



Meal Planning for Blood Glucose Management

| Dairy | Portion | Carb | F | Vegetable | Portion | Carb | F | Starch | Portion | Carb | F |
|---------------------|---------|------|---|---------------------|---------|------|---|---------------------------|---------|------|----|
| Milk, whole | 1 cup | 12 | 0 | Asparagus, cooked | ½ cup | 4 | 2 | <u>Breads and Cereals</u> | | | |
| Milk, 2% | 1 cup | 12 | 0 | Broccoli, cooked | ½ cup | 6 | 3 | Bread | 1 slice | 20 | 3 |
| Milk, non fat | 1 cup | 12 | 0 | Carrots, cooked | ½ cup | 6 | 2 | Whole Wheat Pita | 1 med | 35 | 5 |
| Soy milk | 1 cup | 14 | 0 | Cauliflower, cooked | ½ cup | 3 | 2 | Pumpnickel | 1 slice | 24 | 3 |
| Yogurt, fruit, (ss) | 1 cup | 14 | 0 | Celery, raw | ½ cup | 2 | 1 | Sour Dough Rye | 1 slice | 15 | 3 |
| Frozen Yogurt | ½ cup | 25 | 0 | Cucumber, raw | ½ cup | 2 | 0 | Oat or Bran Muffin | 1 med | 31 | 3 |
| Vanilla Ice Cream | ½ cup | 28 | 0 | Eggplant | ½ cup | 4 | 1 | Cereal, cold | 1 cup | 40 | 5 |
| pudding, Vanilla | ½ cup | 27 | 0 | Green Beans, cooked | ½ cup | 4 | 2 | Cereal, with psyllium | 1/3 cup | 24 | 13 |
| | | | | Mixed Greens | 1 cup | 2 | 1 | Oatmeal, cooked | ½ cup | 18 | 3 |
| | | | | Mushrooms, raw | ½ cup | 1 | 0 | Cracker, wheat | 1 oz | 19 | 3 |
| | | | | Onion, raw | ½ cup | 8 | 0 | <u>Beans and Legumes</u> | | | |
| Apple, med | 1 med | 23 | 3 | Pepper, raw | ½ cup | 3 | 1 | Hummus | ¼ cup | 12 | 3 |
| Banana | ½ med | 18 | | Spinach, raw | 1 cup | 1 | 1 | Chick peas | ½ cup | 27 | 11 |
| Blueberries | 1 cup | 15 | 2 | Squash, winter, ckd | ½ cup | 9 | 3 | Kidney Beans | ½ cup | 19 | 6 |
| Cherries | 15 | 16 | 2 | Tomato, fresh | 1 med | 5 | 1 | Baked Beans | ½ cup | 27 | 5 |
| Grapefruit | ½ | 10 | 0 | Tomato Juice | ½ cup | 5 | 0 | | | | |
| Grapes | 1 cup | 16 | 1 | Tomato Sauce | ¼ cup | 5 | 1 | <u>Starchy Vegetables</u> | | | |
| Kiwi | 1 | 11 | 3 | Zucchini | ½ cup | 3 | 1 | Lima Beans | ½ cup | 17 | 5 |
| Orange | 1 sm. | 11 | 2 | | | | | Peas | ½ cup | 7 | 2 |
| Peach | 1 med | 9 | 1 | | | | | Sweet Potato | ½ cup | 20 | 3 |
| Pear | 1 sm. | 21 | 4 | Fat | | | | Yam | ½ cup | 19 | 3 |
| Pineapple, fresh | ½ cup | 10 | 1 | Butter | 1 tsp | - | - | | | | |
| Plums | 2 med | 15 | 2 | Cream Cheese | 1 Tbsp | 0 | - | <u>Grains</u> | | | |
| Raspberries | 1 cup | 15 | 8 | Margarine | 1 tsp | - | - | Basmati rice | 1 cup | 41 | |
| Strawberries | 1 cup | 11 | 3 | Mayonnaise | 1 Tbsp | - | - | Barley | 1 cup | 44 | 6 |
| | | | | Oil | 1 tsp | - | - | Bulgur | 1 cup | 33 | 8 |
| Protein | | | | Olives. green | 12 sm. | 2 | 1 | Brown Rice | 1 cup | 45 | 2 |
| Chicken, turkey | 1 oz | - | - | Peanut | 10 | 2 | 1 | Pasta | 1 cup | 40 | 2 |
| Fish, Shellfish | 1 oz | - | - | Peanut butter | 1 T | 3 | 1 | | | | |
| Beef, lamb, pork | 1 oz | - | - | Salad Dressing | 2 Tbsp | 2 | 0 | <u>Soup</u> | | | |
| Cheese, low fat | 1 oz | - | - | | | | | Black Bean | 1 cup | 19 | 4 |
| Egg, Egg Sub | 1 | - | - | | | | | Lentil | 1 cup | 20 | 6 |
| Tofu | 1 oz | 1 | - | | | | | Split Pea | 1 cup | 30 | 5 |

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Key: Carbs equals carbohydrates in grams F equals fiber in grams
 Ckd = cooked (ss) = sugar substitute
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(Data obtained from USDA)

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