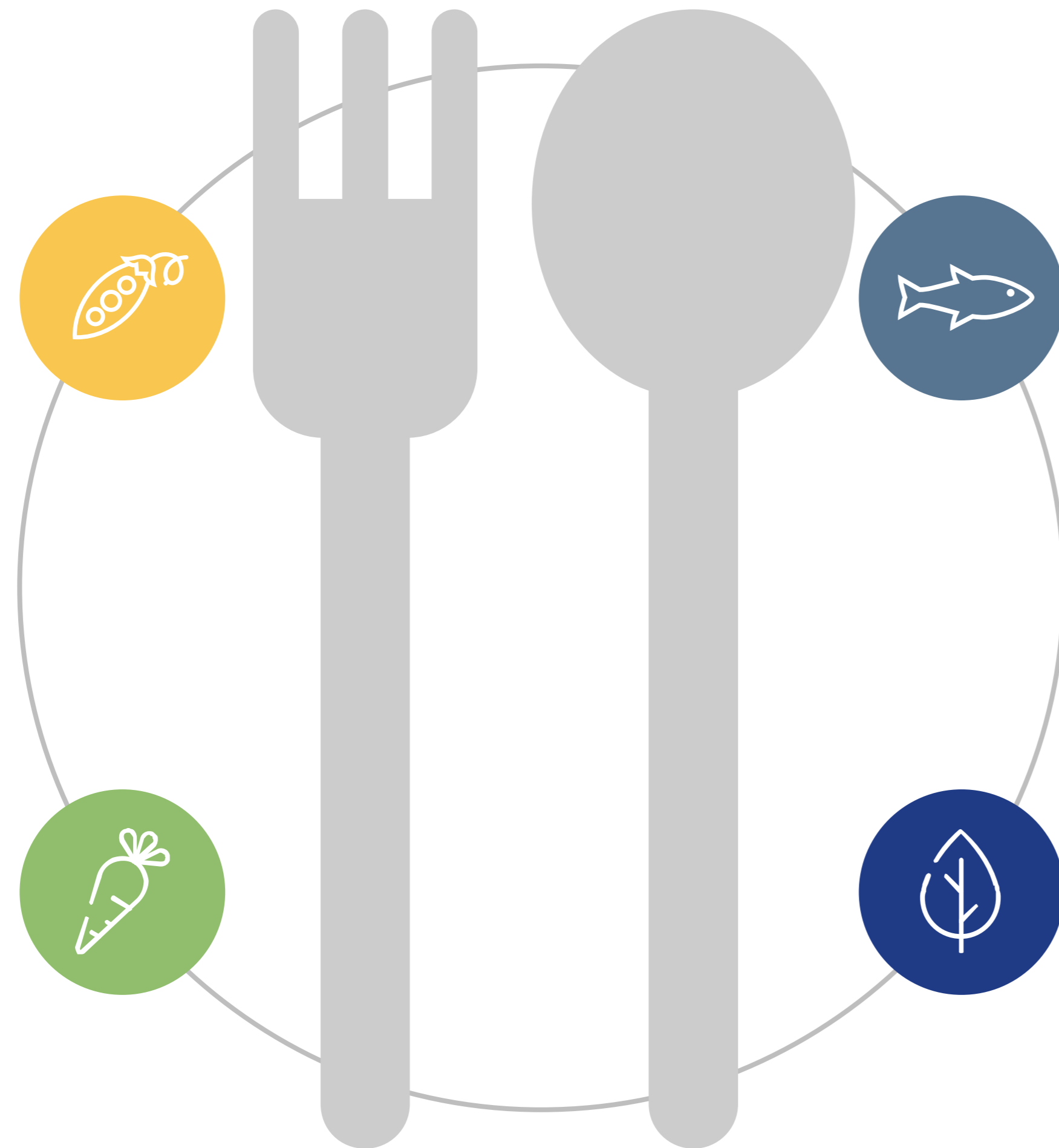


# MEAL PLANNING

A meal plan tells you how many carbohydrate servings to eat at your meals and snacks. For many adults, eating 3 to 5 carbohydrate servings at each meal and 1 to 2 carbohydrate servings for each snack works well.



