

Consistent Carbohydrate Diet



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Diabetic Meal Planning: 1200-1400 Calories

***Please note this meal plan also emphasizes foods lower in fat & sodium.*

What is a Consistent Carbohydrate Diet?

- A healthy meal plan designed to maintain blood sugar control while allowing food choices to be flexible.
- Includes three balanced meals each day.
- A bedtime snack may be included within your meal plan depending on the type of diabetic medications you are prescribed.
- There is no need to eliminate carbohydrates or count calories, simply keep the number of servings of carbohydrates you consume the same from meal to meal.

What are Carbohydrates?

- Carbohydrates are the major source of energy used by the body.
- Which foods contain carbohydrates?
 - Bread, Crackers, Cereals, Pasta, Rice, and Grains
 - Starchy Vegetables (Potatoes, Corn, Peas)
 - Legumes/Beans
 - Milk (Cow's, Soy, Rice, Almond) & Yogurt
 - Fruits & Fruit Juices
 - Sweets (Cakes, Cookies, Pies, Ice Cream, Jam & Jelly)
 - Sweetened Beverages (Regular Soda, Sweet Tea, Lemonade)
- In diabetes meal planning, 1 carbohydrate serving = 15 grams of carbohydrate





Basics for Meal Planning

Breakfast

Carbohydrate Foods

Your meal plan includes 3 servings of carbohydrate at breakfast (45 gm carbohydrate). This means you can select 3 foods from the carbohydrate foods list. Each carbohydrate serving provides **15 grams of carbohydrate.**

Each of the foods listed below equals one serving or 15 gm carbohydrate.

1 slice bread	1 small pancake or waffle (4 inch diameter)	1 cup berries or melon
2 slices reduced-calorie bread	3 prunes	17 small grapes 12 cherries
1 small low fat muffin	2 Tbs. raisins	6 oz. low fat yogurt
½ English muffin	½ cup apple, grapefruit, orange, pineapple juice	4 oz. lite yogurt with fruit
½ cup cooked cereal	⅓ cup grape, prune juice	1 Tbs. maple syrup, 2 Tbs. lite syrup
¾ cup dry cereal, unsweetened	1 medium piece fresh fruit, 1 small banana (4 inches)	1 cup fat-free milk
¼ large bagel	½ cup canned fruit, no sugar added, juice pack	1 cup buttermilk (fat-free)

Protein Foods

Your meal plan includes 1 oz. of protein at breakfast. You need protein each day for growth, maintenance and energy. Healthy choices are protein foods having 3 grams of fat or less per serving.

Each of the foods listed equals one serving of 1 oz. protein.

1 egg	1Tbs. peanut, almond, cashew or soy nut butter
¼ cup egg substitute or 2 egg whites	1 oz. low sodium cheese (3 gm fat or less) or ¼ cup low fat, low sodium cottage cheese

Added Fats

Choose 1 serving of added fat. Each of the foods listed below equals 1 serving fat.

1 tsp. margarine	1 ½ Tbs. reduced fat cream cheese	1 Tbs. lite mayonnaise
1 ½ tsp. peanut, almond, cashew or soy nut butter	1 Tbs. light margarine	1 tsp. olive, canola or peanut oil

Lunch

Carbohydrate Foods

Your meal plan includes 3 servings of carbohydrate at lunch (45 gm carbohydrate). This means you can select 3 foods from the carbohydrate foods list. Each carbohydrate serving provides 15 grams of carbohydrate.

Each of the foods listed below equals one serving or 15 gm carbohydrate.

1 slice bread	½ cup white or sweet potatoes	½ cup canned fruit - no sugar added juice pack
2 slices reduced-calorie bread	½ cup green peas or corn	½ cup apple, grapefruit, orange, pineapple juice
1 small low fat muffin	1 cup winter squash (acorn, butternut)	⅓ cup grape, prune juice
1 dinner roll	½ cup dried beans, peas or lentils	1 cup berries or melon
½ pita pocket (6 inch)	⅓ cup pasta or noodles	17 small grapes 12 cherries
3 squares graham crackers (2 ½ inch square)	⅓ cup rice, couscous, barley or quinoa	6 oz. low fat yogurt 4 oz. lite yogurt with fruit
6 unsalted crackers, saltine	2 rice cakes	1 cup fat-free milk 1 cup buttermilk (fat-free)
½ sandwich bun or hotdog roll	1 medium piece fresh fruit, 1 small banana (4 inches)	½ cup low sodium spaghetti sauce
6 inch tortilla (corn or flour)	⅓ cup bread stuffing	1 oz. flatbread (ciabatta or naan)

Protein Foods

Your meal plan includes 2 oz. of protein at lunch. You need protein each day for growth, maintenance, and energy. Healthy choices are protein foods having 3 grams of fat or less per serving.

