

BREAKFAST
7 AM

1 small orange or ½ banana
 2 slices whole grain bread or 1 whole english muffin
 1 egg/egg substitute or 1-2 oz lowfat cheese/ham/turkey
 1 Tbsp tub margarine
 Coffee or tea or water

TOTAL
CARBOHYDRATE
 15 gm
30 gm
45 gm Total

SNACK
9:30 AM

8 oz nonfat or lowfat milk or
 1 small fruit or ½ sandwich

15 gm

LUNCH
12:00 PM

2 slices bread or 2 corn tortillas or 2/3 cup rice or
 1 medium potato
 8 oz 1% lowfat milk or 1 small fruit
 3-5 oz meat, chicken or fish (not fried or breaded)
 Vegetable and/or green salad (no limit)
 1 Tsp mayonnaise or vinegrette dressing if desired
 Diet soda, coffee or tea or water

30 gm
15 gm
45 gm Total

SNACK
3 PM

1 cup light yogurt (w/sugar substitute) or
 8 oz lowfat milk or 6 crackers or small fruit

15 gm

DINNER
6 PM

2/3 cup pasta or 2/3 cup rice or
 1 medium potato
 8 oz lowfat milk or small fruit
 3-5 oz fish, meat or chicken (not fried or breaded)
 1-2 cups vegetables (carrots, broccoli, cauliflower,
 bok choy, pepper, spinach)
 Salad greens with lowfat dressing (if desired)
 Diet soda, coffee or tea or water
 1 Tbsp sour cream or diet margarine

30 gm
15 gm
45 gm Total

SNACK
8:30-9 PM

1 small fruit with ½ cup cottage cheese
or ½ sandwich or 8 oz lowfat milk or 1 cup light yogurt
 (w/sugar substitute)

15 gm

Note: Meals and snacks should be at least 2 ½ - 3 hours apart

This is an example only. Individual needs vary greatly and are influenced by many factors. For more education and an individualized meal plan, please contact the **Center for Diabetes Services at (415) 600-0506**.

Developed by the Center for Diabetes Services

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Note: The information provided in this material is intended to provide readers with accurate and timely information. It is not intended to substitute for information and personal medical advice, which you need to obtain directly from your doctors. If you have any additional questions related to treatment or the risks and benefits of treatment mentioned in this work, please direct these questions to your doctors.