

Create Healthy & Delicious Meals

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What is a Diabetes Meal Plan?

A diabetes meal plan tells you how much and what kinds of food and drinks you can choose, and how much to have at meals and snacks. For most people with diabetes, a healthy, nutritious diet consists of 40% to 60% of calories from carbohydrates, 20% from protein, and 30% or less from fat. Follow a balanced eating plan filled with fresh fruits, vegetables, whole grains, and a controlled amount of lean meats and poultry. Try to eat fish at least twice a week. Also, cut back on beverages and foods with added sugars. It is important to pay attention to how much you eat—even with healthful foods, you can have too much of a good thing!

Carbohydrates are 1 of 3 sources of calories or energy that we need in our diets (the other 2 are protein and fat). Carbohydrates provide most of the energy needed in our daily lives, and tend to have the greatest effect on blood sugar. Carbohydrates are found in fruits, vegetables, beans, dairy foods, and breads (1 serving of bread is a single slice)—as well as mayonnaise, ketchup, and mustard.

Protein comes from meat, chicken, fish, dairy products (such as cheese, milk, and yogurt), beans, and some vegetables. In following a nutritious diet, try to eat more chicken and fish than red meat, and trim extra fat off all meat. Also choose non-fat or reduced-fat dairy products. One serving of meat is about the size of a deck of cards. One serving of cheese is about the size of a single domino.

Healthy Eating

Because everyone is different, monitoring your blood sugar before and after meals gives you a picture of how (and what) foods affect your levels. Ask your health care team to help you plan meals and snacks.

Did you know...

The sugar in your blood goes up when you eat. How much it goes up depends on

The amount you eat

- What you eat
- The amount of insulin your body produces in response to food



The amount listed is for the serving size shown.

Are you eating more, less, or the same?

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	40%
Dietary Fiber	4g	8%
Total Sugars	12g	
Includes 10g Added Sugars		20%
Protein	3g	
Vitamin D	2mcg	10%
Calcium	260mg	20%
Iron	8mg	45%
Potassium	235mg	6%

* 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.

Compare your serving size to figure out the number of carbs you are eating.

Total carbs per serving (in grams) are listed on the label.

Half the grams of dietary fiber should be subtracted from the total grams of carbs if the food or drink contains more than 5 grams of dietary fiber

Autumn Salad

This fresh and tasty salad will delight all.

Ingredients (serves 6)

- 1 medium Granny Smith apple, $\frac{1}{2}$ cup dried cranberries sliced thinly (with skin)
- 2 Tbsp. lemon juice
- 1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
- $\frac{1}{4}$ cup walnuts, chopped
- $\frac{1}{4}$ cup unsalted sunflower seeds
- $\frac{1}{2}$ cup low-fat raspberry vinaigrette dressing

Directions:

- Sprinkle lemon juice on the apple slices.
- Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
- Toss with $\frac{1}{2}$ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Nutrition Facts	
Autumn Salad	
Serving Size 1 cup	
Amount Per Serving	
Calories	138
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	41 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Potassium	230 mg
Protein	3 g



The number of carbs in a food or drink is listed on the Nutrition Facts table that's on all packaged foods and drinks.



Lamb or Turkey Stew

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes.

Ingredients:

- 1 pound lean lamb or turkey breast, cut into cubes
- 2 Tbsp. whole wheat flour
- $\frac{1}{4}$ tsp. salt (optional)
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ tsp. cumin
- 1 $\frac{1}{2}$ Tbsp. olive oil
- 2 cloves garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced
- 5 cups beef or turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots, cut into large chunks
- 1 $\frac{1}{4}$ cups green peas

Directions:

- Preheat oven to 375°F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.
- Place beef or turkey in an oven-proof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or lamb in casserole dish. Cover dish tightly and bake for 1 hour at 375°F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

Nutrition Facts	
Beef or Turkey Stew	
Serving Size 1 $\frac{1}{2}$ cup	
Amount Per Serving	
Calories	320
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	40 mg
Sodium	520 mg
Total Carbohydrate	41 g
Dietary Fiber	8 g
Sugars	9 g
Protein	24 g



Spanish Omelet

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal! Serve with fresh fruit salad and a whole grain dinner roll.

Ingredients:

- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1½ cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 Tbsp. low-fat parmesan cheese



Directions:

- Preheat oven to 375°F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.
- In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and part-skim mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
- In a 10-inch pie pan or oven-proof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into 5 pieces.