Each of the foods listed below equals one serving of 1 oz. protein

1 oz. fish, skinless poultry	¼ cup low fat, low sodium cottage cheese	½ cup tofu
1 oz. lean beef, pork, veal, lamb	1 oz. low sodium, processed luncheon meat (3 gm fat or less)	1 egg, 2 egg whites or ¼ cup egg substitute
1 oz. low sodium cheese (3 gm fat or less)	1 oz. venison, game meat	½ cup dried beans, peas, lentils
1 oz. low sodium tuna or salmon (water-packed)	1 Tbs. peanut, almond, cashew or soy nut butter	

Added Fats

Choose 1 serving of added fat. *Each of the foods listed below equals 1 serving fat.*

1 tsp. margarine 1 Tbs. lite margarine	2 Tbs. reduced fat salad dressing	6 mixed nuts, cashews, almonds or pecans, 4 walnut halves, 16 pistachios (unsalted)
1 Tbs. lite mayonnaise	3 Tbs. low fat sour cream	
1 ½ tsp. peanut, almond, cashew or soy nut butter	1 tsp. olive, canola, peanut oil, corn safflower, soybean	2 Tbs. avocado (1/5 medium)

Dinner

Carbohydrate Foods

Your meal plan includes 3 servings of carbohydrate at dinner (45 gm carbohydrate). This means you can select 3 foods from the carbohydrate foods list. Each carbohydrate serving provides 15 grams of carbohydrate. *Each of the foods listed equals one serving of 15 gm carbohydrate.*

1 slice bread	½ cup white or sweet potatoes	½ cup canned fruit - no sugar added juice pack
2 slices reduced-calorie bread	½ cup green peas or corn	½ cup apple, grapefruit, orange, pineapple juice
1 small low fat muffin	1 cup winter squash (acorn, butternut)	1/3 cup grape, prune juice
1 dinner roll	½ cup dried beans, peas or lentils	1 cup berries or melon
½ pita pocket (6 inch)	⅓ cup pasta or noodles	17 small grapes, 12 cherries
3 squares graham crackers (2 ½ inch square)	⅓ cup rice, couscous, barley or quinoa	6 oz. yogurt, plain or Greek 4 oz. lite yogurt with fruit
6 unsalted crackers, saltine	2 rice cakes	1 cup fat-free milk 1 cup buttermilk (fat-free)
½ sandwich bun or hotdog roll	1 medium piece fresh fruit, 1 small banana (4 inches)	½ cup low sodium spaghetti sauce
6 inch tortilla (corn or flour)	⅓ cup bread stuffing	1 oz. flatbread (ciabatta or naan)

Protein Foods

Your meal plan includes 3 oz. of protein at dinner. You need protein each day for growth, maintenance and energy. Healthy choices are protein foods having 3 grams of fat or less per serving. *Each of the foods listed equals one serving of 1 oz. protein.*

1 oz. fish, skinless poultry	¼ cup low fat, low sodium cottage cheese	½ cup tofu
1 oz. lean beef, pork, veal, lamb	1 oz. low sodium, processed luncheon meat (3 gm fat or less)	1 egg, 2 egg whites or ¼ cup egg substitute
1 oz. low sodium cheese (3 gm fat or less)	1 oz. venison, game meat	½ cup dried beans, peas, lentils
1 oz. low sodium tuna or salmon (water-packed)	1 Tbs. peanut, almond, cashew or soy nut butter	

Added Fats

Choose 1 serving of added fat. *Each of the foods listed below equals 1 serving fat.*

1 tsp. margarine 1 Tbs. lite margarine	2 Tbs. reduced fat salad dressing	6 mixed nuts, cashews, almonds or pecans, 4 walnut halves, 16 pistachios
1 Tbs. lite mayonnaise	3 Tbs. low fat sour cream	
1 ½ tsp. peanut, almond, cashew or soy nut butter	1 tsp. olive, canola, peanut oil, corn safflower, soybean	2 Tbs. avocado (1/5 medium)

Vegetables

- Choose 3 to 5 servings of vegetables a day.
- **One non-starchy vegetable serving is equal to:**
 - 2 cups salad greens
 - 1 cup raw vegetables
 - 1/2 cup cooked vegetable
 - 1/2 cup vegetable juice



*****Please note that starchy vegetables such as potatoes, corn, green peas, lima beans, and dried peas & beans are included in the carbohydrate group.***

- Select fresh, frozen or no salt added canned, cooked or raw. Draining and rinsing regular canned vegetables may remove significant amounts of sodium.

