

Diabetes Meal Planning

FOR THE SOUTHERN TRADITIONAL CLIENT

Fats, sweets, and alcohol (use sparingly)

Fats

A serving of fat can be
 1 tsp margarine, oil, mayonnaise, butter, or lard
 1 Tbsp cream cheese or salad dressing
 10 peanuts, 6 almonds or cashews, 4 pecan halves

Sweets

A serving of sweets can be
 ½ cup ice cream
 2 small cookies
 ½ cup sweetened gelatin
 1 Tbsp jam or jelly

Meat and others (2-3 servings)

A serving can be
 2-3 oz cooked lean meat, poultry, or fish
 ½ cup cottage cheese or tuna
 1 egg*
 2 Tbsp peanut butter*
 ½ cup beans*
 1 oz cheddar, processed, or American cheese

*equivalent to 1 oz meat

Milk (2-3 servings)

A serving can be
 1 cup milk
 1 cup yogurt
 1 cup low-lactose or lactose-free milk
 1 cup buttermilk or acidophilus milk

Vegetables (3-5 servings)

A serving can be
 1 cup raw vegetables
 ½ cup cooked vegetables
 ½ cup tomato or vegetable juice

Fruits (2-4 servings)

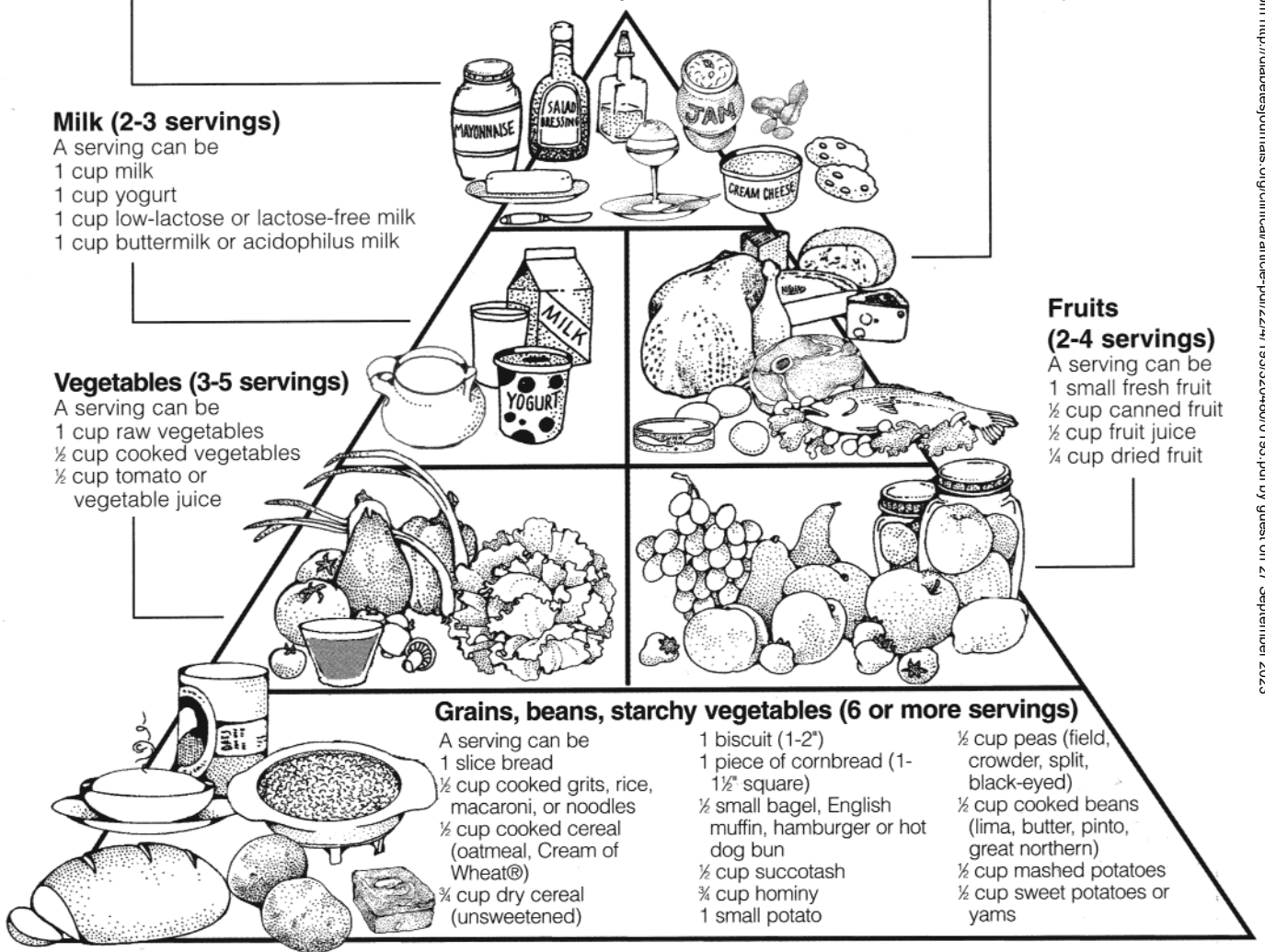
A serving can be
 1 small fresh fruit
 ½ cup canned fruit
 ½ cup fruit juice
 ¼ cup dried fruit

