Just the Basics

A Guide to Diabetes Management
Let’s Talk About Diabetes

Diabetes is a chronic (long-lasting) condition that affects how the body turns food into energy.

Most of the food you eat is broken down into glucose (sugar) and released into your blood. When your blood sugar rises, it signals your pancreas to release insulin. Insulin acts like a key to allow blood sugar into your body’s cells for use as energy.

If you have diabetes, your body either doesn’t make enough insulin or can’t use the insulin it does make properly. This causes a buildup of blood sugar (high blood sugar). Over time, serious health problems, such as heart disease, vision loss, and kidney disease may develop.

Although there is no cure for diabetes, eating well and being active can really help. Taking medicine as needed, getting diabetes education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.

Diet and Diabetes

A common myth is that if you have diabetes you can’t eat sweets. But the truth is there are no foods that someone with diabetes can't eat. All foods can be eaten in moderation. The carbohydrates (AKA carbs) just need to be counted.

Calories in food come from three sources: carbohydrate, protein, and fat. Each of these macronutrients affects blood sugar differently. Carbs, which includes both sugar and starch, have the biggest effect on blood glucose as they are immediately broken down to glucose after a meal. The main sources of glucose in food come from fruit, breads, pastas, rice, milk, desserts, and some vegetables.

A method of meal planning called Carbohydrate Counting will help keep your blood glucose levels in your target range. All you need to remember is that the amount of carbs you eat matters most!

Eating equal amounts of carbohydrates will raise blood glucose about the same amount. The total amount of carbohydrate, not its source (e.g. tortilla verses cake), is the critical factor affecting blood glucose levels after a meal. However, this does not mean that now you can indulge in cookies and cakes every day. Rather, it recognizes that when total calories and nutrients are considered, sugar can be eaten in modest amounts as part of a balanced diet.

For more information, visit: www.diabetes.org
Tips for Good Blood Glucose Control:

- Eat three meals a day.
- Eat around the same times every day. Aim to eat within 1 hour of your usual time.
- Avoid skipping meals.
- Count your carbohydrates. Limit carbohydrate servings to 2 - 3 servings per meal.
- Eat protein at every meal.
- Eat a lot of non-starchy vegetables. These are very low in calories, a great source of vitamins and minerals, and contain plenty of fiber.
- Eat a variety of healthful foods. Follow the Healthy Plate guide on page 8. Aim to have a rainbow of colors on your plate.
- Eat more high fiber foods (Whole grain breads and cereals, lentils, dried beans and peas, brown rice, fruit and vegetables). Foods high in fiber help you feel full and lower blood glucose and cholesterol levels.
- Limit foods that are high in added sugars. The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful.
- Enjoy caffeine in moderation. Caffeine may raise blood glucose levels. Drink small portions of coffee, caffeinated tea, and caffeinated soda. Choose artificial sweeteners to add to coffee such as Sweet n’ Low, Equal, or Stevia instead of sugar.
- Check your blood glucose level. Checking your blood sugar one hour after a meal can reveal how the food you eat affects your diabetes. If you can’t check your blood sugar, pay attention to how you feel. Do you notice a difference in the way you feel when you eat a high carb meal? How do you feel if you haven’t eaten in a long time?
- Be physically active. Regular physical activity will improve your blood glucose control. Walking is good exercise.
- Prioritize mental health. Stress can raise blood glucose levels.
- Maintain a healthy weight. If overweight, losing weight can reduce the amount of medication you need. A healthy weight helps with blood glucose control.
- Avoid smoking.
Counting Carbohydrates

Every carbohydrate you eat is digested and broken down to glucose.

We need carbohydrates to provide us with important nutrients such as vitamins, minerals, and fiber and to give us energy to support proper body function.

The more carbohydrates you eat in a meal, the higher your blood sugar rises. So, the key to normal glucose levels is eating the right amount of carbs to balance the insulin your body produces or the amount of insulin you inject.

Carbohydrate counting is the best way to manage blood glucose levels. Carb counting is choosing the right amount of sugar and starch (carbohydrates) for each meal.