Nutrition Facts	
Spanish Omelet	
Serving Size ½ of omelet	
Amount Per Serving	
Calories	200
Total Fat	10 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	135 mg
Sodium	240 mg
Total Carbohydrate	30 g
Dietary Fiber	3 g
Sugars	3 g
Protein	16 g

Flavorful Green Beans

The seasonings are perfect companions to the green beans.

Ingredients (serves 7)

- 2 pounds fresh green beans
- nonstick cooking spray
- ½ cup water
- ½ tsp. black pepper
- ½ cup onions, chopped
- ½ tsp. dried basil
- 4 cloves garlic, chopped
- ½ tsp. oregano

Directions:

- Rinse green beans and snap off tips.
- Place green beans in a large pot and add ½ cup of cold water.
- Cook green beans on stovetop over medium heat for 10 minutes.
- In a separate pan, sauté chopped onions and garlic, using the cooking spray, for 5 minutes or until they are tender and very lightly browned.
- Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender but not soft. Stir occasionally.
- Sprinkle dried basil and oregano over green beans. Mix and serve.

Nutrition Facts	
Flavorful Green Beans	
Serving Size 1 cup	
Amount Per Serving	
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Total Carbohydrate	9 g
Dietary Fiber	4 g
Potassium	179 mg
Protein	2 g

Smothered Greens

These healthy greens get their rich flavor from smoked turkey instead of fatback.

Ingredients (serves 5)

- 3 cups water
- ½ cup smothered turkey breast, skinless
- 1 Tbsp. fresh hot pepper, chopped
- ½ tsp. cayenne pepper
- ¼ tsp. cloves, ground
- 2 cloves garlic, crushed
- ½ tsp. thyme
- 1 scallion, chopped
- 1 tsp. ginger, ground
- ¼ cup onion, chopped
- 2 pounds greens (mustard, turnip, collard, kale, or mixture)

Directions:

- Place all ingredients except greens into large saucepan and bring to boil. Prepare greens by washing thoroughly and removing stems.
- Tear or slice leaves into bite-size pieces.
- Add greens to turkey stock. Cook for 20–30 minutes until tender.

Nutrition Facts	
Smothered Greens	
Serving Size 1 cup	
Amount Per Serving	
Calories	80
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	16 mg
Sodium	378 mg
Total Carbohydrate	9 g
Dietary Fiber	4 g
Potassium	472 mg
Protein	9 g



Caribbean Red Snapper

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper.

Ingredients:

- | | |
|--|---|
| 2 Tbsp. olive oil | $\frac{3}{4}$ pound red snapper fillet |
| 1 medium onion, chopped | 1 large tomato, chopped |
| $\frac{1}{2}$ cup red pepper, chopped | 2 Tbsp. pitted ripe olives, chopped |
| $\frac{1}{2}$ cup carrots, cut into strips | 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese |
| 1 clove garlic, minced | |
| $\frac{1}{2}$ cup dry white wine | |



- Directions:**
- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
 - Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
 - Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
 - Transfer fish to serving platter. Garnish with vegetables and pan juices.

Nutrition Facts	
Caribbean Red Snapper	
Serving Size $\frac{1}{2}$ cup red snapper with $\frac{1}{2}$ cup vegetables (233g)	
Amount Per Serving	
Calories	220
Total Fat	10 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	35 mg
Sodium	160 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Sugars	4 g
Protein	19 g

Rice with Chicken, Spanish Style

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and a serving of whole wheat bread.

Ingredients:

- | | |
|--|---|
| 2 Tbsp. olive oil | 1½ tsp. salt (optional) |
| 2 medium onions, chopped | 2½ cups low-fat chicken broth |
| 6 cloves garlic, minced | Saffron or Sazon for color |
| 2 stalks celery, diced | 3 medium tomatoes, chopped |
| 2 medium red/green peppers, cut into strips | 1 cup frozen peas |
| 1 cup mushrooms, chopped | 1 cup frozen corn |
| 2 cups uncooked whole grain rice | 1 cup frozen green beans |
| 3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed | Olives or capers for garnish (optional) |

Directions:

- Heat olive oil over medium heat in a nonstick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.
- Add chicken, salt, chicken broth, water, Saffron/Sazón tomatoes. Bring water to a boil.
- Reduce heat to medium-low cover, and let the casserole simmer until water is absorbed and rice is tender about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

Nutrition Facts	
Rice with Chicken, Spanish Style	
Serving Size $\frac{1}{2}$ cup	
Amount Per Serving	
Calories	400
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	85 mg
Sodium	530 mg
Total Carbohydrate	46 g
Dietary Fiber	3 g
Sugars	5 g
Protein	37 g



