

# Consistent Carbohydrate Diet



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## Diabetic Meal Planning: 1500-1700 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 2 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, 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. 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 4 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 2 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)

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

## **Free Foods**

<ul style="list-style-type: none"> <li>• Bouillon*</li> <li>• Sugar-Free Carbonated Beverages</li> <li>• Club Soda</li> <li>• Coffee</li> <li>• Tea</li> <li>• Sugar-Free Gelatin</li> <li>• Sugar-Free Gum</li> <li>• Pickles*</li> </ul>	<ul style="list-style-type: none"> <li>• Light or No-Sugar Added Jelly (2 tsp.)</li> <li>• Sugar-Free Syrup (2 Tbs.)</li> <li>• Flavoring Extracts</li> <li>• Fat-Free Salad Dressing</li> <li>• Spices</li> <li>• Herbs</li> <li>• Vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Juice</li> <li>• Horseradish</li> <li>• Mustard</li> <li>• Catsup (1 Tbs.)</li> <li>• Soy Sauce*</li> <li>• Salsa (1/4 cup)*</li> <li>• 1/2 cup Raw Vegetables</li> <li>• 1/4 cup Cooked Vegetables</li> </ul>
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**\*High Sodium Items →** Avoid these items for 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
<b>Soups (Low Sodium)</b>		
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
<b>Fast Food</b>		
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
<b>Desserts (occasional use only)</b>		
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.

## 1500-1700 Calorie Daily Meal Plan with Sample Menus

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