When you know how much carbs are in foods, you can spread your carbs throughout the day, preventing high blood sugar levels.

Be aware that “sugar-free” foods may still contain a lot of carbs from other ingredients. It’s important to always look at the nutrition label on food packages to see how many grams of carbs are in each serving. This will give you all the information you need for carbohydrate counting.

For most people, 2-3 servings of carbohydrates at each meal will help achieve a healthy blood glucose level.

<table>
<thead>
<tr>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 grams = 1 serving</td>
</tr>
<tr>
<td>30 grams = 2 servings</td>
</tr>
<tr>
<td>45 grams = 3 servings</td>
</tr>
<tr>
<td>60 grams = 4 servings</td>
</tr>
</tbody>
</table>
Understanding Food Labels

### Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Protein</strong> 3g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D 2mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium 260mg</td>
<td>20%</td>
</tr>
<tr>
<td>Iron 8mg</td>
<td>45%</td>
</tr>
<tr>
<td>Potassium 240mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Serving Size**

All the information on the label is based on this portion. If you eat double the serving size, you will eat double the nutrients and calories. (The serving sizes are not a recommendation of how much you should have)

**Total Carbohydrate**

This is the total grams of carbohydrate in one serving.

It includes carbs from fiber and sugar.

If counting carbohydrates, subtract the Dietary Fiber from the Total Carbohydrates to find out the NET grams of carbs. NET carbs are what we use for carb counting.

(Fiber is a carb but does not affect blood glucose levels)

In this example, we subtract 4 grams of fiber from 37 grams of carbs to get 33 Net Grams.

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**Serving per Container**

The number of servings contained in the package.
Blood Glucose Variations

Blood glucose level can be affected by many things.

### What Lowers Blood Glucose:
- Not Eating Carbohydrates
- Exercise
- Protein
- Fiber
- Weight Loss
- Diabetes Medication/Insulin

### What Raises Blood Glucose:
- Eating Carbohydrates
- Stress
- Illness
- Excessive Caffeine

### Blood Glucose Ranges:

<table>
<thead>
<tr>
<th>Time</th>
<th>Goal Range without Diabetes</th>
<th>Goal Range with Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Breakfast</td>
<td>&lt;100</td>
<td>80-130</td>
</tr>
<tr>
<td>Before Lunch/Dinner</td>
<td>&lt;110</td>
<td>80-130</td>
</tr>
<tr>
<td>Two Hours After Meals</td>
<td>&lt;140</td>
<td>&lt;180</td>
</tr>
<tr>
<td>Bedtime</td>
<td>&lt;120</td>
<td>90-150</td>
</tr>
<tr>
<td>A1C</td>
<td>&lt;5.7%</td>
<td>&lt;7%</td>
</tr>
</tbody>
</table>

### Symptoms of Hyperglycemia (High BG):
- Increased thirst
- Frequent urination
- Hunger
- Blurry Vision
- Fatigue/Tiredness
- Itchy/Dry skin
- Losing weight without trying
- Poor wound healing

### Symptoms of Hypoglycemia (Low BG):
- Confusion
- Headache
- Dizziness
- Shaky
- Fast Heartbeat
- Sweaty
- Anxious
- Irritable/Grumpy
- Hungry
- Drowsiness
- Seizure

### What to do if your blood glucose is low (<70):

**Remember the “Rule of 15”**

**Step 1:** Treat hypoglycemia with **15 grams of carbs** (a cup of juice, half a soda, 4 pieces of hard candy, etc.)

**Step 2:** Wait **15 minutes** and check your blood sugar again

**Step 3:** If your blood sugar is still below 70, repeat steps 1 and 2
Protein and Fat

When protein and fat are eaten with carbohydrates, blood glucose won’t rise as quickly or as much, which is good! Always try to eat some protein with each meal.

Although fat does not contain carbohydrates, it may affect your blood glucose level. You may find that 2 hours after a meal containing a lot of fried food or cheese, your blood glucose is normal, but 4-6 hours later it is high. This is because fat slows down the absorption of the carbohydrates so it takes longer to enter the blood.