Two-Cheese Pizza

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

Ingredients:

- | | |
|--|---|
| 2 Tbsp. whole wheat flour | 1 small onion, minced |
| 1 can (10 ounces) refrigerated pizza crust | 2 cloves garlic, minced |
| Vegetable cooking spray | $\frac{1}{4}$ tsp. salt (optional) |
| 2 Tbsp. olive oil | 4 ounces shredded part-skim mozzarella cheese |
| $\frac{1}{2}$ cup low-fat ricotta cheese | 2 cups mushrooms, chopped |
| $\frac{1}{2}$ tsp. dried basil | 1 large red pepper, cut into strips |



Directions:

- Preheat oven to 425°F.
- Spread whole wheat flour over working surface. Roll out crust with rolling pin to desired crust thickness.
- Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.
- Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.
- Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425°F for 13–15 minutes or until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

Nutrition Facts	
Two-Cheese Pizza	
Serving Size $\frac{1}{8}$ of pie	
Amount Per Serving	
Calories	420
Total Fat	19 g
Saturated Fat	7 g
Trans Fat	0 g
Cholesterol	25 mg
Sodium	580 mg
Total Carbohydrate	44 g
Dietary Fiber	3 g
Sugars	5 g
Protein	20 g

Homestyle Biscuits

Update your homestyle biscuits with this easy, low-fat recipe.

Ingredients (serves 15)

- | | |
|--------------------------------|---|
| 2 cups all purpose flour | 2 Tbsp. sugar |
| 2 tsp. baking powder | $\frac{1}{2}$ cup low-fat (1%) buttermilk |
| $\frac{1}{4}$ tsp. baking soda | 3 Tbsp. + 1 tsp. vegetable oil |
| $\frac{1}{4}$ tsp. salt | |

Directions:

- Preheat oven to 450°F.
- In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
- In small bowl, stir together buttermilk and oil. Pour over flour mixture and stir until well mixed.
- On lightly floured surface, knead dough gently for 10–12 strokes. Roll or pat dough to $\frac{3}{4}$ -inch thickness. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
- Bake for 12 minutes or until golden brown. Serve warm.



Nutrition Facts	
Homestyle Biscuits	
Serving Size 1 biscuit	
Amount Per Serving	
Calories	99
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	72 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Potassium	102 mg
Protein	2 g

Oven-Fried Fish

This heart-healthy dish can be made with kinds of fish—to be enjoyed over and over.

Ingredients:

- | | |
|---|---|
| 2 pounds fish fillets | $\frac{1}{4}$ tsp. salt |
| 1 Tbsp. lemon juice, fresh | $\frac{1}{4}$ tsp. onion powder |
| $\frac{1}{4}$ cup fat-free or 1% buttermilk | $\frac{1}{2}$ cup cornflakes, crumbled, or regular bread crumbs |
| 2 drops hot sauce | 1 Tbsp. vegetable oil |
| 1 tsp. fresh garlic, minced | 1 fresh lemon, cut into wedges |
| $\frac{1}{4}$ tsp. white pepper, ground | |

Directions:

- Preheat oven to 475°F.
- Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
- Combine milk, hot sauce, and garlic.
- Combine pepper, salt, and onion powder with crumbs and place on plate.
- Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
- Arrange on lightly oiled shallow baking dish.
- Bake for 20 minutes on middle rack without turning.
- Cut into 6 pieces. Serve with fresh lemon.



Nutrition Facts	
Oven-Fried Fish	
Serving Size 1 cup	
Amount Per Serving	
Calories	183
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	80 mg
Sodium	325 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Potassium	453 mg
Protein	30 g

Vegetable Stew

Here's a great new way to use summer vegetables.

Ingredients (serves 8)

- 3 cups water
- 1 cube vegetable bouillon, low sodium
- 2 cups white potatoes, cut in 2-inch strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut in 1-inch squares
- 1 cup summer squash, cut in 4 chunks
- 1 15-oz can sweet corn, rinsed and drained (or 2 ears fresh corn, 1½ cups)
- 1 tsp. thyme
- 2 cloves garlic, minced
- 1 scallion stalk, chopped
- ½ small hot pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced
- (Add other favorite vegetables such as broccoli, cauliflower, etc.)



Directions:

- Heat water and bouillon in a large pot and bring to a boil.
- Add potatoes and carrots to the broth and simmer for 5 minutes.
- Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
- Remove 4 chunks of squash and purée in blender
- Return puréed mixture to pot and let cook for 10 minutes more.
- Add tomatoes and cook for another 5 minutes.
- Remove from flame and let sit for 10 minutes to allow stew to thicken.