Vegetables Selections Include:

Artichokes	Green Onions or scallions	Snow pea pods
Asparagus	Greens (collard, kale)	Spaghetti Squash
Beans (green, Italian, wax)	Kale	Spinach
Beets	Kohlrabi	Sugar Snap Peas
Broccoli	Leeks	Summer Squash
Brussel sprouts	Lettuce/salad greens	Swiss Chard
Cabbage	Mushrooms	Tomato
Carrots	Okra	Tomato Sauce (unsweetened)
Cauliflower	Onions	Tomato/vegetable juice*
Celery	Peppers	Turnips
Cucumber	Radishes	Water Chestnuts
Eggplant	Rhubarb	Zucchini
Fennel	Sauerkraut*	

***High Sodium Items → Avoid these items on Low Sodium Diet**

Free Foods

• Bouillon*	• Light or No-Sugar Added Jelly (2 tsp.)	• Lemon Juice
• Sugar-Free Carbonated Beverages	• Sugar-Free Syrup (2 Tbs.)	• Horseradish
• Club Soda	• Flavoring Extracts	• Mustard
• Coffee	• Fat-Free Salad Dressing	• Catsup (1 Tbs.)
• Tea	• Spices	• Soy Sauce*
• Sugar-Free Gelatin	• Herbs	• Salsa (1/4 cup)*
• Sugar-Free Gum	• Vinegar	• 1/2 cup Raw Vegetables
• Pickles*		• 1/4 cup Cooked Vegetables

***High Sodium Items → Avoid these items on Low Sodium Diet**



Combination Foods and Desserts



Food Items	Amount	Food Groups
Casserole-type Entrees (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni & cheese)	1 cup (8 oz)	2 carbohydrate, 2 medium-fat proteins
Stews (beef/other meats & vegetables)	1 cup (8 oz)	1 carbohydrate, 1 medium-fat proteins, 0-3 fats
Cheese Pizza (thin crust, low fat cheese)	¼ of 12" pizza	2 carbohydrate, 2 medium-fat proteins
Unsalted French Fries, baked	10	1 carbohydrate
Tuna Salad or Chicken Salad	½ cup	½ carbohydrate, 2 lean protein, 1 fat
Hummus	⅓ cup	1 carbohydrate, 1 medium-fat protein
Low Sodium Gravy, canned or bottled	½ cup	½ carbohydrate, ½ fat
Edamame, shelled	½ cup	½ carbohydrate, 1 lean protein
Soups (Low Sodium)		
Bean, Lentil, or Split Pea	1 cup	1 ½ carbohydrate, 1 lean protein
Cream (made with water)	1 cup	1 carbohydrate, 1 fat
Vegetable beef, chicken noodle	1 cup	1 carbohydrate, 1 lean protein
Tomato Soup (made with water)	1 cup	1 carbohydrate
Fast Food		
Main Dish Salad (grilled chicken-type, no dressing/croutons)	1 salad (11 ½ oz.)	1 carbohydrate, 4 lean proteins
Grilled Chicken Sandwich with bun, lettuce, tomatoes, spread	1 sandwich (7 ½ oz.)	3 carbohydrates, 4 lean proteins
Fish sandwich	1 sandwich (5 oz.)	2 ½ carbohydrate, 2 medium fat proteins, 1 ½ fat
Hamburger, regular with bun and condiments (catsup, mustard, pickle)	1 burger (3 ½ oz.)	2 carbohydrate, 1 medium fat protein, 1 fat
Desserts (occasional use only)		
Angel Food Cake, unfrosted	1/12 of cake (2 oz.)	2 carbohydrate
Brownie, small, unfrosted	1 ¼" square	1 carbohydrate, 1 fat
Cake, no icing	2" square (1 oz.)	1 carbohydrate, 1 fat
Pie, commercially prepared fruit, 2 crusts	1/6 of 8-inch pie	3 carbohydrates, 2 fats
Pie, pumpkin or custard	⅛ of 8-inch pie	1 ½ carbohydrates, 1 ½ fats
Chocolate Chip Cookies	2 small (2 ¼" across)	1 carbohydrate, 1 fat
Sugar-free, fat-free Pudding	½ cup	1 carbohydrate
Ginger Snaps	3 cookies (1 ½" across)	1 carbohydrate
No-sugar added Ice Cream	½ cup	1 carbohydrate, 1 fat
Fruit Juice Bars, frozen, 100% juice	1 bar	1 carbohydrate
Sherbet	¼ cup	1 carbohydrate
Vanilla Wafers	5	1 carbohydrate, 1 fat
Frozen Yogurt (fat-free)	⅓ cup	1 carbohydrate

A Word About Bedtime Snacks . . .