Most people eat too much fat. Too many servings of foods high in fat can increase risk of heart disease and can cause weight gain. Limit your intake of high fat foods such as creams, sauces and fried foods, as well as your portions of butter, margarine, salad dressing, and oils.
Fat consumption, especially consumption of saturated fat, increases insulin resistance.

Not All Fats Are Created Equal

<table>
<thead>
<tr>
<th>Type of Fat</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monounsaturated</td>
<td>Olive oil, canola oil, peanut oil, avocado, nuts</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>Fish, nuts, safflower oil, sunflower oil, &amp; corn oil.</td>
</tr>
<tr>
<td>Trans fat</td>
<td>Margarines, &amp; packaged foods such as cookies &amp; crackers</td>
</tr>
<tr>
<td>Saturated</td>
<td>Milk, cheese, yogurt, butter, all animal fat, coconut oil &amp; palm oil</td>
</tr>
</tbody>
</table>

High Fat Sources to avoid:      Healthier Alternatives:
Creamy Sauces/Alfredo Sauce..... Tomato based sauces
Cheese Sauces.......................... Salsa or guacamole
Au Gratin................................ Roasted Cauliflower
Fried Foods............................ Baked, Broiled, Grilled, Steamed, Poached
Butter Sauce........................... Hold the butter, try lemon juice
Sour Cream............................. Hold the sour cream
Oil....................................... Reduce amount & choose olive or canola oil
Batter Fried.......................... Avoid. Choose grilled
Cream Soups........................... Broth soups, bean or vegetable soups
Sandwiches............................. Hold the mayo, choose mustard or vinegar
Salad Dressings....................... Choose vinaigrettes, light Italian or lemon juice
Salad Extras........................... Hold the croutons and cheese
Ice Cream.............................. Berries and cool whip
HEALTHY EATING PLATE

FRUITS
- Eat plenty of fruits of all colors.

VEGETABLES
- The more veggies - and the greater the variety - the better.
- Potatoes and French fries don't count.

HEALTHY PROTEIN
- Choose fish, poultry, beans, and nuts; limit red meat and cheese.
- Avoid bacon, cold cuts, and other processed meats.

WHOLE GRAINS
- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

WATER
- Drink water, tea, or coffee (with little or no sugar).
- Limit milk, dairy, juice (1-2 servings/day) and sugary drinks.

STAY ACTIVE!

Use healthy oils (like olive and canola oil) for cooking, on salad and at the table. Limit butter. Avoid trans fat.
Carbohydrates
Choose 2-3 of these servings at every meal.
Not 2-3 from each group but 2-3 from the whole page.

**Starches:**
- Bagel, ½
- Beans, ½ cup
- Bread, sliced, 1 slice
- Bread roll, 1 small
- Biscuit, 1 small
- Cereal, unsweetened ¾ cup
- Cereal, frosted, ½ cup
- Cornbread, 2 inch cube
- Crackers, whole wheat, 6
- Cream of Wheat, ½ cup cooked
- English muffin, ½
- Fry Bread, 1 6 inch piece
- French Fries, 8
- Granola, ¼ cup
- Hamburger or Hot Dog Bun, ½ bun
- Oatmeal, ½ cup cooked
- Pancakes, 1 4-inch
- Pasta, ½ cup
- Pita Bread, ½ pita
- Pizza, ½ slice
- Popcorn, 3 cups plain
- Rice, 1/3 cup
- Stuffing, 1/3 cup
- Tortilla, Flour, 6 inch
- Tortilla, Corn, 2 small
- Tortilla Chips, 6

