

Sample #1 Diabetes Healthy Carb Menu

Meal	Food Group	Recipe	Calories	Carb Choices
Breakfast Pancakes and bacon	Carb Protein Fat Unlimited	2 pancakes (5 inches)	240	2½
		3 slices of bacon	126	
		1 tsp margarine	45	
		2 tbsp sugar free syrup	15	
		Breakfast total:	426	2½
Morning Snack	Carb	sugar free jello	20	1
		Morning snack total:	20	1
Lunch Chicken creole with rice and collard greens	Carb Carb Protein Fat Unlimited Unlimited	½ cup rice	73	1
		1 piece of cornbread	100	2
		3 oz skinless chicken creole	190	
		1 tsp oil or margarine	45	
		½ cup sauteed onion	5	
		1 cup collard greens	10	
		Lunch total:	423	3
Afternoon Snack	Carb	½ cup grapes (small)	55	1
		Afternoon snack total:	55	1
Dinner Baked catfish filet with coleslaw and dinner roll	Carb Carb Protein Fat Unlimited	1 small dinner roll	73	1
		1 cup coleslaw	170	2
		¼ lb baked catfish filet	144	
		1 tsp margarine	45	
		2 tbsp tartar sauce	63	
		Dinner total:	495	3
Evening Snack	Carb	½ cup low-fat vanilla ice cream	145	1
		Evening snack total:	145	1
Total for the day:			1,540	11½

You should try to have:

- 3 carb choices per meal
- 3 oz protein per meal
- 3 servings of fat per day
- 3 servings of unlimited foods per day
- 1 carb choice per snack
- Water or an unsweetened drink with your meal
- About 1,500 calories per day

For help coming up with more healthy meal options or if you have questions about eating healthy with diabetes, please call the **Advocacy Line at (702) 691-5665**.



Sample #2 Diabetes Healthy Carb Menu

Meal	Food Group	Recipe	Calories	Carb Choices
Breakfast Sausage, egg and toast delight	Carb	2 slices multigrain toast	130	2
	Carb	1 tbsp jam	270	1
	Protein	2 oz pork sausage & 1 scrambled egg	80	
	Fat	¼ avocado	56	
Breakfast total:			536	3
Morning Snack	Carb	½ banana	45	1
	Morning snack total:			45
Lunch Grilled hamburger with side of fruit	Carb	1 low-calorie bun	84	1½
	Carb	1 medium peach	58	1
	Protein	3 oz ground beef	183	
	Fat	1 tbsp low fat mayonnaise	56	
	Unlimited	1 tbsp mustard	9	
Unlimited	lettuce, tomato & mushroom			
Lunch total:			390	2½
Afternoon Snack	Carb	6 oz low-fat yogurt	100	1
	Afternoon snack total:			100
Dinner Baked chicken with rice and side salad	Carb	1 medium baked potato	108	2
	Carb	1 cup of watermelon	64	1
	Protein	3 oz chicken baked (without skin)	138	
	Fat	1 tbsp vinaigrette salad dressing	43	
	Unlimited	1 cup of lettuce, ¼ cup of celery, ¼ cup tomato, & ¼ cup cucumber	50	
Dinner total:			403	3
Evening Snack	Carb	2 inch square small brownie	129	1
	Evening snack total:			129
Total for the day:			1,603	11½

You should try to have:

- 3 carb choices per meal
- 3 oz protein per meal
- 3 servings of fat per day
- 3 servings of unlimited foods per day
- 1 carb choice per snack
- Water or an unsweetened drink with your meal
- About 1,500 calories per day

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