Grains, beans, starchy vegetables (6 or more servings)

A serving can be
 1 slice bread
 ½ cup cooked grits, rice, macaroni, or noodles
 ½ cup cooked cereal (oatmeal, Cream of Wheat®)
 ¾ cup dry cereal (unsweetened)

1 biscuit (1-2")
 1 piece of cornbread (1-1½" square)
 ½ small bagel, English muffin, hamburger or hot dog bun
 ½ cup succotash
 ¾ cup hominy
 1 small potato

½ cup peas (field, crowder, split, black-eyed)
 ½ cup cooked beans (lima, butter, pinto, great northern)
 ½ cup mashed potatoes
 ½ cup sweet potatoes or yams



**AMERICAN
 DIETETIC
 ASSOCIATION**
 216 W Jackson Boulevard, Chicago, IL 60606

To obtain a referral to an RD in your area,
 call the American Dietetic Association
 800/366-1655 or the American Diabetes
 Association 800/DIABETES (800/342-2383).



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 Diabetes
 Association®**
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Diabetes Meal Planning

FOR THE MEXICAN AMERICAN CLIENT

Fats, sweets, and alcohol (use sparingly)

Fats

A serving can be
 1/8 avocado
 1 tbsp cream cheese or salad dressing
 1 tsp lard, butter, margarine, vegetable oil, or mayonnaise
 10 peanuts

Sweets

A serving can be
 1/2 cup low-fat ice cream
 1 small cupcake or muffin
 2 small whole-grain cookies
 1 small slice angel food or sponge cake

Meat and others (2-3 servings)

A serving can be
 2-3 oz cooked lean beef, pork, poultry, or fish
 1/2 to 3/4 cup tuna or cottage cheese
 2-3 oz cheese
 1 egg*
 2 tbsp peanut butter*
 1/2 cup beans*

*equivalent to 1 oz meat

Milk (2-3 servings)

