



Meal Planning for Diabetes

There are several ways to plan meals for diabetes. I am sharing 2 of the most commonly used techniques:

1. Meal planning by the plate distribution method
2. Meal planning by carbohydrate distribution method

Both methods work very well. You can choose which ever you are comfortable with.

1. Meal Planning by Plate Distribution Method

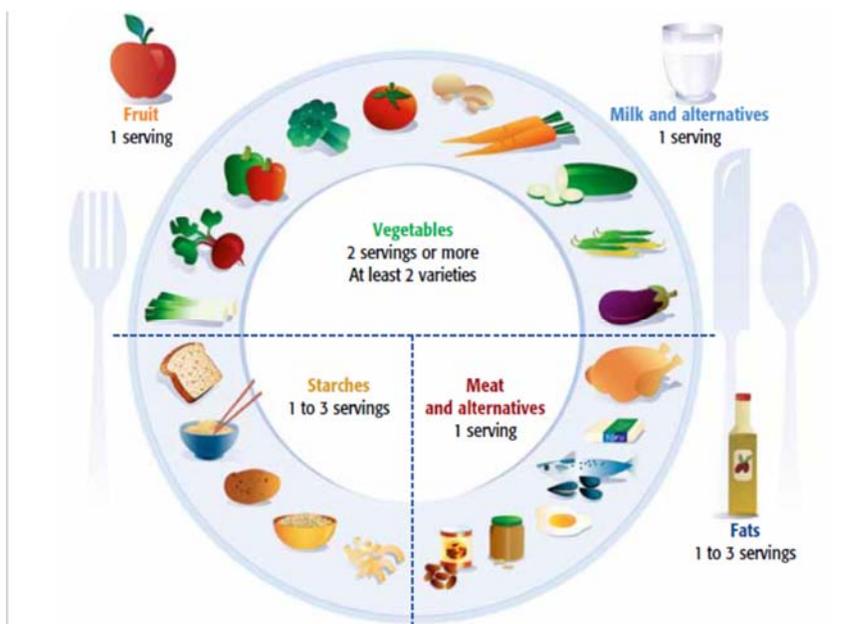
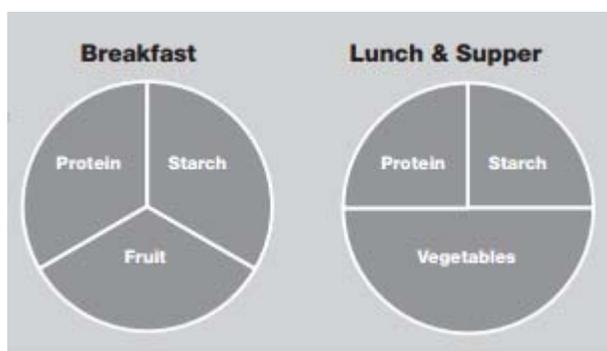


Plate distribution by meal





You can also use the handy portion guide to plan your meals as below:

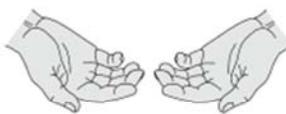
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS ' GRAINS & STARCHES ':
Choose an amount the size of your fist for each of Grains and Starches, and Fruit.

MILK & ALTERNATIVES ': Drink up to 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES ':
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES ':
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS ':
Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management. © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

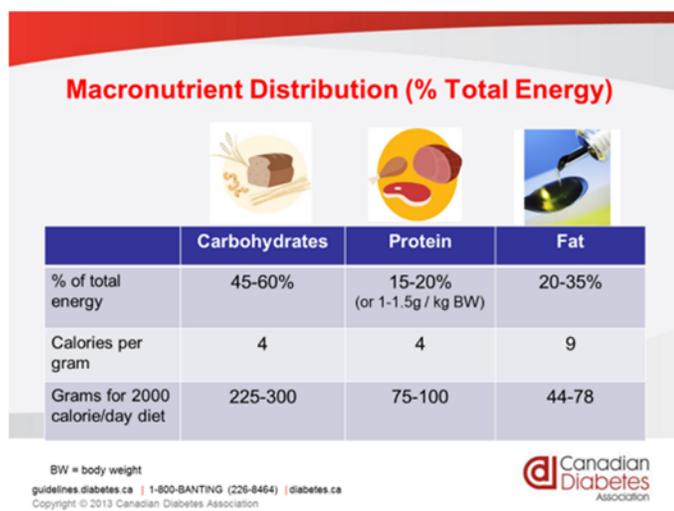
2. Meal Planning by Carbohydrate Distribution Method

This method requires calculating your calorie needs and then distributing your carbohydrate needs based on your calorie needs.