- For some individuals a bedtime snack is recommended as part of their meal plan, this is dependent on the type of diabetic medication you are prescribed.
- If you are prescribed 70/30 insulin, 75/25 insulin, or NPH insulin then a bedtime snack containing **1 serving of carbohydrate and 1 serving of protein** is recommended (i.e. apple & peanut butter, or cheese & crackers).
- If you are not on any of the above mentioned medications and you wish to have a bedtime snack, then **1 serving of protein** is recommended (i.e. string cheese, or peanut butter with celery sticks).
- Your doctor may provide you additional guidelines for when a bedtime snack is necessary or recommended.

All About Fiber . . .

- “Fiber” is a general term that refers to the part of plant foods that is not digested by the body.
- It has many health benefits including preventing constipation, lowering blood cholesterol levels, and helping to lower fasting blood sugar levels.
- What foods are rich in fiber?
 - whole grain breads, cereals, pastas, & brown rice
 - legumes, nuts, & seeds
 - fresh fruits & vegetables
- To boost fiber intake, look for products with 3+ grams of fiber per serving, whole-grain or whole-wheat flour as the first ingredient, or for the 100% whole grain slogan.



Tips for Making Healthy Food Choices . . .

- Limit or avoid high calorie, high fat foods such as cake, cookies, pies, ice cream, & doughnuts. Choose sugar free beverages, and unsweetened cereals.
- Select lean meats, remove skin from poultry, & trim all visible fat from meat. Prepare meats by roasting, baking, broiling, grilling, or stir frying with nonstick cooking spray.
- Choose more heart healthy fats (salmon, tuna, walnuts, flaxseed, & canola oil).
- Consume fat free or low fat dairy products.
- Avoid using salt shaker in cooking and at the table. Try Mrs. Dash. Choose low sodium foods, those containing <140 mg per serving. Limit convenience/processed food items.

1200-1400 Calorie Daily Meal Plan with Sample Menus

<u>Meal Plan</u>	<u>Sample Menu #1</u>	<u>Sample Menu # 2</u>
<p>Breakfast</p> <ul style="list-style-type: none"> • 3 Carbohydrate Servings (45 grams) <ul style="list-style-type: none"> ○ 1 Fruit ○ 1 Starch/Bread ○ 1 Milk (fat-free) • 1 oz. Protein Food • 1 serving Fat • Hot or Cold Beverage w/ Sugar Substitute (may be used with all meals) <p>Lunch</p> <ul style="list-style-type: none"> • 3 Carbohydrate Servings (45 grams) <ul style="list-style-type: none"> ○ 1 Fruit ○ 2 Starch/Bread • 1 or 2 Vegetables • 2 oz. Protein Food • 1 serving Fat • Beverage <p>Evening</p> <ul style="list-style-type: none"> • 3 Carbohydrate servings (45 grams) <ul style="list-style-type: none"> ○ 1 Fruit ○ 2 Starch/Bread • 1 or 2 Vegetables • 3 oz. Protein Food • 1 serving Fat • Beverage 	<p>Breakfast</p> <p>½ cup Orange Juice ½ cup Oatmeal 1 cup Milk ¼ c Cottage Cheese 6 Almonds, unsalted Hot Tea</p> <p>Lunch</p> <p>1 ¼ cup whole Strawberries 2 oz. Roast Beef on Whole Wheat Bun with 1 Tbs. Light Mayonnaise Lettuce/Tomato Slices Iced Tea/Sugar Substitute</p> <p>Evening</p> <p>½ cup unsweetened Pears 3 oz. Roast Turkey ½ cup Mashed Potatoes ½ cup Green Beans Tossed Salad/Diet Dressing 1 tsp. Margarine 1 small Dinner Roll (1 oz.) Hot Tea</p>	<p>Breakfast</p> <p>4 inch Banana 1 slice Wheat Toast 1 cup Milk 1 Tbs. Low Fat Margarine ¼ cup Egg Substitute Coffee</p> <p>Lunch</p> <p>1 medium Orange Chef Salad w/ 2 oz. Broiled Chicken Strips and 2 Tbs. low fat Dressing 1 small Dinner Roll (1 oz.) ¼ cup Sherbet Coffee</p> <p>Evening</p> <p>½ cup Fresh Fruit Salad 3 oz. Baked Cod Filet ⅔ cup Wild Rice ½ cup Carrots ½ cup Coleslaw (made w/ vinegar, low fat mayonnaise, & sugar substitute) Diet Ginger Ale</p>