

*Leadership Sinai Centre For Diabetes:*

# Meal Planner

**A Healthy Eating Guide**



January, 2005

## Introduction

Making the right food choices will help you achieve and maintain a healthy body weight and keep your blood glucose stable. This Meal Planner is your healthy eating guide to help you choose the best foods and correct portions to manage your diabetes.

The Meal Planner is a tool that will educate you about food groups. Each food group contains important nutrients valuable to health. Select items from the “Choose these foods more often” tables when possible. These foods generally are higher in vitamins, minerals, fibre, and healthy fat. Items from the “Choose these foods less often” or “Other Choices” tables generally provide fewer nutrients.

Carbohydrates found in **Grains & Starches**, **Fruits**, and **Milk & Alternatives**, raise your blood glucose. **One serving from any of these food groups contains about 15 grams of available carbohydrate. Each portion size counts as 1 carbohydrate choice.**

Vegetables, Meat & Alternatives, Fats, and Extras contain little or no carbohydrate. These groups do not count as a carbohydrate choice.

### Food Groups:

**Grains & Starches** – includes breads, pasta, rice, potatoes, corn, and cereals, as well as meat alternatives such as legumes (beans and lentils). Choose whole grains such as brown rice, whole grain breads and pasta more often to increase fibre intake. Most of these foods are low in fat.

**Fruits** – includes fresh, frozen, and canned fruit. Fruits are high in fibre (except for juice), vitamins and minerals, and are naturally low in fat.

**Milk & Alternatives** – includes all types of milk and yogurt, as well as fortified soy products. Milk products are a good source of calcium and vitamin D. Milk lower in fat is labeled skim, or 1%.

**Vegetables** – provide an excellent source of vitamins, minerals, and fibre, especially dark green and brightly coloured vegetables.

**Meat & Alternatives** – includes all meat, poultry, and fish, cheese, eggs, and tofu. Keep your fat intake to a minimum by choosing lean meats, poultry without skin, lower fat cheese, and fish more often.

**Fats** – includes heart healthy unsaturated fats such as canola oil, olive oil, non-hydrogenated margarine, and nuts. Read labels and choose foods which say “low saturated fat” and “no trans fat”.

**Other Choices** – includes a wide range of sweets and snack foods that can be enjoyed occasionally. These foods are listed separately under each food group.

## GRAINS & STARCHES

### Choose these food more often

| Food Item                                  | Serving Size – All portion sizes are equal to one serving. |
|--|--|
| Bagel, whole grain                         | ¼ of a large one, ½ of a small one                         |
| Banana, green                              | 1 medium   |
| Bannock, whole grain baked                 | 1.5 x 2.5 in   |
| Barley, bulgur                             | ½ cup (125 ml) cooked                                      |
| Bread, whole grain, rye, pumpernickel      | 30 grams (1 ounce) ~ 1 slice                               |
| Cereal, hot (e.g. cream of wheat, oatmeal) | ¾ cup (175 ml) cooked                                      |
| Cereal, All-Bran type                      | 1/3 cup (75 ml)  |
| Cereal, flaked unsweetened (Bran Flakes)   | ½ cup (125 ml)   |
| Cereal, puffed type (Rice Krispies)        | 1 cup (250 ml)   |
| Cereal, Shredded Wheat                     | 1 biscuit  |
| Chapati, roti, tortilla, whole wheat       | 1 (6 inch round)   |
| Corn, kernel                               | ½ cup (125 ml)   |
| Corn-on-the-cob                            | ½ medium   |
| Dahl                                       | ½ cup (125 ml)   |
| English muffin, whole grain                | ½ muffin   |
| Kasha, cooked                              | ½ cup (125 ml)   |
| Legumes (e.g. beans, lentils)              | ½ cup (125 ml) cooked                                      |
| Mixed rice & peas                          | ½ cup (125 ml) cooked                                      |
| Pasta, Couscous                            | ½ cup (125 ml) cooked                                      |
| Plantain/Sweet potato, mashed              | 1/3 cup (75 ml)  |
| Pita bread, whole wheat                    | ½ (6 inch round)   |
| Potatoes, broiled, baked                   | ½ medium   |
| Potato, all types                          | ½ medium   |
| Potato, mashed                             | ½ cup (125 ml)   |
| Rice (Basmati, white, and brown)           | 1/3 cup (75 ml) cooked                                     |
| Soup, thick type                           | 1 cup (250 ml)   |