**In a healthy daily meal plan, most carbohydrates come from:**



5 servings of fruits and vegetables



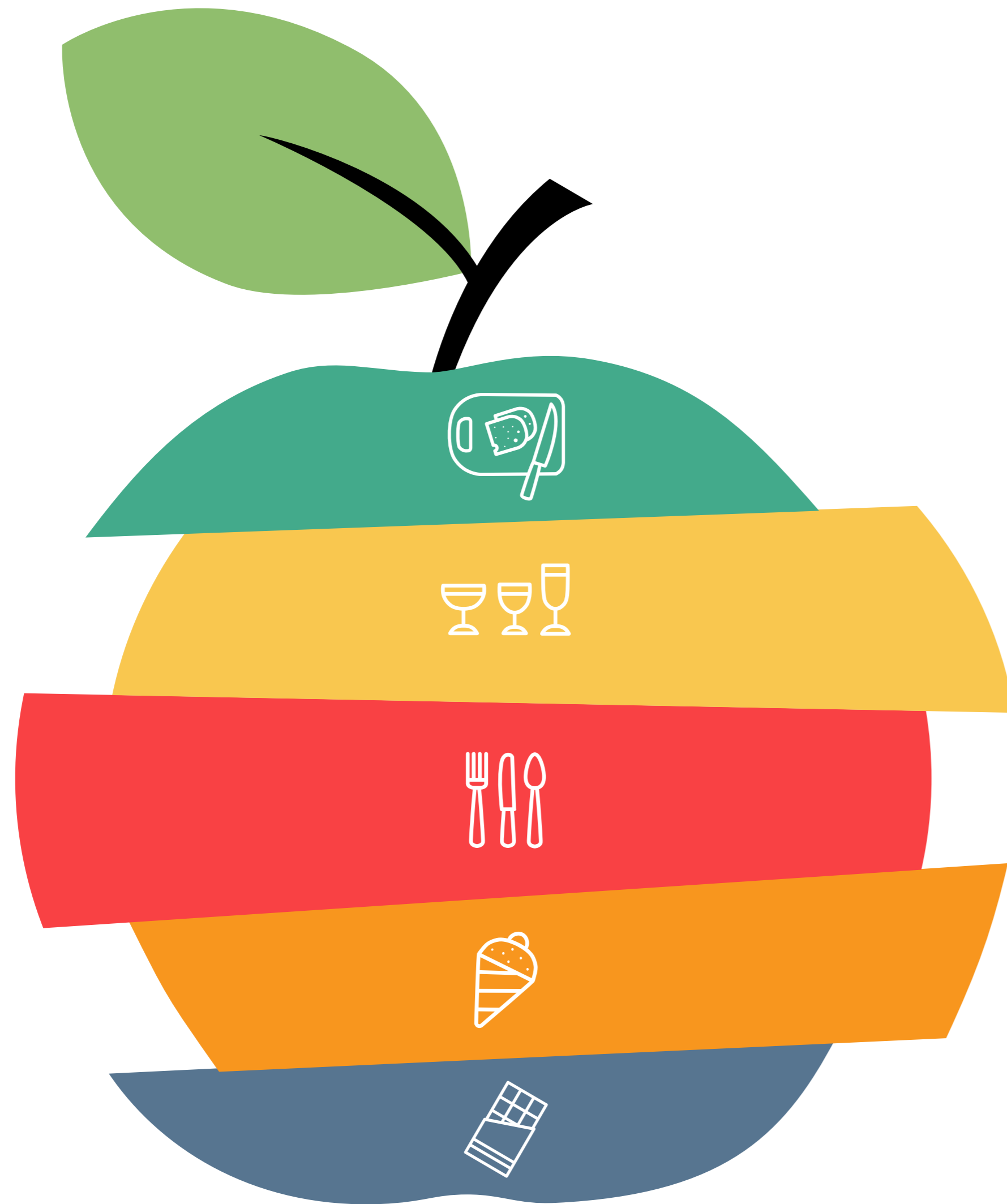
3 servings of whole grains



2 - 4 servings of milk or milk products



# MEAL PLANNING TIPS



- Check your blood glucose level regularly. It can tell you if you need to adjust when you eat carbohydrates.
- Eat foods that have fiber, such as whole grains.
- Have very few salty foods.
- Cook food properly to avoid food poisoning. Raw foods may have food-borne pathogens.
- Eat 4 to 6 ounces of meat or other protein foods (such as soybean burgers) each day.
- Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods such as soy.
- Eat some healthy fats such as olive oil, canola oil, and nuts.
- Eat very little saturated fats. These unhealthy fats are found in butter, cream, and high-fat meats such as bacon and sausage.
- Eat very little or no trans fats. These unhealthy fats are found in all foods that list “partially hydrogenated” oil as an ingredient.



# Label Reading Tips

To figure out how many carbohydrate servings are in a food:

Look first at the label's standard serving size.

Then check the grams of total carbohydrate. This is the amount of carbohydrate in 1 standard serving.

Divide the grams of total carbohydrate by 15. This equals the number of carbohydrate servings in 1 standard serving. Remember: 1 carbohydrate serving is 15 grams of carbohydrate.

You may ignore the grams of sugars on the Nutrition Facts panel because they are included in the grams of total carbohydrate.

The Nutrition Facts panel on a label lists the grams of total carbohydrate in 1 standard serving.

The label's standard serving may be larger or smaller than 1 carbohydrate serving.



