



LEAN PROTEIN

Limit to 3 ounces at meals
(size of a deck of cards)
100 calories per ounce/0 grams of carbs
Halibut, cod, tilapia
skinless, boneless chicken breast
Salmon, tuna steak(200 calories)
95% lean ground beef
Extra-lean ground turkey
Canned tuna(in water)
Shrimps, scallops
Pork tenderloin

VEGETARIAN PROTEIN

Check labels for calories/carbs
2% cottage cheese
Beans—black, kidney, navy
Low-sodium lentil soup
Egg, egg white*—limit egg yolks to one a day
Part-skim mozzarella cheese*
veggie burger
Edamame
Tofu

WHOLESOME FRUITS

Eat 2-4 each day
60 calories/15 grams of carbs
small apple 17 small grapes
3/4 cup berries 1 kiwi
1 cup cantaloupe small orange
1/2 grapefruit 1/2 cup mango slices
strawberries small pear
1/2 cup light 3/4 cup pineapple
canned fruit 12 cherries

FIBER-RICH CARBS

80-100 calories
15 grams of carbs
1 slice whole grain bread
1/3 cup quinoa, brown rice
1/2 cup whole-wheat pasta
6" whole-wheat tortilla
Mini whole-grain bagel
1/2 cup oatmeal
Small sweet potato
1/2 cup peas, corn
1 whole-grain waffle
1/2 cup beans, lentils
3 Ry Krisp®crackers

LOW-CARB VEGGIES

Eat 4 or more each day | 25 calories
/5 grams of carbs | 1 cup raw or 1/2 cup
cooked
Asparagus
Baby carrots
Bell peppers
Broccoli florets
Brussel sprouts
Cauliflower
Eggplant
Snow peas
Squash
Tomatoes
Green beans
Jicama slices
Mushrooms
Onions
Romaine
Spinach
Zucchini

HEALTHY FATS

Eat these with colorful
fruits and veggies
50 calories/0 grams of carbs
1 teaspoon olive or canola oil
2 tablespoons avocado
8 large black olives
7 almonds or cashews
2 tablespoons ground flaxseed
2 tablespoons light salad dressing
1/2 tablespoon peanut butter

LOW-FAT DAIRY

2-3 cups each day
100 calories/12 grams
of carbs
1 cup milk, 1 cup soymilk or
Skim/1% milk
Calcium-fortified plain soymilk
Plain, nonfat or low-fat yogurt
•FAGE™ Total 0% Greek
Light, fruit-flavored yogurt
•Yoplait® Light
•Dannon Light & Fit

This information is for general education only. Please consult your diabetes team for meal planning advice