

# Sample Meal Plan

The table below shows sample meal plans, by number of servings, for different calorie levels. Ask your RD, diabetes educator, or healthcare provider which plan works best for you. Each plan provides about half of its calories from carbohydrate and less than 25% of calories from fat, based on choosing fat-free milk and low-fat meats (Lean Meat Group) and cheeses.

Calories per day*					
	1200	1600	1800	2000	2200
<b>Carbohydrates</b>					
Starches	5	7	8	9	10
Fruits	3	3	3	4	4
Milk	2	3	3	3	3
Sweets, Desserts, & Other Carbohydrate					
Nonstarchy Vegetables	3	4	5	6	6
<b>Meat &amp; Meat Substitutes</b>	4 oz	6 oz	6 oz	7 oz	8 oz
<b>Fats</b>	3	5	6	6	7

\*The numbers included in the chart are individual servings from each food list.

**Alcohol** – In general, 1 alcohol equivalent has about 100 calories. One alcohol equivalent is 12 ounces beer or 1 ½ ounces distilled spirits or 5 ounces wine. If you choose to drink alcohol, limit it to 1 drink or less per day if you are a woman and 2 drinks or less per day if you are a man.

## Carbohydrate Counting

Carbohydrate (starch and sugar) is the main nutrient in food that raises blood glucose. When you plan meals based on carbohydrate counting, count only the foods that contain carbohydrate. Use either the portion sizes shown in the Food Lists, or calculate the carbohydrate grams or choices using the bolded carbohydrate numbers at the top of each food list. If you are using a packaged food with a Nutrition Facts label, count the number of “Total Carbohydrate” grams based on the serving size listed on the label.

### How much carbohydrate do you need?

Your RD can help decide how much carbohydrate you need. The amount depends on your age, weight, activity, and diabetes medications if needed.

It's important to know that...

**1 carbohydrate choice = 15 grams carbohydrate**

**Women** often need about 45-60 grams carbohydrate (3-4 choices) at each of three meals and 15 grams carbohydrate (1 choice) for snacks as needed.

**Men** often need 60-75 grams carbohydrate (4-5 choices) at each of three meals and 15-30 grams carbohydrate (1-2 choices) for snacks as needed.

Nutrition Facts			
Serving Size 8 crackers (28g)			
<b>Amount per serving</b>			
Calories	120	Fat Calories	30
<b>% Daily Value</b>			
<b>Total Fat</b>	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	0.5g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	140mg		6%
<b>Total Carbohydrate</b>	22g		7%
Dietary Fiber	less than 1g		3%
Sugar	7g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%

Check the serving size:  
**8 crackers**  
Is that how much you plan to eat?

This number (28g) is the weight of the crackers, not the amount of carbohydrate in the serving.

Count total carbohydrate.

You do not need to count sugar separately because it is already counted as part of the total carbohydrate.

### TO CALCULATE CARBOHYDRATE CHOICES:

Divide the number of grams of total carbohydrate by 15 (because 1 carbohydrate choice = 15 grams of carbohydrate).

Total carbohydrate = 22g

22 divided by 15 = 1.5 (round to 2)

So, 8 crackers = 2 carbohydrate choices