## Breakfast

1 small banana (1 carbohydrate serving)  
¾ cup corn flakes (1 carbohydrate serving)  
1 cup fat-free or low-fat milk (1 carbohydrate serving)  
1 slice whole wheat bread (1 carbohydrate serving)  
1 teaspoon soft margarine

## Lunch

2 ounces lean meat (for sandwich)  
2 slices whole wheat bread (2 carbohydrate servings)  
Raw vegetables: 3-4 carrot sticks, 3-4 celery sticks, 2 lettuce leaves  
1 cup fat-free or low-fat milk (1 carbohydrate serving)  
1 small apple (1 carbohydrate serving)

## Snack

¼ cup canned apricots (1 carbohydrate serving)  
¾ ounce unsalted mini-pretzels (1 carbohydrate serving)

## Evening Meal

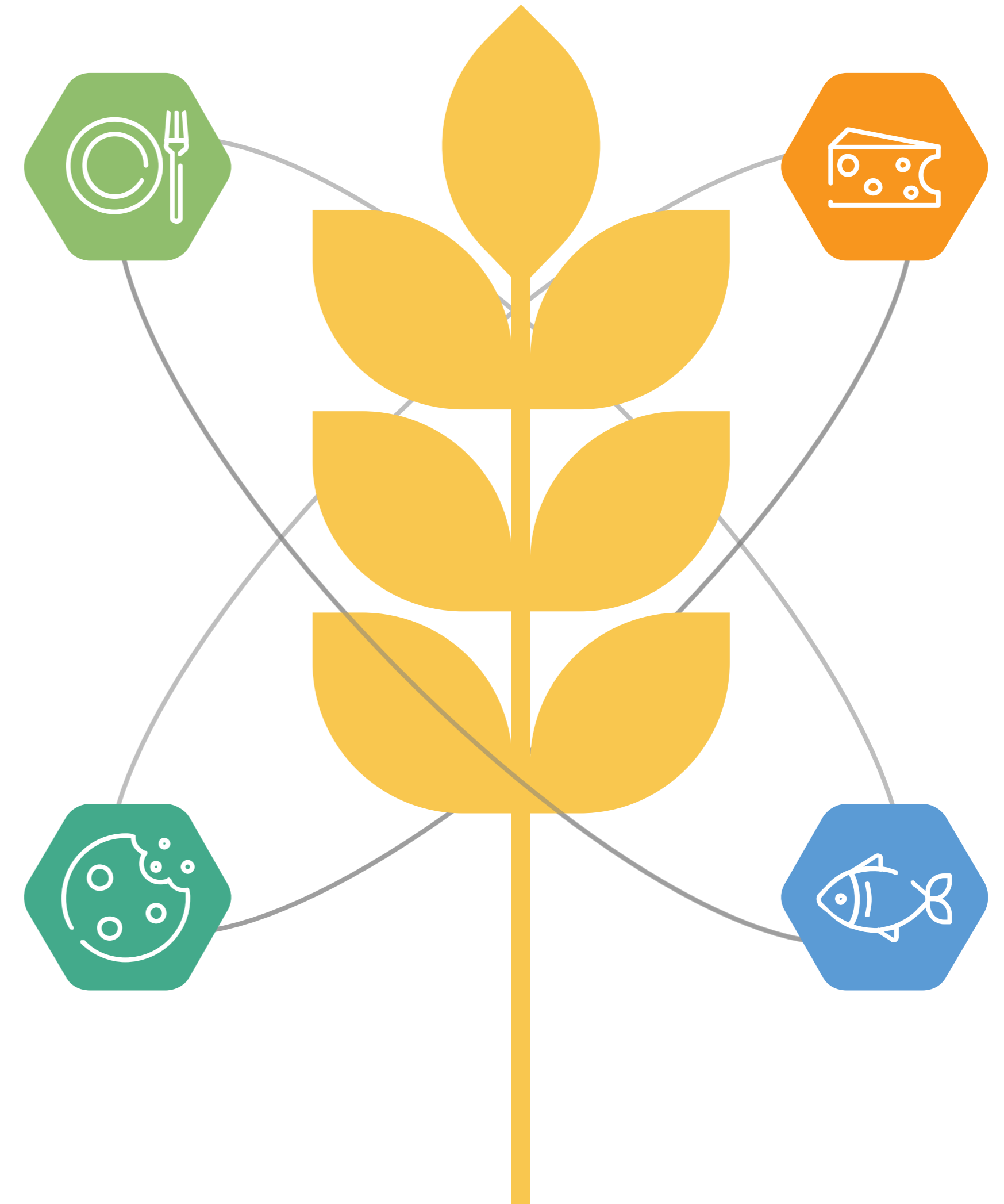
3 ounces lean roast beef  
½ large baked potato (2 carbohydrate servings) & 1 tablespoon reduced-fat sour cream  
½ cup green beans  
1 vegetable salad: lettuce, ½ cup raw vegetables, and 1 tablespoon light salad dressing  
1 small whole wheat dinner roll (1 carbohydrate serving)  
1 teaspoon soft margarine  
1 cup melon balls (1 carbohydrate serving)

## Snack

6 ounces low-fat yogurt with sugar-free sweetener (1 carbohydrate serving)  
2 tablespoons unsalted nuts

# SAMPLE MEAL PLAN

Total Carbohydrate SERVINGS = 15





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