

1-Day Sample Meal Plan for Diabetes



It's good to be Blue.

The sample meal plan below for diabetes shows a balance of carbohydrates with 3-4 carbohydrate choices at each major meal and 1-2 carbohydrate choices at each snack. A person with diabetes is encouraged to space out their carbohydrate intake throughout the day, as reflected in the meal plan. A total of 16 carbohydrate choices are included, which is a typical meal plan for diabetes.

The number of carbohydrate choices is indicated by the parentheses.

Breakfast	<p>½ large banana (1C) ½ cup oatmeal (1C) 1 cup skim milk (1C) 1 slice whole-wheat toast (1C) 1 teaspoon margarine</p>
Snack 1	<p>8 oz strawberry smoothie (2C)</p>
Lunch	<p>Ham sandwich on whole-wheat bread (2C) <i>Lettuce, tomato, and light mayo toppings</i> Small side salad with 1 tablespoon light dressing 1 cup lower sodium vegetable soup (2C) <i>Mixed vegetables, potatoes, corn & beans</i> 1 can diet soda</p>
Snack 2	<p>1 large pear (1C) 6 unsalted almonds</p>
Dinner	<p>3 oz Baked chicken ½ baked potato (1C) ½ cup steamed broccoli 1/3 cup cooked peas (1C) 1 small whole-wheat dinner roll (1C) 1 teaspoon margarine Side salad with 1 tablespoon light dressing</p>
Snack 3	<p>1 small apple (1C) 1 cup skim milk (1C)</p>