**Fruit:**
- Apple, 1
- Applesauce, ½ cup
- Apricots, 4 whole
- Apricot, canned ½ cup
- Banana, 1 small
- Blackberries/Blueberries, 1 cup
- Cherries, 12
- Dates, 3
- Figs, 1 ½
- Grapes, 8
- Kiwi, 1
- Mango, ½
- Melon, 1 cup cubed
- Mixed canned fruit, ½ cup
- Nectarine, 1
- Orange, 1
- Papaya, ½
- Peach, 1
- Pineapple, 1/3 cup
- Plum, 2
- Prune, 3
- Raisins, 1/8 cup
- Grapefruit, ½

**Starchy Vegetables:**
- Corn, ½ cup
- Corn, 1 Medium Cob
- Peas, ½ cup
- Potato, ½ medium
- Potato, mashed ½ cup
- Squash ½ cup
- Sweet Potato/Yam, ½ cup

**Dairy**
- Milk, 1 cup
- Yogurt, plain 2/3 cup
Protein

Choose one of these foods at every meal.
Choose lean (low-fat) options more often, like poultry and seafood
One serving sizes is 3 oz. (roughly the size of a deck of cards)

Beans, cooked ½ cup
Beef
Beef Jerky
Buffalo
Cheese, shredded ¼ cup
Chicken
Cottage Cheese, ¾ cup
Deer
Eggs, 2
Elk
Fish
Legumes, 1 cup
Lentils, ½ cup
Moose
Nuts, ¼ cup
Nut Butter, 2 Tbsp.
Pork
Shrimp, 10 medium
Tofu
Turkey
Quinoa, 1 cup
Yogurt, 1 cup

Benefits of Protein:
1. Helps regulate blood sugar levels
2. Helps you feel and stay full
3. Builds muscle

* Beans, lentils and other legumes contain protein but they should be considered a carbohydrate when trying to manage blood glucose.
Non-Starchy Vegetables

*Eat as much of these as you want.*

*Non-Starchy Vegetables do not raise blood glucose levels significantly.*

*Aim to fill half your plate with non-starchy vegetables at each meal.*

Alfalfa Sprouts  
Artichoke/Artichoke Hearts  
Asparagus  
Baby Corn  
Bamboo Shoots  
Bean sprouts  
Beans  
- Green Beans  
- Italian Beans  
- Wax Beans  
- Yard Long Beans  
- Yellow Beans  
Beets  
Bell Peppers  
Broccoli  
Brussels sprouts  
Bok Choy  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Eggplants  
Hearts of Palm  
Jicama  
Kohlrabi  

Lettuce/Leafy Greens  
- Arugula  
- Chicory  
- Collard Greens  
- Dandelion Greens  
- Endive  
- Escarole  
- Kale  
- Mustard Greens  
- Spinach  
- Swiss Chard  
Leeks  
Mexican Squash  
Mushrooms  
Nopales/Cactus  
Okra  
Onions  
Peppers  
Radishes  
Rhubarb  
Rutabaga/Turnips  
Peas  
Summer Squash  
- Zucchini  
- Yellow Squash  
Tomatoes/Tomatillos  
Water Chestnuts
## Breakfast Suggestions

1. 1 cup oatmeal, cooked
   3 slices turkey bacon
   1 fruit serving
   2 carb servings (30 grams)
   0 carb servings
   1 carb serving (15 grams)

2. 1 slice whole grain toast or tortilla
   2 Tablespoons peanut butter
   1 fruit serving
   1 carb serving (15 grams)
   0 carb servings
   1 carb serving (15 grams)

3. 2 fruit servings
   1 Cup Greek Yogurt
   ¼ cup assorted nuts
   2 carb servings (30 grams)
   1/2 carb serving (7 grams)
   0 carb servings

4. 2 Scrambled eggs
   Waffle & Sugar Free Syrup
   1 Cup Strawberries
   0 carb serving
   1 carb serving (15 grams)
   1 carb serving (15 grams)

5. Smoothie
   - 1/2 cup plain Greek yogurt
   - 1/2 cup juice
   - 1 banana
   - 1 hard-boiled egg
   ½ carb serving (7 grams)
   1 carb serving (15 grams)
   1 carb serving (15 grams)
   0 carb servings

