.

## SAMPLE MEALS

Here are some suggestions for a day's worth of tasty meals and snacks for people who are carb counting:

### Sample Meal

### Carb Servings

#### Breakfast

|                                   |          |
|-----------------------------------|----------|
| Egg-white omelet with:            | 0        |
| low-fat cheese                    | 0        |
| spinach, mushrooms, onions        | 0        |
| 1 slice whole wheat toast         | 1        |
| 1 teaspoon light margarine spread | 0        |
| 2/3 cup light yogurt              | 1        |
| 1/2 grapefruit                    | 1        |
| Coffee with artificial sweetener  | 0        |
| <b>Total Carbs</b>                | <b>3</b> |

#### Lunch

|                         |          |
|-------------------------|----------|
| Turkey sandwich:        |          |
| 2 slices rye bread      | 2        |
| 2 oz lean turkey breast | 0        |
| tomato, lettuce         | 0        |
| low-fat cheese          | 0        |
| light mayonnaise        | 0        |
| Small apple             | 1        |
| Diet beverage           | 0        |
| <b>Total Carbs</b>      | <b>3</b> |

#### Dinner

|                                         |          |
|-----------------------------------------|----------|
| Broiled salmon:                         | 0        |
| 3 oz salmon with chopped onion          | 0        |
| 2 teaspoons canola oil                  | 0        |
| Whole wheat dinner roll                 | 1        |
| Mixed greens with olive oil and vinegar | 0        |
| 2/3 cup brown rice                      | 2        |
| 1 packet sugar-free chocolate pudding   | 1        |
| <b>Total Carbs</b>                      | <b>4</b> |

#### Snacks (optional)

- 1/2 cup cottage cheese  
1/2 cup canned pineapple (in natural juice)  

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**Total = 1 Carb**
- 2 teaspoons peanut butter  
1/2 cup apple slices  

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**Total = 1 Carb**
- 2/3 cup light yogurt  
1 oz raw almonds (approximately 23 nuts)  

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**Total = 1 Carb**

## **TO LEARN MORE ABOUT HEALTHFUL EATING WITH DIABETES**

There are plenty of online resources for people with diabetes. Visit these sites for lists of local diabetes educators, dietitians, and support groups. Some of them also contain advice on recipes, carb counting, and making smart meal plans.

American Association of Diabetes Educators  
(AADE)

[www.aadenet.org](http://www.aadenet.org)

American Diabetes Association (ADA)

[www.diabetes.org](http://www.diabetes.org)

American Dietetic Association

[www.eatright.org](http://www.eatright.org)

dLife

[www.dlife.com](http://www.dlife.com)

National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

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Because health matters