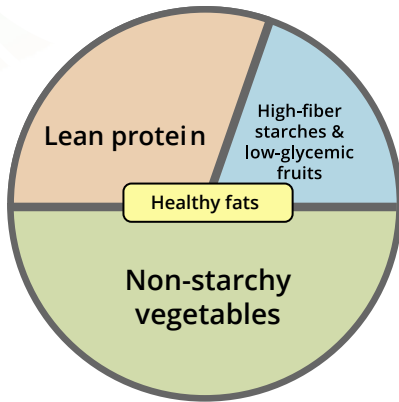




## Balanced Meals for Diabetics

A balanced food plan is recommended for diabetics, in which 40% of the daily calories consumed are carbohydrates, 30% lean protein, and 30% healthy fat. The graphic illustrates a balanced meal plate for achieving these proportions.



This guide also offers many sample meal and snack choices that follow the 40–30–30 proportions and include low-glycemic foods. Feel free to substitute your favorite fruits, vegetables, and proteins.

- A 1500–1800 calorie a day meal plan (good for an inactive person who weighs between 130–160 lbs.) could be broken into 3 meals of roughly 400–500 calories and about 100–200 per snack.
- If the person is active or weighs between 170–200 lbs. the daily requirements are approximately 2,000–2,500 calories and could be broken down to 600 calories per meal and several snacks during the day.
- At less than 130 lbs, the caloric requirements are between 1400–1600 calories a day.

### BREAKFAST CHOICES

1 cup oatmeal, 6 oz. organic, low-fat milk or substitute soy or goat milk, 2 tbsp. fresh ground flax meal

2 oz. wild smoked salmon or trout, 1 tbsp. reduced-fat

organic cream cheese or soft goat cheese, small whole wheat pita pocket or whole wheat English muffin

2 soft boiled or poached eggs, 1 slice whole grain toast, green tea

1 cup hot brown rice cereal,  $\frac{3}{4}$  cup berries,  $\frac{1}{4}$  cup almonds or walnuts

8 oz. no-fat plain yogurt, 1 cup berries, 1 tbsp. flax oil or  $\frac{1}{4}$  cup nuts

1 cup organic low-fat cottage cheese, 1 tbsp flax oil,  $\frac{3}{4}$  cup berries

1 whole grain bran muffin, 1 tbsp. almond butter or natural peanut butter, 6 oz. organic milk or soymilk

Egg white omelette with mushrooms, green pepper, and onions, 1 oz. goat cheese, 1 slice whole grain toast or 1 fruit

Protein shake with 2 scoops protein powder, organic milk, soymilk, or yogurt, and 1 fruit

$\frac{3}{4}$  cup high-fiber, low-sugar cold cereal such as Kashi, All-Bran, or Grape-Nuts with  $\frac{1}{4}$  cup almonds or walnuts, 1 cup organic skim milk, soy or goat milk and  $\frac{3}{4}$  cup berries

Whole grain waffle with soy and flax meal, fresh berries, a dribble of syrup or all-fruit jam

3–4 Ryvetta crackers with goat cheese and cut up strawberries on top

Breakfast parfait with 4 oz. plain yogurt,  $\frac{1}{2}$  cup high fiber cereal, and  $\frac{1}{2}$  cup berries

$\frac{3}{4}$  cup Bulgar wheat hot cereal, 6 oz. skim milk,  $\frac{3}{4}$  cup walnuts,  $\frac{1}{2}$  pink grapefruit



## LUNCH & DINNER CHOICES

4 slices white turkey meat, Dijon mustard and tomato on 1 slice Ezekiel\* bread or small pita, spinach salad with flax & olive oil dressing

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4 oz. crabmeat, 1 tbsp. low-fat mayonnaise, chopped celery, romaine lettuce, tomato, 1 slice whole grain bread, side mixed green salad

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Stir fried tofu with snow peas, onion, bean sprouts, red pepper over ½ cup brown rice

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2 bean burritos with green salad with flax & olive oil vinaigrette

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Mixed grilled veggie wrap with low-fat cheese and side spinach salad with olive oil & vinegar dressing

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Seasoned sardines in water with mixed green salad and low-fat dressing choice

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4 oz. broiled red snapper, steamed broccoli, baked yams

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Large mixed green salad with olive oil and lemon juice, 4 oz. free range chicken on top with chopped yellow and sweet red peppers

•

4 oz. stuffed flounder wrapped with spinach and lowfat feta cheese over ½ cup brown rice mixed with carrots and zucchini

•

Lentil and brown rice casserole with mixed vegetables and 2 oz. goat cheese

•

Chicken salad sandwich made with free-range chicken, low-fat canola mayonnaise on high fiber bread with lettuce and tomato and roasted vegetables on the side

•

Garden vegetable or free-range turkey, buffalo, or veni-

son burger on whole wheat bun with lettuce, tomato, and onion, and veggie slaw on the side

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Quinoa bean salad with chopped celery, onion, carrots, zucchini, and white beans over romaine lettuce

•

Mixed green salad with 2 oz. goat cheese, cut up pear, ¼ cup walnuts, and poppy seed dressing, whole grain crackers and vegetable or lentil soup

•

Brown rice stir fry with vegetable medley and black beans seasoned with soy sauce or Bragg's amino acid dressing

•

5 oz. tempeh with stewed tomatoes, 1 cup cooked vegetables, over ½ cup whole wheat pasta sauteed with onions, garlic and olive oil

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4–6 oz. white fish baked or broiled seasoned with olive oil, cilantro, and soy sauce or Bragg's amino acid dressing, with roasted kale and sweet potatoes



## SNACKS

- Almond or natural peanut butter on apple or celery
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- Protein shake with freshly ground flax seeds
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- ¼ cup of nuts with one fruit
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- 8 small whole grain crackers with 1 oz. low-fat cheese or cheese stick
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- 1 serving soy chips or baked lays with salsa
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- Hard-boiled egg with cup up vegetables
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- 2 oz. lean hormone-free turkey, ham or cheese rolled with mustard
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- Balanced protein bar without corn syrup or hydrogenated oil
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- Guacamole and 1 serving baked chips
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- 1 serving baked chips with hummus
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- 1 serving edamame
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- 1 cup Greek yogurt with apples, or berries
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- ½ cup mixed trail mix using nuts, berries, coconut pieces, and high-fiber cereal

## BEVERAGES

- Purified water
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- Seltzer plain or flavored
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- Organic skim milk, soymilk, goat milk, or almond milk
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- Green, red, white teas best
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- Herbal non-caffeinated tea
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- Decaffeinated coffee or tea
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- Green drinks—high in chlorophyll,\* which helps keep the system alkaline\*
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- Fresh mixed vegetable juice (low in carrot and beet which are high in sugar)