

Example Diabetic Daily Meal Plan - 2000 calories

Carbohydrate: 200 g 40% of total calories
 Protein: 125 g 25% of total calorie
 Fat: 78 g 35% of total calories

These 2 sample menus show some of the ways the exchange lists can be used. Use the exchange lists to plan your own menus.

	Sample Menu 1	Sample Menu 2	Carbohydrate Choices
Breakfast			Breakfast
2 Starch*	1/2 cup bran flakes cereal	2 oz whole wheat bagel whole wheat	<u>4 Carbohydrate Choices = 60 g</u>
	1 slice whole wheat toast		2 Starch/Bread
2 Meat/substitute	2 scrambled egg	2 oz canadian bacon	1 Fruit
1 Fruit*	1/2 large banana	3/4 cup mandarin oranges	1 Milk
1 Milk*	8 oz fat-free or low-fat milk	6 oz lite yogurt	
1 Fat	1 Tbsp reduced-fat margarine	1 1/2 Tbsp reduced fat cream cheese	
Lunch			Lunch
2 Starch*	2 slices whole grain bread	1/2 cup macaroni and cheese	<u>3 Carbohydrate Choices = 45 g</u>
		3 oz breaded baked chicken breast	2 Starch/Bread
3 Meat/substitute	3 oz lean ham	1 cup salad	1 Milk
1-2 Non-starchy vegetable	1 cup carrot sticks	1/2 cup broccoli	
	sliced tomato & lettuce on sandwich		
1 Milk*	8 oz fat-free or low-fat milk	8 oz fat-free or low-fat milk	
2 Fat	2 Tbsp reduced fat mayonnaise	2 Tbsp reduced fat salad dressing	
Afternoon Snack			Afternoon Snack
1 Starch*	12 pretzels	3/4 cup fresh pineapple	<u>1 Carbohydrate Choice = 15 g</u>
1 Fat	1 oz reduced fat cheese	1/4 cup reduced fat cottage cheese	1 Starch or 1 Fruit
1 Meat/substitute			
Dinner			Dinner
2 Starch	1 small dinner roll	mushroom roasted beef (lean frozen dinner)	<u>3 Carbohydrate Choices = 45 g</u>
	1/3 cup brown rice		2 Starch
3 Meat/substitute	3 oz baked chicken		1 Milk
2 Non-starchy vegetable	1/2 cup steamed broccoli	1 cup tomato/cucumber salad w/reduced fat dressing	1 Fruit
	1 cup salad	1/2 cup green beans	
1 Milk*	8 oz fat-free or low-fat milk	8 oz fat-free or low-fat milk	
1 Fruit*	1 1/4 cup strawberries	1 cup cantaloupe/honeydew melon salad	
2 Fat	2 Tbsp reduced fat salad dressing	2 Tbsp reduced fat margarine	
	1 Tbsp reduced fat margarine		
Evening Snack			Evening Snack
1 Starch*	1 slice whole wheat bread	1 slice whole wheat toast	<u>2 Carbohydrate Choices = 30 g</u>
2 Meat/substitute	2 oz turkey breast	2 Tbsp reduced fat peanut butter	1 Starch
1 Fruit*	1 medium size apple	1/2 banana	1 Fruit
1 Fat	1 Tbsp reduced fat mayonnaise		

* indicates carbohydrate choice