

HEALTHY EATING WITH DIABETES: LET'S COOK UP A MEAL PLAN

HOW TO PLAN

HEALTHY SUGGESTIONS AND SERVING SIZES



3 HEALTHY BREAKFAST OPTIONS

OPTION 1

- 2 slices whole wheat toast
- 2 tbsp peanut butter
- 1 cup yogurt
- 1 small banana

OPTION 2

- 4-inch whole wheat waffle
- 1 tsp margarine
- 1 cup sugar-free syrup
- 1 c fresh or frozen berries
- 1 cup milk

OPTION 3

- Vegetable omelet: 1 egg, onion, mushroom, pepper
- 1 slice whole wheat toast
- 1 tsp margarine
- 1 small orange
- 1 cup milk



3 HEALTHY LUNCH OPTIONS

OPTION 1

- Sandwich: 2 oz beef, chicken, ham, or turkey, 1 slice low-fat cheese, 2 slices whole wheat bread, lettuce, tomato, 2 tsp mayonnaise, mustard
- 1 garden salad or vegetable soup
- 17 grapes

OPTION 2

- Grilled chicken Caesar salad: romaine lettuce, 3 oz boneless, skinless chicken breast, mushrooms, peppers, 2 tbsp Caesar dressing, ½ c croutons, 1 tbsp grated Parmesan cheese
- 1 c chicken noodle soup
- 6 saltine crackers
- 1 small pear

OPTION 3

- Tuna salad: 3 oz canned tuna in water, celery, onions, dill pickle, 2 tsp mayonnaise
- 12 saltine crackers or 2 slices whole wheat bread
- 8 baby carrots
- 1 apple
- ½ c sugar-free, fat-free pudding



3 HEALTHY SNACK OPTIONS

OPTION 1

- 6 whole wheat crackers
- 1 cheese stick

OPTION 2

- 1 small apple
- 1 tbsp peanut butter

OPTION 3

- 3 cups air popped popcorn sprinkled with Parmesan cheese



3 HEALTHY DINNER OPTIONS

OPTION 1

- 4 oz boneless, skinless chicken breast
- 1 c cooked pasta with mushrooms, zucchini, pepper, 1 tsp olive oil
- Mixed greens salad with 2 tbsp salad dressing
- 1 small wheat roll

OPTION 2

- Cheeseburger: 3 oz lean ground beef, 1 slice low-fat cheese, 1 small whole wheat hamburger bun, onion, lettuce, tomato, 1 tsp mayonnaise, mustard
- 1 c cooked green beans
- 15 baked snack chips

OPTION 3

- Chicken fajitas: 4 oz boneless, skinless chicken breast, 2 (6-inch) corn tortillas, grilled onions, peppers, tomatoes, 2 tbsp sour cream, salsa
- ½ c cooked black beans



DINNER RECIPE IDEA



SLOW-COOKER TACOS

Serving size: 1 taco

Total servings: 12

Prep time: 10 min

- 1.25 lbs lean meat (flank steak, pork, or chicken)
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- ¼ tsp salt (optional)
- 1 lime, juiced
- ½ c water
- 12 (6-inch) corn or whole wheat tortillas
- ¾ c pico de gallo or salsa

1. Place the meat in a slow cooker. Sprinkle the meat with chili powder, cumin, and garlic powder. Pour the lime juice over the steak. Pour in the water.
2. Cover and cook on low for 6 hours or until done. Shred the steak with a fork.
3. Scoop about 1½ oz steak into each tortilla. Top each taco with 1 tbsp pico de gallo.

*Note: to make this vegetarian, substitute 1 can of drained, rinsed beans for the meat.

For more delicious recipes, visit [diabetes.org](https://www.diabetes.org)

HELPFUL TIPS

- Choose water with meals or snacks
- Spread meals and snacks evenly throughout the day
- Ask your Registered Dietitian for more meal and snack suggestions

CHECK OUT THESE HEALTHIER OPTIONS TO HELP YOU MANAGE YOUR DIABETES

WHAT TO CHOOSE

It's important to continue eating the food you love, while introducing healthy choices to keep you feeling good. Below, you'll find some helpful options to better manage your blood sugar.

