

Diabetic Diet

The purpose of the diabetic diet is *two fold*:

1. The diet should provide enough calories from starch, protein, vegetables, milk, and fat to achieve the ideal body weight.
2. The diet should be design to maintain normal blood sugar levels.

Diabetic diets should be ordered based on the calorie level desired. These diets provide three meals and a bedtime snack. On the following page is an example of an 1800 cal ADA diet. Food categories for each meal are broken down by individual servings of fruit, protein , starch, vegetables, milk, and fat. In a diabetic diet 30% of the total calories are from fat, 10-20 % are from protein, and 55-60% are from carbohydrate.

Other principles to keep in mind are:

1. Avoid sugars and sweets
2. Avoid fried foods
3. Eat meals and snacks at regular time—spaced 4-5 hours apart
4. Maintain or achieve an acceptable body weight
5. When using the exchange list, make sure that the food is **measured**.

**Please note that this is only a rough guideline to diets and should not take the place of a full dietary evaluation.*

Page 2 describes a sample 1800 calorie diet.

Page 3 is Exchange List Table.

Sample of an 1800 calorie Diabetic Diet.

Use the exchange list to get an idea of what constitutes a serving of a fruit, meat, starch, or fat.

Breakfast:

2 servings of fruit
1 serving of meat
2 servings of starch
1 serving of fat
1 cup of skim milk

Sample Menu

1 cup of orange juice
1 egg
1 slice of toast
1 teaspoon of margarine
1 cup of skim milk

Lunch

3 servings of meat
2 servings of starch
1 serving of vegetable
1 serving of fruit
1 serving of fat

Sample Menu

3 ounces of turkey
2 slices of bread
1 cup of raw carrots
1 apple
1 teaspoon of mayonnaise

Evening Meal

3 servings meat
2 servings starch

2 servings of vegetables
1 serving fruit
1 serving fat
1 cup of skin milk

Sample Menu

3 ounces of chicken
1 small potato
½ cup of corn
1 cup of green beans
½ cup peaches
1 teaspoon margarine
1 cup of skim milk

Nighttime Snack

1 cup of skim milk
2 servings of starch

Sample Menu

1 cup of skim milk
1 ½ cups dry cereal

Exchange List

Starch 80 calories per serving	1 slice of bread ½ of a sandwich bun or roll 1 small dinner roll ¾ cup ready-to-eat cereal ½ cup cooked cereal ½ cup cooked rice or pasta 1 thin slice of angel food cake ½ cup no added sugar, fat free ice cream	½ of bagel or English muffin 1 cup of broth based soup ½ cup of mashed potatoes, corn, or peas 1/3 cup baked beans 6 saltines 3 cups of air popped popcorn 1 small potato
Vegetables 25 calories per serving	1 cup of raw leafy vegetables ½ cup of other vegetables cooked or chopped raw	List of other vegetables include beans (green, waxed, Italian, snap), broccoli, cabbage, carrots, mushrooms, snow peas, peppers, zucchini squash, tomato juice
Fruit 60 calories per serving	1 medium six piece of fruit ½ cup canned fruit ½ cup chopped raw fruit ¼ cup of dried fruit ½ cup of fruit juice 2 tablespoons of raisins 1 peach 2 ¾ inches across	17 grapes 1 cup of cantaloupe or honeydew 1 ¼ cups of watermelon or strawberries 2 plums 1 small banana ½ of a pear or grapefruit 1 orange 2.5 inches across 12 large cherries
Milk 80-100 calories per serving	8 ounces of skim milk 8 ounces of low fat buttermilk 8 ounces of yogurt	
Meat 35-100 calories per oz	1 ounce of cooked lean meat, fish or poultry 1 egg or ¼ cup of egg substitute ¼ cup of cooked dried beans ¼ cup of cottage cheese	1 ounce of low fat cheese ¼ cup of tuna 1 tablespoon of peanut butter
Fat 45 calories per serving	1 teaspoon of butter or margarine 1 teaspoon of mayonnaise 1 teaspoon of oil 1 strip of bacon	1 tablespoon of diet margarine or mayonnaise 1 tablespoon of cream cheese 2 tablespoons sour cream 2 teaspoons of peanut butter
Free foods	Coffee or tea, orDiet soft drinks Diet Jell-O Broth Mustard Catsup (1 tablespoon) Horseradish 2 tablespoons of low calorie salad dressing	Lemon Vinegar Seasonings Sugar substitutes 1 tsp of spreadable fruit with no added sugar Celery Cucumber Salad GreensSalsa