

▶ Diabetes menu choices

This is a quick reference guide and does not replace meeting with a dietitian who will individualize this plan and discuss other food choices.

Non-starchy vegetable group: as desired at each meal

	Starch group	Protein group	Milk group	Fruit group	Fat group
BREAKFAST	<ul style="list-style-type: none"> • 1-2 slices whole grain bread OR • ½ - 1 cup cooked oatmeal OR • 1-2 (6") corn or wheat tortillas OR • ½ -1 whole wheat English muffin 	<ul style="list-style-type: none"> • 1 egg OR • 2 egg whites OR • 1/8 cup nuts OR • 1-2 Tbsp peanut butter (natural) OR • 1 oz cooked lean meat 			<ul style="list-style-type: none"> • 1 tsp butter, oil, or mayonnaise OR • 1 Tbsp cream cheese OR • 2 Tbsp sour cream
MORNING SNACK	<ul style="list-style-type: none"> • 1 slice whole grain bread OR • 6 (2") whole wheat crackers OR • 1 (6") corn or wheat tortilla OR • 1 (6") chapati OR • ½ (6") pita OR • 1 cup poha (rice flakes) 	<ul style="list-style-type: none"> • 1 oz cooked lean meat, chicken, or fish** OR • ¼ cup cottage cheese OR • 1 oz cheese OR • ¼ cup paneer 		<ul style="list-style-type: none"> • ½ large banana OR • ½ cup mango OR • 1 small piece fresh fruit (tennis ball size) OR • 1 cup diced cantaloupe OR • ½ large grapefruit OR • 1 large kiwi 	
LUNCH	<ul style="list-style-type: none"> • 1 cup starchy vegetables OR • 2 slices whole grain bread OR • 2 (6") corn or wheat tortillas OR • 2/3 cup cooked pasta, cooked rice, or baked beans OR • 1 medium potato OR • ½ naan of 8" x 2" OR • 2 (6") chapati • 1 cup cooked beans or lentils* 	<ul style="list-style-type: none"> • 2 oz cooked meat, chicken, fish, or shellfish (crab, clams, lobster, or shrimp)** OR • ½ cup cottage cheese OR • 2 oz. light tuna canned in water ** OR • 1 cup tofu OR • 2 oz cheese OR • 4 medium sardines OR • 2 Tbsp grated parmesan cheese 	<ul style="list-style-type: none"> • 1 cup nonfat/low fat milk OR • 1 cup low fat plain or light soy milk with calcium OR • 2/3 cup nonfat/low fat plain or light yogurt 		<ul style="list-style-type: none"> • 1 tsp butter, oil, or mayonnaise OR • 1 Tbsp vinegar and oil dressing OR • 2 Tbsp avocado
AFTERNOON SNACK	<ul style="list-style-type: none"> • 1 slice whole grain bread OR • 6 (2") whole wheat crackers OR • 1 (6") corn or wheat tortilla OR • 1 (6") chapatti OR • 1 ½ cup puffed rice OR • ½ (6") pita 	<ul style="list-style-type: none"> • 1 egg OR • 2 egg whites OR • 1 oz cooked lean meat OR • 1 oz cheese OR • 1/8 cup nuts OR • ¼ cup cottage cheese 		<ul style="list-style-type: none"> • 1 small piece fresh fruit (tennis ball size) OR • ½ cup unsweetened canned fruit drained OR • 17 small grapes OR • 1 ¼ cups cubed watermelon 	
DINNER	<ul style="list-style-type: none"> • 2/3 cup cooked pasta, cooked rice, or baked beans OR • 1 whole wheat dinner roll and ½ cup cooked corn, peas, or winter squash OR • 1 small potato (tennis ball size) and ½ cup cooked starchy vegetables • 1 cup cooked dhal or legumes* 	<ul style="list-style-type: none"> • 3 oz chicken, turkey, beef or lamb OR • 3 oz cooked fish** OR • 1 ½ cups tofu OR • ¾ cup tempeh OR • ¾ cup paneer 	<ul style="list-style-type: none"> • 1 cup nonfat/low fat milk OR • 1 cup low fat, plain or light soy milk with calcium OR • 2/3 cup nonfat/low fat plain or light yogurt 		<ul style="list-style-type: none"> • 2 tsp butter, oil, or mayonnaise OR • 2 Tbsp vinegar and oil dressing
EVENING SNACK	<ul style="list-style-type: none"> • 1 slice whole grain bread OR • 6 (2") whole wheat crackers OR • ½ cup cooked oatmeal 	<ul style="list-style-type: none"> • 1 oz cheese OR • 1 oz cooked lean meat OR • 1 - 2 Tbsp peanut butter (natural) OR • ¼ cup cottage cheese 	<ul style="list-style-type: none"> • 1 cup nonfat/low fat milk OR • 1 cup low fat plain or light soy milk with calcium 		

Starchy vegetables such as corn, peas, winter squash, potatoes, beans, plantains, and yams are in the starch group. 3 oz. meat is equal to a deck of cards.

Free foods: Lettuce, cucumber, cabbage, radishes, celery, mushrooms, zucchini, bell peppers, chili peppers, garlic, unsweetened mustard, unsweetened lemon/lime juice.

Foods to Avoid: Sugar, jam, honey, syrup, regular sodas, Kool-Aid, lemonade, all juices including orange, apple, cranberry, grape, etc.

* equals 2 starch and 2 protein

** Do not eat swordfish, shark, king mackerel, tilefish or raw fish. Limit canned white albacore tuna to 6 oz per week only. These fish may contain dangerous levels of mercury, which may be harmful to your baby.

Eat up to 12 oz per week of a variety of fish and shellfish that are lower in mercury.