Nutrition Facts	
Vegetable Stew	
Serving Size 1½ cup	
Amount Per Serving	
Calories	119
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	196 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Potassium	524 mg
Protein	4 g

Curried Chicken

The name tells all—ginger and curry powder make it irresistible.

Ingredients (serves 10)

- 1½ tsp. curry powder
- 1 tsp. thyme, crushed
- 1 scallion stalk, chopped
- 1 Tbsp. hot pepper, chopped
- 1 tsp. black pepper, ground
- 8 cloves garlic, crushed
- 2 Tbsp. ginger, grated
- ¾ tsp. salt
- 8 pieces chicken, skinless (4 breasts, 4 drumsticks)
- 1 Tbsp. olive oil
- 1 cup water
- 1 medium white potato, diced
- 1 large onion, chopped



Directions:

- Wash chicken and pat dry
- Mix together curry powder, thyme, scallion, hot pepper, black pepper, garlic, ginger, and salt.
- Sprinkle seasoning mixture on chicken.
- Marinate for at least 2 hours in refrigerator.
- Heat oil in skillet over medium heat. Add chicken and sauté.
- Add water and allow chicken to cook over medium heat for 30 minutes.
- Add diced potatoes and cook for an additional 30 minutes.
- Add onions and cook for 15 minutes more or until meat is tender.

Nutrition Facts	
Curried Chicken	
Serving Size ½ breast or 2 small legs	
Amount Per Serving	
Calories	134
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	49 mg
Sodium	279 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Potassium	362 mg
Protein	7 g

Macaroni and Cheese

This recipe proves you don't have to give up your favorite dishes to eat heart-healthy meals. Here's a lower-fat version of a true classic.

Ingredients:

2 cups macaroni	¼ tsp. black pepper
2 cups onions, chopped	1½ cups low-fat cheddar cheese, finely shredded
2 cups evaporated fat-free milk	nonstick cooking spray, as needed
1 medium egg, beaten	



Directions:

- Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
- Spray casserole dish with nonstick cooking spray.
- Preheat oven to 350°F.
- Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
- In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
- Transfer mixture to casserole dish.
- Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Facts	
Macaroni and Cheese	
Serving Size ½ cup	
Amount Per Serving	
Calories	200
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	120 mg
Total Carbohydrate	29 g
Dietary Fiber	1 g
Potassium	119 mg
Protein	11 g

Limas and Spinach

Your family will love vegetables cooked this way.

Ingredients(serves 7)

2 cups frozen lima beans	4 cups leaf spinach, washed thoroughly
1 Tbsp. vegetable oil	1 Tbsp. distilled vinegar
1 cup fennel, cut in 4-inch strips	½ tsp. black pepper
½ cup onion, chopped	¼ cup low-sodium chicken broth
	1 Tbsp. raw chives

Directions:

- Steam or boil lima beans in unsalted water for about 10 minutes. Drain.
- In skillet, sauté onions and fennel in oil.
- Add beans and broth to onions and cover. Cook for 2 minutes.
- Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes.
- Stir in vinegar and pepper. Cover and let stand for 30 seconds.
- Sprinkle with chives and serve.



Nutrition Facts	
Limas and Spinach	
Serving Size ½ cup	
Amount Per Serving	
Calories	93
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	84 mg
Total Carbohydrate	15 g
Dietary Fiber	6 g
Potassium	452 mg
Protein	5 g

Tropical Fruits Fantasia

The tropics offer a great variety of fruits that will make this delicious and colorful recipe stand out; it will also make your mouth water even before you taste it!

Ingredients(serves 3)

- 8 ounces fat-free, sugar-free orange yogurt
- 5 medium strawberries, cut into halves
- 3 ounces honeydew melon, cut into slices (or ½ cup cut into cubes)
- 3 ounces cantaloupe melon, cut into slices (or ½ cup cut into cubes)

Directions:

- Add yogurt and all fruits to a bowl and carefully mix together.
- Pour orange juice over fruit mixture.
- Mix well and serve.

- 1 mango, peeled and seeded, cut into cubes
- 1 papaya, peeled and seeded, cut into cubes
- 3 ounces watermelon, seeded and cut into slices (or ½ cup cut into cubes)
- 2 oranges, seeded and cut into slices
- ½ cup unsweetened orange juice

Nutrition Facts	
Tropical Fruits Fantasia	
Serving Size ½ cup	
Amount Per Serving	
Calories	170
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	41 g
Dietary Fiber	5 g
Sugars	30 g
Protein	4 g

