

**Diabetes Care Centre
Meal Plan Guide**

Food Group	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Starch						
Fruit/ Sweet Veg						
Milk						
Protein						
Fat						
Extras						
Carbohydrates						

Starchy Foods 1 Choice = 15 grams of Carbohydrate (70-90 Calories)			
Bread, slice	1 slice / see label	Oatmeal, cooked (steel cut, regular)	2/3 cup
Bagel	see label	Pasta, quinoa, couscous, (cooked)	½ cup
English Muffin	½	Rice, barley (cooked)	1/3 cup
Bun, hamburger, hotdog	½	Potato (mashed)	½ cup
Muffin, small	see label	Potato, Sweet potato	egg size
Pita bread, small	½ / see label	Corn	½ cup
Cookies, plain	2 / see label	Popcorn	3 cups
Crackers, soda or small	6-7	Legumes	½ cup
High Fibre cereal	½ cup	Cassava / Plantain	¼ cup
Steel Cut Oats (dry)	3 TBSP	Soup (noodles, beans)	1 cup
Oatmeal, plain (dry)	1/3 cup		

Fruits and Sweet Vegetables 1 Choice = 15 grams of Carbohydrate (65-90 Calories)			
Peach	1 large	Mango, banana	½ medium
Apple, nectarine	1 small	Raisins/Craisins	2 TBSP
Pear, orange	1 medium	Beets, Carrot, Squash	1 cup
Date, plum, prune, kiwi	2	Rutabaga, Mixed Vegetables	1 cup
Apricot (fresh or dried)	4	Parsnip	½ cup
Watermelon,	1 ½ cups	Squash	1 cup
Cantaloupe, pineapple	1 cup	Peas	1 cup
Strawberries, Raspberries	2 cups	Tomato sauce	1 cup
Applesauce, fruit cocktail	½ cup	Canned spaghetti sauce	½ cup
Blueberries	1 cup	Canned tomatoes	3
Grapes, cherries	15 or 1 cup	V8 juice	1 ½ cups

Milk 1 Choice = 15 grams of Carbohydrate (80-140 Calories)			
Milk, Plain Soy Milk, Plain Yogurt	1 cup	Yogurt with sweetener	see label
Evaporated milk	½ cup	Yogurt, fruit (sweetened with sugar)	see label

Sugars 1 Choice = 15 grams of Carbohydrate (60 Calories)			
Sugar, honey, regular syrup, jam	1 TBSP	Hard Candy	3-5
Light Jam and syrup	6 TBSP	Popsicle	1
Ice-cream, frozen yogurt	½ cup	Regular pop, Fruit Juice	½ cup

1 tsp=5mL	1 TBSP=30mL	¼ cup=50mL	1/3 cup=75mL	½ cup=125mL	2/3 cup=150mL	1 cup=250mL	1 oz=30g
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CARBOHYDRATE-FREE FOODS

The following food groups contain very little carbohydrates. However, the protein & fat groups still need to be eaten in moderation, as they can raise your cholesterol & cause weight gain.

Protein Foods			
Contain no carbohydrate 1 choice = 7 grams of Protein (55-75 Calories)			
Limit to 6 – 8 choices per day due to high fat content			
Beef, veal, lean & trimmed	1 oz	Shrimps, scallops, sardines	3
Ground beef Lean or extra lean	1 oz	Deli meats	1 oz
Pork, lean & trimmed	1 oz	Egg	1
Lamb, lean & trimmed	1 oz	Cottage cheese *	¼ cup
Chicken, turkey (skinless)	1 oz	Cheese (15% MF)	1 oz
Fish, fresh or frozen plain	1 oz	Tofu Firm	¼ cup
Fish, canned	¼ cup	Plain Greek Yogurt (0%) *	¼ cup
*May contain 3-4 grams of carbohydrate			

Fats and Oils			
Contain no carbohydrate 1 choice = 5 grams of Fat (45 Calories)			
Limit to 3 – 6 choices a day			
Margarine, butter, oil, mayonnaise	1 tsp	Cream cheese	1 TBSP
Peanut butter	1 TBSP	Light cream cheese	2 TBSP
Light mayonnaise	1 TBSP	Cream (10% MF)	2 TBSP
Salad dressing	2 tsp	Sour cream (14% MF)	2 TBSP
Light salad dressing	2 TBSP	Light sour cream	5 TBSP
Gravy	2 TBSP	Nuts	6 - 8
Bacon strip	1	Avocado	1/6

Extras Vegetables			
Contain very little carbohydrate and lots of fibre			Eat lots!
Artichokes	Cauliflower	Lettuce	Radish
Asparagus	Celery	Leeks	Rapini
Beans (green & yellow)	Cucumber	Mushrooms	Rhubarb
Bean sprouts	Dill pickles	Okra	Shallots
Broccoli	Eggplant	Onions	Spinach
Brussels sprouts	Garlic	Parsley	Tomato
Cabbage	Ginger	Peppers	Zucchini

Free Foods			
Contain very little or no carbohydrate			
Coffee	Water	Clear broth	Ground pepper
Tea	Mineral water	Lemon juice	Salsa
Diet soft drinks	Soda water	Vinegar	Herbs
Artificial sweeteners	Sugar free jello	Mustard	Spices

****This is just a guide. Please refer to individual Nutrition Information labels for the most accurate information ****

1 tsp=5mL	1 TBSP=30mL	¼ cup=50mL	1/3 cup=75mL	½ cup=125mL	2/3 cup=150mL	1 cup=250mL	1 oz=30g
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