| FRUITS | VEGETABLES | PROTEIN | GRAINS | DAIRY |
|---|--|--|---|---|
|  |  |  |  |  |
| TIP Whole fruits can be a good source of fiber and contain less sugar than fruit juice and dried fruit. | TIP You'll enjoy a wider array of nutrients when you select a variety of vegetables. | TIP Remove the skin and trim the fat from meat to lower saturated fats. | TIP Choose whole wheat or whole-grain options for more fiber than refined grains. | TIP Choose reduced-fat options that have reduced or no added sugar or sodium. |
| <ul style="list-style-type: none">• All fresh fruit (bananas, apples, oranges, grapes)• Canned fruit in light syrup or juice (pears, peaches, mixed fruit)• Frozen fruit (berries, mangoes) | <ul style="list-style-type: none">• All fresh vegetables (lettuce, broccoli, bell peppers)• Canned vegetables with low sodium (green beans, corn, tomatoes)• Frozen vegetables (peas, carrots, mixed vegetables) | <ul style="list-style-type: none">• Chicken breast• Canned tuna (in water) or fresh fish• Lean beef or pork• Eggs• Beans | <ul style="list-style-type: none">• Bread• English muffins• Crackers• Tortillas• Rice• Pasta | <ul style="list-style-type: none">• Milk• Cottage cheese• Cheese• Yogurt |

NOTES FROM DISCUSSIONS WITH YOUR MEDICAL CARE TEAM

LIVING WITH DIABETES? TAKE CHARGE BY SETTING SOME GOALS

WHAT TO DO

When you have prediabetes or diabetes, a healthy lifestyle is very important and has short- and long-term benefits. Use the list below to create personal goals. Pick one or two goals to get you started and build on those goals over time for a healthier lifestyle.

GOAL EATING HEALTHY

Since foods affect blood sugar levels, it is important to pay attention to when, what, and how much you eat.



MY PERSONAL GOAL

(Example: This week, I will write down the foods I eat to identify how my eating habits affect my blood sugar levels.)

GOAL STAY ACTIVE

30 minutes of moderate physical activity like briskly walking or swimming is recommended every day. You can break it into 10- or 15-minute increments.



MY PERSONAL GOAL

(Example: I will briskly walk for 20 minutes in the morning 4 days per week.)

GOAL TAKING MY MEDICATION

In order to reach your blood sugar target, it's important to take your medication regularly at the dose and time prescribed.



MY PERSONAL GOAL

(Example: Set a daily reminder to take medications on time.)

GOAL KNOW MY NUMBER

Keep track of your blood sugar so you can identify trends. This will help you make needed adjustments to reach your blood sugar targets.



MY PERSONAL GOAL

(Example: I will keep track of my blood sugar levels daily and share them with my doctor.)



IMPORTANT REMINDERS

Annual checkup

Date/Time: _____

Place: _____

Tracking my A1c

Date: _____ Result: _____

Date: _____ Result: _____

Date: _____ Result: _____

Date: _____ Result: _____

Other appointments recommended by my medical care team

Appointment: _____

Physician: _____

Date: _____

Time: _____

Place: _____

Appointment: _____

Physician: _____

Date: _____

Time: _____

Place: _____

STAYING ON TRACK WITH DIABETES

WHAT TO TRACK

| BLOOD SUGAR Work with your medical care team to determine how often to track. | | | PHYSICAL ACTIVITY Consult your medical care team to determine the right approach to keep you active. | | WELL-BEING Take time at the end of each day to determine how you feel. | |
|--|-----------------|-----------------|---|------------------------|---|-------------------------------------|
| TEST 1 | TEST 2 | TEST 3 | TYPE OF ACTIVITY? | HOW LONG? | HOW'S YOUR ENERGY? | DO YOU FEEL WELL? |
| EXAMPLE: 95 | EXAMPLE: 140 | EXAMPLE: 110 | EXAMPLE: Walking | EXAMPLE: 15 minutes | EXAMPLE: 6 on a scale of 1 to 10 | EXAMPLE: 7 on a scale of 1 to 10 |
| SUN | | | | | | |
| MON | | | | | | |
| TUES | | | | | | |
| WED | | | | | | |
| THURS | | | | | | |
| FRI | | | | | | |
| SAT | | | | | | |

Share this with your medical care team at your next visit.

STAYING ON TRACK WITH DIABETES

WHAT TO TRACK

| FOOD | | | | | |
|--|---|---------------------------------|--|--|---|
| Your medical care team can help determine your specific nutrition needs. | | | | | |
| | MEAL 1 | SNACK | MEAL 2 | SNACK | MEAL 3 |
| | EXAMPLE: Whole grain cereal with milk, black coffee | EXAMPLE: Hummus with carrots | EXAMPLE: Turkey on whole grain bread, milk | EXAMPLE: Apple with 1 tbsp peanut butter | EXAMPLE: Brown rice with 3 oz chicken, 1 c stir-fried vegetables, tea |
| SUN | | | | | |
| MON | | | | | |
| TUES | | | | | |
| WED | | | | | |
| THURS | | | | | |
| FRI | | | | | |
| SAT | | | | | |

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