6. 1 Bagel
   1 Tbsp. Cream Cheese
   1 Fruit serving
   2 carb servings (30 grams)
   0 carb servings
   1 carb serving (15 grams)

7. Breakfast burrito
   - 1 egg
   - Chopped onion/bell pepper
   - 2 Tbsp. salsa
   - 1 Tortilla
   - 2 Healthy Choice Sausages
   0 carb servings
   0 carb servings
   0 carb servings
   1 carb serving (15 grams)
   0 carb servings

8. McDonald’s Egg McMuffin
   ½ cup orange juice
   2 carb servings (30 grams)
   1 carb serving (15 grams)
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>9. <strong>Omelet</strong></td>
<td>0 carb servings</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>- 2 Eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Broccoli, Onion, Bell Pepper, Avocado</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Sprinkle low-fat shredded cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slice whole grain toast</td>
<td>2 carb serving (30 grams)</td>
</tr>
<tr>
<td>10. <strong>Turkey Bacon</strong></td>
<td>0 carb servings</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>1 scrambled egg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 fruit serving</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>2 small corn tortillas</td>
<td>1 carb servings (15 grams)</td>
</tr>
<tr>
<td>11. <strong>1 slice whole grain toast</strong></td>
<td>1 carb serving (15 grams)</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>2 Tablespoons peanut butter</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>1 Banana sliced on top</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td>12. <strong>Cheerios, 1 ½ cup</strong></td>
<td>2 carb serving (30 grams)</td>
<td>1 carb serving (12 grams)</td>
</tr>
<tr>
<td></td>
<td>1 cup milk</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>Small handful of nuts</td>
<td></td>
</tr>
<tr>
<td>13. <strong>Beans, cooked, 1 cup</strong></td>
<td>2 carb servings (30 grams)</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>½ cup ground turkey mixed in</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>6 inch Flour Tortilla</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>Green chili</td>
<td></td>
</tr>
<tr>
<td>14. <strong>1 Apple</strong></td>
<td>1 carb serving (15 grams)</td>
<td>0 carb servings</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp. peanut butter</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>1 slice whole wheat toast</td>
<td></td>
</tr>
<tr>
<td>15. <strong>1 String Cheese</strong></td>
<td>0 carb serving</td>
<td>1 carb servings (15 grams)</td>
</tr>
<tr>
<td></td>
<td>1 Cup Oatmeal</td>
<td>1 carb servings (15 grams)</td>
</tr>
<tr>
<td></td>
<td>1 Fruit Serving</td>
<td></td>
</tr>
</tbody>
</table>
# Lunch/Dinner Suggestions

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Carb Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 cup Campbell’s Spicy Chicken Noodle Soup</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Side Salad &amp; vinaigrette dressing</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 fruit serving</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3 oz. Tuna</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2 slices whole wheat bread</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Tomato/Lettuce/Pickles</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving Hippeas chickpea puffs</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>1 cup Progresso Canned Minestrone soup</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1 serving fruit</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1 cup green beans</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 bread roll</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>3 oz. Sliced Roast Beef, fat removed</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2 cup roasted carrots</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2 roasted golden potatoes</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>1 hot dog bun</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 hot dog + condiments of choice</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving of fruit</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>3 oz. Grilled Chicken</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving grilled pineapple</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1 cup broccoli</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2/3 cup wild rice</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Fish Tacos: 3 oz. cod</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>4 corn tortillas</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>1 cup cabbage &amp; 1 cup carrots</td>
<td>0</td>
</tr>
<tr>
<td>8</td>
<td>Chicken Quesadilla:</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>3 flour tortillas</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2/3 cup cheese, Avocado, Salsa</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>3 oz. grilled chicken strips</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Side Salad &amp; Light Italian Dressing</td>
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</tbody>
</table>