You can calculate your calorie needs by clicking on this link below:

<https://www.lifespanfitness.com/canada/fitness/resources/calories-calculator>

Step 1: After calculating your calorie needs, calculate your carbohydrate needs based on the macronutrient distribution in the graphic below i.e. 45-60% of the calories.





Macronutrients are nutrients those that your body needs in large quantities like carbohydrates, protein, and fats.

What amount of carbohydrates do you need daily?

For example: For 2000 calories -----> 225 – 300g carbohydrates

For 1600 calories -----> 180 – 240g carbohydrates

For 1800 calories -----> 200 – 270g carbohydrates

For 2200 calories -----> 250 – 300g carbohydrates

The amount of carbohydrates that people need every day depends on various factors such as age, gender, height, weight, and level of physical activity.

Based on the macronutrient distribution in general, most people need between 200 – 300g.

1 serving of carbohydrate = 15g

The general meal breakdown is:

- 45 to 75 g of carbohydrates per meal i.e. 3-4 servings/meal
- 15 to 30 g of carbohydrates per snack, if required i.e. 1-2 servings/meal



Step 2: Now divide the total carbohydrates for the day into the various meals for the day. Remember 1 serving of carbohydrate = 15g. See sample below.

*Refer to the chart below for serving sizes of various food products.

Sample

TIME/MEAL	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Comments
Carbohydrates	45 - 60g		60g	15g	75g	30g	Total CHO = 225 – 240g
Grains & Starches	3-4		4	1	5	2	
Fruits							
Milk & Alternatives							
Other Choices							
Vegetables (Non-Starchy)	✓	✓	✓	✓	✓	✓	
Meat & Alternatives	< -----> Pay attention to portion sizes						
Fats	Use in moderation						

Now plan your own

TIME/MEAL	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Comments
Carbohydrates							Total CHO =
Grains & Starches							
Fruits							
Milk & Alternatives							
Other Choices							
Vegetables (Non-Starchy)							
Meat & Alternatives							
Fats							



***Servings sizes of various foods**

The table below is the amount of food in 1 serving. Each serving equals 15g carbohydrates.

This is not an exhaustive list. For servings of more foods please consult a Registered Dietitian.

Protein Servings	1 whole egg or 2 egg whites or ¼ cup liquid egg white
Lean meat. One serving contains 0 to 3 grams of fat and 45 calories. Medium-fat meat. One serving contains 4 to 7 grams of fat and 75 calories. High-fat meat. One serving contains 8 or more grams of fat and 100 calories.	1/3 cup chickpeas, beans, lentils
	1/2 veggie burger patty or 1 whole small veggie dog
	1 oz. cooked lean meat, poultry or fish
	1/4 cup extra-firm tofu or texturized vegetable protein
	1 ½ oz. cheese (<20% MF)
Starch Servings	1 slice whole grain bread (30g)
80 calories 15g Carbohydrates Up to 3 g protein 1 g fat	1/2 pita pocket or English muffin
	1- 6" or ½- 10" tortilla
	1/3 cup cooked rice
	1/2 cup cooked grains
	½- ¾ th cup cold cereal OR 1/3 cup dry hot cereal
	1/2 cup corn
	1/4 bagel, whole grain
	1/2 Kaiser roll or large bun
	7 soda crackers or 3 Ryvita crackers
	1/2 cup potato or sweet potato
	1/2 cup cooked pasta
	3 cups plain popcorn
	¼ cup granola
Fruit Servings	1 whole medium fruit
60 Calories 15g Carbohydrates No protein and fat	1 cup sliced, cubed or fruit packed in water or juice
	1/2 – ¾ cup unsweetened juice
	4 small fruits (ex. plums or apricots)
	1 cup berries- fresh or frozen
Vegetables Servings (45 Cal)	1/2 cup cooked or raw veggies
Non-starchy vegetables	1 cup leafy greens
	½ cup vegetable juice
Dairy Servings	1 cup skim or 1% milk
Fat-free or low-fat milk and yogurt products. One serving contains 0 to 3 grams of fat and 100 calories. Reduced-fat milk and yogurt products. One serving contains 5 grams of fat and 120 calories. Whole milk and yogurt products. One serving contains 8 grams of fat and 160 calories.	3/4 cup plain yogurt (max 1%)
	1 cup calcium-fortified soy or rice beverage
	1 ½ oz. cheese (<20% MF)
Fats Servings	1 tsp butter, margarine (Becel) or mayonnaise
No matter which type of fat you choose, one fat serving equals 5 grams of fat and 45 calories.	1 tsp oil (canola, flax and olive preferred)
	1 ½ tsp peanut and other nut butters
	2 tsp salad dressing or 4 tsp light dressing
	1 tbsp. nuts and seeds
	1/8 avocado
	2 tbsp. cream cheese, lite or hummus