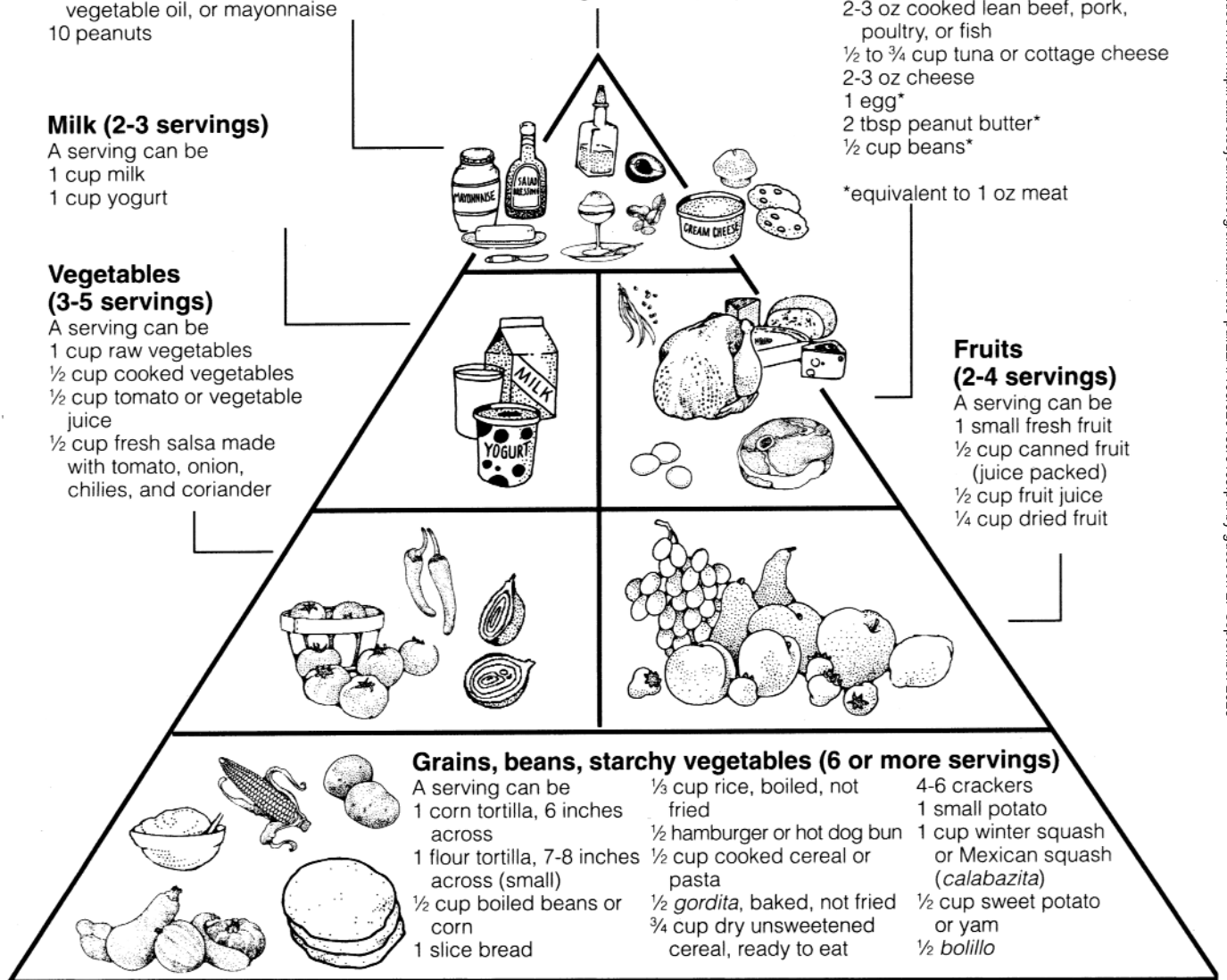
A serving can be
 1 cup milk
 1 cup yogurt

Vegetables (3-5 servings)

A serving can be
 1 cup raw vegetables
 1/2 cup cooked vegetables
 1/2 cup tomato or vegetable juice
 1/2 cup fresh salsa made with tomato, onion, chilies, and coriander

Fruits (2-4 servings)

A serving can be
 1 small fresh fruit
 1/2 cup canned fruit (juice packed)
 1/2 cup fruit juice
 1/4 cup dried fruit



Grains, beans, starchy vegetables (6 or more servings)

A serving can be

1 corn tortilla, 6 inches across	1/3 cup rice, boiled, not fried	4-6 crackers
1 flour tortilla, 7-8 inches across (small)	1/2 hamburger or hot dog bun	1 small potato
1/2 cup boiled beans or corn	1/2 cup cooked cereal or pasta	1 cup winter squash or Mexican squash (<i>calabazita</i>)
1 slice bread	1/2 <i>gordita</i> , baked, not fried	1/2 cup sweet potato or yam
	3/4 cup dry unsweetened cereal, ready to eat	1/2 <i>bolillo</i>



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