Notes:
- 1 carb serving (15 grams)
- 2 carb servings (30 grams)
- 3 carb servings (45 grams)
<table>
<thead>
<tr>
<th></th>
<th>Item Description</th>
<th>Carbohydrate Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.</td>
<td>Shrimp &amp; Rice Bowl: 3 oz. Shrimp</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>2/3 cup rice</td>
<td>2 carb servings (30 grams)</td>
</tr>
<tr>
<td></td>
<td>¼ cup corn &amp; ¼ cup black beans</td>
<td>1.5 carb serving (22 grams)</td>
</tr>
<tr>
<td></td>
<td>Avocado, Diced Tomatoes, Lemon juice</td>
<td>0 carb serving</td>
</tr>
<tr>
<td>10.</td>
<td>4 oz. steak</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>¼ cup baked beans</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>2/3 cup brown rice</td>
<td>2 carb serving (30 grams)</td>
</tr>
<tr>
<td></td>
<td>1 cup Brussels sprouts</td>
<td>0 carb servings</td>
</tr>
<tr>
<td>11.</td>
<td>1 Medium baked potato</td>
<td>2 carb servings (30 grams)</td>
</tr>
<tr>
<td></td>
<td>1 cup broccoli</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1 cup chili</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>¼ cup shredded cheese</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>Side salad &amp; low-fat dressing</td>
<td>0 carb serving</td>
</tr>
<tr>
<td>12.</td>
<td>Egg Salad Sandwich</td>
<td>2 carb servings (30 grams)</td>
</tr>
<tr>
<td></td>
<td>2 Pieces whole grain bread</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1 cup egg salad</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1 cup raw carrots &amp; 2 Tbsp. Ranch</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1 “Sargento” balanced break snack pack</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td>13.</td>
<td>3 oz. Salmon</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>2 cup zucchini</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>2/3 cup pasta</td>
<td>2 carb serving (30 grams)</td>
</tr>
<tr>
<td></td>
<td>1 small piece garlic bread</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td>14.</td>
<td>Beef Broccoli Stir Fry:</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>3 oz. beef</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>2 cup stir fry vegetables</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1 cup wild rice</td>
<td>3 carb serving (45 grams)</td>
</tr>
<tr>
<td>15.</td>
<td>Taco Salad:</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>3 oz. ground turkey &amp; taco seasoning</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>Lettuce, Tomatoes, Peppers, Onion</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1/3 cup pinto beans</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>1/3 cup corn</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td></td>
<td>12 tortilla chips</td>
<td>1 carb serving (15 grams)</td>
</tr>
<tr>
<td>16.</td>
<td>Sheet Pan: 3 oz. Cod</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>2 cup asparagus</td>
<td>0 carb serving</td>
</tr>
<tr>
<td></td>
<td>1.5 cup mashed sweet potato</td>
<td>2 carb serving (30 grams)</td>
</tr>
<tr>
<td></td>
<td>1 medium corn on the cob</td>
<td>1 carb servings (15 grams)</td>
</tr>
</tbody>
</table>
Snack Suggestions

*Any low fat protein by itself or with any 1 carbohydrate serving

Hard Boiled Eggs
Greek Yogurt & Blueberries
Assorted nuts/seeds
Veggies & Hummus – carrots, celery, cucumber
Apple Slices/Celery & Peanut Butter
Turkey Jerky
String Cheese
Chia Seed Pudding
Tuna & Crackers
Carrot Sticks
Light Popcorn
Banana & Peanut Butter
Unsweetened Applesauce
Frozen Grapes
Trail Mix

Turkey Roll-Up: Cream Cheese, Turkey, Cucumber, Bell Pepper
Cheese & Whole Grain Crackers
Piece of Chicken
Chicken Salad on cucumbers
Cheese & Apples/Grapes
Cantaloupe & Sunflower Seeds
Whole Wheat Bread & Peanut Butter
Sugar Free Gelatin or Popsicles
Veggies & Guacamole
“Hippeas” – chickpea puffs
“Bare” – fruit chips
Mini “Kind” Bars
Rice Cakes & Nut Butter
Sliced Cucumber with Lemon Juice
Pickles – low sodium
Edamame
Egg Salad wrapped in Lettuce
Turkey meatballs
“Sargento” Balanced Break Snack Pack