

Add variety to your type 2 diabetes meal plan

Choose foods you like that still add up to the right calorie count

Starch

1 serving = 80 calories
(each item listed is 1 serving)

Cereal/Beans/Grains/Pasta

Cereal (cooked) 1/2 cup
Beans (cooked or canned) 1/3 cup
Rice (cooked) 1/3 cup
Pasta (cooked) 1/2 cup
Starchy Vegetables
Corn (cooked) 1/2 cup
Corn on the cob (6" piece) 1
Peas (cooked) 1/2 cup
Plantain (green, cooked) 1/3 cup
Potato (small-3 oz) 1 cup
Squash (winter, cooked) 1 cup
Yam or sweet potato 1/2 cup

Breads

Bagel or English muffin 1/2 or 1 oz
Bread (slice or roll) 1 oz
Crackers, snack 4-5
Graham crackers 3 squares
Hamburger or hot dog bun
1/2 oz or 1 oz
Popcorn (plain, unbuttered) 3 cups
Tortilla (6" across) 1

Fruit

1 serving = 60 calories
(each item listed is 1 serving)

Apple (raw - 2" across) 1
Banana (medium) 1/2
Cherries 12
Dried fruit 1/4 cup
Canned fruit in juice or water 1/2 cup
Grapes 12-15
Raisins 2 Tbsp
Apple, orange or grapefruit juice 1/2 cup
Cranberry, grape or prine juice 1/3 cup

Milk

1 serving = 90-100 calories
(each item listed is 1 serving)

Whole milk 8 oz
Buttermilk 8 oz
Yogurt (non-fat, plain or artificially sweetened) 8 oz

Beets
Broccoli
Cabbage
Carrots
Greens
Mushrooms
Okra
Onions
Pea pods
Peppers
Spinach
Tomatoes
Water chestnuts

Meat and Meat Substitutes

Lean Meats

1 serving = 35-55 calories
(each item listed is 1 serving)
Cheese (1-3 grams of fat) 1 oz
Chicken (white, no skin) 1 oz
Cottage cheese 1/4 cup
Fish (cod, flounder, tuna) 1 oz
Lean beef (flank, round, sirloin) 1 oz
Shellfish (clams, crab, lobster, shrimp) 1 oz
Turkey (white, no skin) 1 oz

Medium/High-Fat Meats

1 serving contains 75-100 calories
(each item listed is 1 serving)

Beef 1 oz
Chitterlings 1 oz
Chicken (dark meat, no skin) 1 oz
Eggs 1
Pork (spareribs, barbecue, chops, cutlets) 1 oz
Sausage 1 oz
Wieners 1 oz

Cream (light, table, coffee, sour) 2 Tbsp
Cream cheese 1 Tbsp
Margarine 1 tsp
Mayonnaise 1 tsp
Mayonnaise (reduced-fat) 1 Tbsp
Non-dairy creamer (liquid) 2 Tbsp
Non-dairy creamer (dry) 4 tsp
Oil 1 tsp
Nuts or seeds 1 Tbsp
Pesto sauce 2 tsp
Salad dressing (reduced-calorie) 2 Tbsp

Free Foods

Free foods are foods or beverages with less than 20 calories. They have little or no effect on blood sugar levels.

UNLIMITED SERVINGS

Beverages

Bouillon
Broth
Club soda
Coffee
Drink mixes (sugar-free)
Mineral water
Tea

Seasonings

Flavoring extracts
Garlic or garlic powder
Herbs (fresh or dried)
Mustard (prepared)
Soy sauce
Vinegar

Sweet Substitutes

Gelatin desserts (sugar-free)
Gum (sugar-free)
Popsicles (sugar-free)
Sugar substitutes

LIMIT TO 2-3 SERVINGS A DAY

Fruits

Cranberries (no sugar added) 1/2 cup
Rhubarb (no sugar added) 1/2 cup

Sweet substitutes

Jam or jelly (sugar-free) 2 tsp

Hot cocoa mix (artificially sweetened)
1 envelope

Vegetables

1 serving = 25 calories
(A serving is 1/2 cup of
cooked vegetables or 1
cup of raw vegetables)

Fats

1 serving = 5 grams fat,
45 calories (each item
listed is 1 serving)

Avocado (4" across) 1/8
Bacon 1 slice
Butter 1 tsp

Whipped topping 2 Tbsp
Spreadable fruit (no sugar added)
1 tsp

Condiments

Catsup 1 Tbsp
Salad dressing (reduced-calorie)
2 Tbsp
Taco sauce 2 Tbsp