**Grains & Starches continued on following page.....**

### Choose these food less often

| Food Item  | Serving Size – All portion sizes are equal to one serving. |
|--|--|
| Bagel, white                                       | ¼ of a large one, ½ or a small one                         |
| Bannock, fried                                     | 1.5 x 2.5 in   |
| Bread Sticks, Ryvita, Wasa                         | 3  |
| Bread, white                                       | 30 grams (1 ounce), ~ 1 slice                              |
| Bun, hamburger or hotdog                           | ½  |
| Cereal, flaked unsweetened (Corn Flakes, Cheerios) | ½ cup (125 ml)   |
| Crackers, soda type                                | 7  |
| Croutons   | 2/3 cup (150 ml)   |
| French fries                                       | 10   |
| Melba toast, rectangles                            | 4  |
| Melba toast, rounds                                | 6  |
| Naan bread   | ¼ (6 inch round)   |
| Pancake, waffle                                    | 1 (4 inch round)   |
| Pita bread, white                                  | ½ (6 inch round)   |
| Pizza crust, white                                 | 1/12 (12 inch), or 1 (6 inch round)                        |
| Rice cakes (plain), rusks                          | 2 cakes  |
| Rice cakes (plain), mini                           | 6 cakes  |
| Taco shells  | 2 (5 inch)   |

### OTHER CHOICES

| Food Item                     | Serving Size – All portion sizes are equal to one serving. |
|-------------------------------|--|
| Arrowroot, gingersnap cookies | 3-4  |
| Brownie or cake, unfrosted    | 2 inch square  |
| Muffin                        | 1 small (2 inch) – made at home, average muffin tray size  |
| Oatmeal granola bar           | 1 bar (28 g)   |
| Popcorn, low fat              | 3 cups (750 ml)  |
| Pretzels, low fat             | 7 large, 30 sticks   |
| Waffle, round                 | 1 medium   |

## FRUITS

### Choose fresh fruit more often

| Food Item  | Serving Size – All portion sizes are equal to one serving. |
|--|--|
| Ackee  | 10 pieces  |
| Apple  | 1 medium   |
| Apple sauce, unsweetened                             | ½ cup (125 ml)   |
| Banana   | 1 small  |
| Blackberries, strawberries, raspberries, cranberries | 2 cups (500 ml)  |
| Other berries (e.g. blueberries, mulberry, currants) | 1 cup (250 ml)   |
| Canned fruit, in juice                               | ½ cup (125 ml)   |
| Cherries, Grapes                                     | 15   |
| Grapefruit   | 1 small  |
| Guava  | 2 fruit  |
| Kiwi   | 2 medium   |
| Mango  | ½ medium   |
| Melon (all types)                                    | 1 cup (250 ml)   |
| Nectarine  | 1 medium   |
| Orange   | 1 medium   |
| Papaya   | 1 cup (250 ml)   |
| Peas   | ½ cup (125 ml)   |
| Pear   | 1 medium   |
| Peach  | 2 small  |
| Pineapple  | ¾ cup  |
| Plum   | 2 medium   |
| Pomegranate  | 1 small  |
| Tangerine  | 2 small  |
| Tomato juice, Vegetable juice (V8)                   | 1 cup (250 ml)   |
| Tomato sauce   | 1 cup (250 ml)   |

### Choose these foods less often

| Food Item   | Serving Size – All portion sizes are equal to one serving. |
|-------------|--|
| Dried fruit | ¼ cup (50 ml)  |
| Fruit juice | ½ cup (125 ml)   |
| Raisins     | 2 tbsp (30 ml)   |

### OTHER CHOICES

| Food Item             | Serving Size – All portion sizes are equal to one serving. |
|-----------------------|--|
| Jam, jelly, marmalade | 1 tbsp (15 ml)   |

