



Create Your Plate - Eating With Diabetes

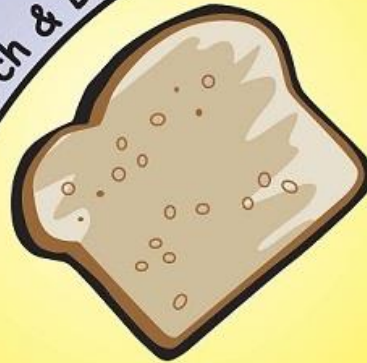
Fruit



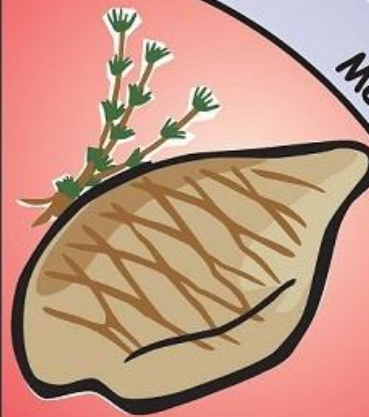
Milk



Starch & Bread



Meat



Free



Vegetables



Fat



Diabetes Food List



Write your meal or daily targets for each food choice in the section below. Plan your meals by choosing foods you like from this Food List for Diabetes.

Starch & Bread	Fruit	Milk	More Carbos	Vegetables	Meat	Fat	Free Foods
<ul style="list-style-type: none"> • Bagel, 4 oz, 1/4 • Beans, dry, cooked, 1/2 cup • Bread, 1 slice • Cereal, cooked, 1/2 cup • Cereal, unsweetened, 3/4 cup • Corn, 1/2 cup • Crackers, snack, 4-5 • English muffin, 1/2 • Hamburger or Hot Dog Bun, 1/2 • Pancakes, 4" across, 1/4" thick, 1 • Pasta, cooked, 1/3 cup • Peas, cooked, 1/2 cup • Pita, 6" across, 1/2 • Popcorn, plain, unbuttered, 3 cups • Potato, 1/2 medium • Potato, mashed, 1/2 cup • Rice, cooked, 1/3 cup • Squash, winter, cooked, 1 cup • Tortilla or taco shell, 6" across, 1 • Waffle, 1 small square 	<ul style="list-style-type: none"> • Apple, 1 small • Apricots, 4 whole • Banana, 1 small • Blackberries/ Blueberries, 3/4 cup • Canned fruit in juice or water, 1/2 cup • Dried fruit, 1/4 cup • Fruit juice, 1/3 to 1/2 cup • Grapefruit, 1/2 large • Grapes, 17 small • Kiwi, 1 • Mango, 1/2 small • Melon, 1 cup cubes • Nectarine, 1 small • Orange, 1 small • Peach, medium, fresh, 1 • Pear, large, fresh, 1/2 • Pineapple, fresh, 3/4 cup • Raisins, 2 Tbsp. • Raspberries, 1 cup • Plums, 2 small • Strawberries, 1-1/4 cup, whole • Tangerines, 2 small 	<ul style="list-style-type: none"> • Buttermilk, 1 cup • Evaporated skim, 1/2 cup • Goat's milk, 1 cup • Kefir, 1 cup • Low fat or non fat, 1 cup • Nonfat, dry, 1/3 cup • Soy milk, 1 cup • Yogurt, plain, sugar-free, fat-free, 2/3 cup • Yogurt, low fat, artificially sweetened, 3/4 cup 	<ul style="list-style-type: none"> • Cake, no icing, 2" square, 1 piece • Casserole or hot dish, 1/2 cup • Chili, 1/2 cup • Cookies, 2 small • Cupcake, frosted, 1/2 • Doughnut, glazed, 1/2 medium • Fruit juice bar, 1 • Gingersnaps, 3 • Ice cream, 1/2 cup • Maple syrup, honey, or table sugar, 1 Tbsp. • Muffin, large 1/5 • Nonfat frozen yogurt, 1/3 cup • Pizza, 12" thin crust, 1/8 • Potato chips, 9 to 13 • Pudding, sugar-free, 1/2 cup • Soup, broth, milk, or bean based, 1 cup • Spaghetti or pasta sauce, canned, 1/2 cup • Tortilla chips, 9 to 13 • Vanilla wafers, 5 	<p>One serving is 1/2 cup cooked or 1 cup raw *</p> <ul style="list-style-type: none"> • Asparagus • Beets • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Green Beans • Greens (collard, kale, mustard, spinach) • Mixed vegetables, (without corn, peas or pasta) • Mushrooms • Onions • Pea pods • Peppers • Salad greens (lettuce, spinach) • Tomatoes • Tomato juice • Turnips • Zucchini <p><small>* If you eat at one meal 3 cups (or more) of raw vegetables OR 1-1 1/2 cups of cooked vegetables (or more) then count the carbohydrate amount as 1 Carbohydrate Choice.