

Daily Meal Planning

Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals.

Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.	
Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
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**Health and Human Services Supply
Service Center (U.S.)**



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The Type 1 Diabetes Cookbook Laurie Block MS, RDN, CDE, 2018-10-30 The Type 1 Diabetes Cookbook is the definitive cookbook to take control of your diabetes with easy everyday recipes A balanced diet is the key to stability and good health with type 1 diabetes The Type 1 Diabetes Cookbook offers the easiest recipes to keep blood sugars steady and allow you to thrive with type 1 diabetes Laurie Block MS RDN CDE a registered dietitian and certified diabetes educator with over 30 years of experience makes it easy to get well balanced meals on the table with recipes that feature 10 or fewer easy to find ingredients Complete with labels for carbs per serving and a recipe index by carb count The Type 1 Diabetes Cookbook helps you worry less about what you re eating and build confidence when planning meals From Baked Chicken Tenders to Chocolate Almond Butter Fudge The Type 1 Diabetes Cookbook shows you just how good balanced meals can be for you and your family with An essential introduction that offers practical guidance for eating properly including advice on modifying recipes to suit individuals unique insulin physical activity and nutritional needs Over 80 recipes for breakfast snacks packable lunches meatless and seafood mains poultry and meat mains and desserts with nutritional information for every recipe Quick look labels that allow you to easily reference carbs per serving and other nutritional needs like Dairy Free Gluten Free Nut Free and Vegan Vegetarian recipes The Type 1 Diabetes Cookbook takes the guesswork out of what when and how much you can eat with easy recipes for every day of the week

American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community

Nutritional Support Handbook, 1983 Technical Manual United States Department of the Army, 1982 *Medical Supply Catalog* Health and Human Services Supply Service Center (U.S.), 1996 The Nurse's Guide to Diet Therapy Lois H. Bodinski, 1982 Nutrition and Diet Manual for Use in Skilled Nursing Facilities and Other Institutions, 1981

The UCSD Healthy Diet for Diabetes Susan Algert, Annie Durning, 1991-03 A Comprehensive nutritional guide and cookbook with over 200 gourmet kitchen tested recipes form around the world **How to Control Diabetes** Seymour L. Alterman, 1996 A unique comprehensive and plainly written guide to living comfortably with diabetes without drastic changes in lifestyle By one of the nation s leading endocrinologists Featuring essential information on The causes of diabetes The differences between Type I and Type II diabetes How to reduce the risk of long term complications The pros and cons of the insulin pump How diabetes can affect pregnancy How to eat properly even when dining out and traveling How to manage diabetes related impotence How to reduce high cholesterol The benefits of exercise The latest advances toward a cure And much more *The Dietetic Technician* Virginia

Aronson,1986 *1983 Guide to Health Information Resources in Print* Christine S. Kradjian,1983 Intended for health and patient education professionals Over 3000 entries in 150 categories e g cancer diabetes and stress that include resources published by health care associations corporations federal and state government agencies and nonprofit organizations Arranged broadly under materials for professionals materials for patients and clients and supplier listings Entries give bibliographical information statement of contents and format No index *Health & Medicine on the Internet* James B. Davis,2003 A comprehensive guide to websites pertaining to health and healthcare **Human Nutrition and Diet Therapy** Yiu H. Hui,1983 Abstract A textbook provides basic information on normal and therapeutic human nutrition for students in nursing dietetics nutrition and allied health fields The text material is organized into 3 parts The first part provides information on nutrients energy and body composition and fluids electrolytes and acid base balance The second part covers the role of normal nutrition as related to nutritional requirements nutritional status and nutrition related health problems and controversies at each stage of the life cycle and in various circumstances The topics of education culture food additives and toxicants also are addressed The final section is devoted entirely to the nutrition and dietary care of patients with specific clinical disorders Each chapter concludes with study questions wz **Ultimate Diabetic Meal Planner and Guide** M. P. Naicker,2016-03-26 760 Pages of information and meal plans Images included Diabetes Information This books contains valuable information about the types of diabetes symptoms and treatment methods This is just the regular information that is expected in a book like this However this book goes beyond the norm and introduces strategies on how to manage a life with diabetes It provides information on how to live your life and what types of foods you should eat The book also gives advice on what to do in event of specific situations or crisis that we could be faced with in life An important aspect for most diabetes sufferers is how to take care of themselves whilst going on with everyday life This book provides a number of scenarios which could be relevant to you Useful tips on how to plan the taking of medication and information on the types of treatments are present Diabetic Meal Planning The book provides multiple meal plans at different caloric levels Therefore you can chose a caloric level that is relevant to you Nutritional information and other important eating tips are present Recipes are included with all of the meal plans There are 28 day meal plans and 7 day meal plans A collage of relevant images are placed before each meal plan Unfortunately it was not possible to source images for every single recipe Advice on what foods to avoid and general meal planning tips will help you on your journey to managing diabetes REASONS YOU SHOULD GET THIS BOOK Contains two full 28 day diabetic meal plans Lists every single recipe For example all recipes for day 1 will be listed under day 1 recipes Has multiple 7 day diabetic meal plans A collage of images are placed before every meal plan The book is cheap considering the time effort and cost that went into compiling 760 pages with pictures Has excellent information about diabetes in general and how to manage a life with diabetes **Diabetes Self-management** ,2000 Diabetes Mellitus Eli Lilly and Company,1980 **Food, Nutrition and Diet Therapy** Marie V. Krause,Martha A.

Hunscher,1972 Primary Care Assessment and Management Skills for Nurses Marilyn Frank-Stromborg,Paul
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