



Diabetes and Meal Planning

A little bit of preparation can mean a healthier you.



Meal planning is an important part of controlling diabetes

If you have diabetes, you need to pay special attention to nutrition. Eating the right foods at the right times and in the right amounts can help you control your diabetes.

Eating well can help you manage your weight while reducing your risk of diabetes-related problems like heart disease and stroke. And with planning, good nutrition can include many of the foods you enjoy.

Why is meal planning a good idea?

A meal plan can help guide you as to how much and what kinds of food to eat at meals and snack times. Your own meal plan can

- Fit into your schedule and eating habits
- Help you pick foods that help keep your blood sugar balanced
- Help you eat the right amounts
- Include a variety of foods
- Help you avoid convenience foods that are high in fat, sugar, and salt
- Help your whole family take part in healthy eating
- Save you time and money

Getting started

To plan meals, it is good to know how many servings you should have each day from all of the food groups. Talk to your nutritionist or diabetes educator and list the number of servings you should have from each of these food groups daily.

The exact number of servings you need depends on your diabetes goals, your calorie and nutrition needs, your lifestyle, and the foods you like to eat. Divide the number of servings you should eat among the meals and snacks you eat each day.

Tips for meal planning:

- Build your menus around foods you already have.
- Cut the fat, sodium, and sugar in your favorite recipes.
- Eat meals and snacks at regular times every day.
- Eat only the amount of food in your meal plan.
- Spread your meals 4 to 5 hours apart, with snacks in between.
- Don't skip meals.
- Make a shopping list each week.

Tips for grocery shopping

- Shop only once a week.
- Don't shop when you're hungry.
- Make a list and stick to it.
- Buy what's in season.
- Go to stores you know, where you can shop more quickly.

Go to JourneyForControl.com for more meal planning tips and healthy recipes.



Food groups and servings

Food Group	Recommended Servings Per Day	Sample Serving Sizes	Good Choices
Grains, beans, & starchy vegetables	6–11	<ul style="list-style-type: none"> • 1 slice bread • ½ English muffin • 1 small potato • ½ cup cooked cereal • ¾ cup dry cereal • 1 6-inch tortilla 	<ul style="list-style-type: none"> • Whole-grain bread and pasta • Brown or wild rice • Corn or whole-wheat tortillas • Baked potato with fat-free plain yogurt or sour cream • Mustard or low-fat mayonnaise on sandwiches
Vegetables	3–5	<ul style="list-style-type: none"> • ½ cup cooked vegetables • 1 cup salad greens • 1 cup raw vegetables 	<ul style="list-style-type: none"> • Raw and cooked vegetables with little or no sauces • Low-fat or fat-free salad dressings • Dark, leafy greens • Steamed vegetables • Herbs and spices for flavor instead of salt
Fruits	2–4	<ul style="list-style-type: none"> • 1 medium-sized fresh fruit • ½ cup juice • ½ cup canned fruit 	<ul style="list-style-type: none"> • Smaller pieces of fruit • Fruit canned in its own juice • Dried fruit • Whole fruit instead of fruit juice
Dairy	2–3	<ul style="list-style-type: none"> • 1 cup milk • 1 cup yogurt 	<ul style="list-style-type: none"> • Fat-free (skim) or low-fat (1%) milk • Low-fat or fat-free yogurt
Meat, meat substitutes, & other proteins	2–3	<ul style="list-style-type: none"> • 1 egg • 2 tablespoons peanut butter • 2–3 ounces cooked meat • 2–3 ounces cheese 	<ul style="list-style-type: none"> • Lean cuts of meat with no visible fat • Skinless chicken or turkey • Meat and fish cooked in low-fat ways (broiled, grilled, stir-fried, roasted, or steamed) • Eggs cooked in nonstick pan without oil • Low-fat or fat-free cheese
Fats, oils, & sweets	Use sparingly	<ul style="list-style-type: none"> • 1 3-inch cookie • 1 tablespoon syrup • 1 teaspoon oil or butter • 1 tablespoon salad dressing 	<ul style="list-style-type: none"> • Sugar-free popsicles, fat-free ice cream or frozen yogurt, or sugar-free hot cocoa • Child-sized serving of ice cream or frozen yogurt • Canola or olive oil • Oven-baked foods (chicken or french fries) instead of deep-fried

Daily meal plan

Ask your nutritionist or diabetes educator about the number of servings from each food group that is right for you.

Food Group	Number of Servings
Grains/starches	
Vegetables	
Fruits	
Dairy	
Meats/proteins	
Fats/sweets	



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