</small></p>	<p>MEAT</p> <ul style="list-style-type: none"> • Beef, 1 oz. • Chicken, no skin, 1 oz. • Fish, 1 oz. • Ham, 1 oz. • Lamb, 1 oz. • Pork, 1 oz. • Seafood, 1 oz. • Veal, 1 oz. <p>MEAT SUBSTITUTES</p> <ul style="list-style-type: none"> • Cottage cheese, 1/4 cup • Cheese, 1 oz. • Egg, 1 • Egg substitute, plain, 1/4 cup • Egg whites, 2 • Peanut butter, 2 Tbsp • Salmon, water packed, 1/4 cup • Tempeh, 1 oz. • Tofu, 1/2 cup • Tuna, 1 oz. 	<ul style="list-style-type: none"> • Avocado, med., 2 Tbsp • Bacon, 1 slice (20 sl/lb) • Butter, stick, 1 tsp • Cream cheese, regular, 1 Tbsp. • Cream cheese, low fat, 1-1/2 Tbsp • Cream, half & half, 2 Tbsp. • Margarine, regular, 1 tsp. • Margarine, reduced-fat 1 Tbsp. • Mayonnaise, regular, 1 Tbsp. • Mayonnaise, reduced fat, 1 Tbsp. • Oil, 1 tsp. • Peanuts, 10 nuts • Peanut butter, 1/2 Tbsp. • Salad dressing, regular, 1 Tbsp. • Salad dressing, reduced fat, 2 Tbsp. • Sour cream, regular, 2 Tbsp. • Sour cream, reduced-fat, 3 Tbsp 	<p>UNLIMITED USE</p> <ul style="list-style-type: none"> • Bouillon & broth • Club soda • Coffee or tea • Sugar-free soft drink • Gelatin dessert, sugar-free • Horseradish • Lemon Juice • Mustard • Nonstick cooking spray • Popsicles, sugar-free • Spices • Sugar substitutes • Tabasco sauce • Tonic water, sugar free • Vinegar <p>LIMIT 3, and spread intake throughout day!</p> <ul style="list-style-type: none"> • Candy, hard, sugar-free...1 candy • Cocoa powder, unsweetened, 1 Tbsp. • Catsup, 1 Tbsp. • Cream cheese, fat-free 1 Tbsp. • Dill pickle, med., 1-1/2 • Jam or Jelly, low sugar or light, 1 to 2 tsp. • Mayonnaise, fat-free, 1 Tbsp • Salsa, 1/4 cup • Sour cream, fat-free, 1 Tbsp • Soy sauce, 1 Tbsp • Syrup, sugar-free, 2 Tbsp • Taco sauce, 1 Tbsp • Yogurt, 2 Tbsp <p>Depending on food choice, there will be variable small amounts of C, P, & F in these food choices. Most contain negligible calories.</p>
<p>1 serving contains approximately: C = 15, P = 3, F = 0-1, and averages 80 calories.</p>	<p>1 serving contains approximately: C = 15, P = 0, F = 0, and averages 60 calories.</p>	<p>1 serving contains approximately: C = 12, P = 8, F = 3 (for 1% milk) and averages 100 calories.</p>	<p>1 serving contains approximately: C = 15 with variable amounts P, F, and calories, depending on food choice.</p>	<p>1 serving contains approximately: C = 5, P = 2, F = 0, and averages 25 calories.</p>	<p>1 serving contains approximately: C = 0, P = 7, F = 3-5 (for lean to medium fat meats); and averages 75 calories.</p>	<p>1 serving contains approximately: C = 0, P = 0, F = 5, and averages 45 calories.</p>	

Food lists with a significant amount of carbohydrate are shown in yellow. These food groups are called "Carbohydrate Choices". Each food group listed contains approximately 15 grams of carbohydrate. See above for approximate accounting of carbohydrate, protein, and fat per serving in each food group. KEY: C = carbohydrate grams, P = protein grams, and F = fat grams.

Food lists with little to no carbohydrate are above. Each food group has a different amount of carbohydrate, protein & fat. KEY: C = carbohydrate grams, P = protein grams, and F = fat grams.