## MILK & ALTERNATIVES

### Choose these foods more often

| <b>Food Item</b>                                    | <b>Serving Size – All portion sizes are equal to one serving.</b> |
|---|---|
| Evaporated milk, canned                             | ½ cup (125 ml)  |
| Milk, <b>plain</b> , skim, 1% or 2%                 | 1 cup (250 ml)  |
| Milk powder, skim                                   | 4 tbsp (60 ml)  |
| Milk, lactose free (Lactaid)                        | 1 cup (250 ml)  |
| Rice milk, <b>plain</b>                             | 1 cup (250 ml)  |
| Soy milk, <b>plain</b>                              | 1 cup (250 ml)  |
| Yogurt, low-fat or non-fat, <b>plain</b>            | ¾ cup (175 ml)  |
| Yogurt, artificially sweetened (Source, Silhouette) | ¾ cup (175 ml)  |

### Choose these foods less often

| <b>Food Item</b>                                    | <b>Serving Size – All portion sizes are equal to one serving.</b> |
|---|---|
| Chocolate milk, 1%                                  | ½ cup (125 ml)  |
| Milk pudding, skim no sugar added                   | ½ cup (125 ml)  |
| Rice milk, flavoured                                | ½ cup (125 ml)  |
| Soy milk, flavoured                                 | ½ cup (125 ml)  |
| Soy yogurt, flavoured                               | 1/3 cup (75 ml)   |
| Yogurt, fruit flavoured, not artificially sweetened | ½ cup (125 ml)  |

## VEGETABLES

Vegetables contain small amounts of carbohydrate and portions are not limited unless otherwise specified.

| Food Item              | Food Item                          |
|------------------------|------------------------------------|
| Asparagus              | Lettuce                            |
| Beans, yellow or green | Mushrooms                          |
| Bean sprouts           | Okra                               |
| Beets                  | Onions                             |
| Bok Choy               | Peppers                            |
| Broccoli, cauliflower  | Radish                             |
| Celery                 | Rapini                             |
| Cabbage                | Salad greens                       |
| Cucumber               | Shallots                           |
| Eggplant               | Snow peas                          |
| Endive                 | Spinach                            |
| Kale                   | Tomato (limit to 1 small per meal) |
| Kohlrabi               | Zucchini                           |
| Leeks                  |                                    |

If portion size of the following vegetables is greater than ½ cup (125 ml), count it as 1 Carbohydrate choice (~15 g CHO).

| Food Item | Food Item |
|-----------|-----------|
| Parsnips  | Turnips   |
| Carrots   | Squash    |

## MEAT & ALTERNATIVES

### Choose these foods more often

| Food Item   | Serving Size – All portion sizes are equal to one serving. |
|---|--|
| Cheese, skim (<7% MF)                             | 30 grams (1 ounce)   |
| Cheese, light (<17% MF)                           | 30 grams (1 ounce)   |
| Cottage cheese (fat free, 1% or 2% MF)            | ¼ cup (50 ml)  |
| Egg   | 1 large  |
| Fish, canned water packed                         | ¼ cup (50 ml)  |
| Fresh fish  | 30 grams (1 ounce), cooked                                 |
| Hummus  | 1/3 cup (75 ml)  |
| Meat, lean cut                                    | 30 grams (1 ounce), cooked                                 |
| Meat, game  | 30 grams (1 ounce), cooked                                 |
| Meat/poultry, ground, lean                        | 30 grams (1 ounce), cooked                                 |
| Meat, organ and tripe                             | 30 grams (1 ounce), cooked                                 |
| Meat, prepared, low fat (deli meat)               | 30 grams (1 ounce)   |
| Peameal/back bacon                                | 30 grams (1 ounce), cooked                                 |
| Peanut butter (unsweetened: ex. P.C Just Peanuts) | 2 tbsp (30 ml)   |
| Peanut butter (sweetened: ex. Skippy, Kraft, P.C) | 1 tbsp (15 ml)   |
| Poultry, skinless                                 | 30 grams (1 ounce)   |
| Shellfish   | 30 grams (1 ounce)   |
| Shrimp, fresh-frozen                              | 4-6 large, or 8-10 medium (30 grams)                       |
| Tofu (soybean)                                    | ½ block (100 g)  |
| Vegetarian meat alternatives                      | 30 grams (1 ounce)   |

### Choose these foods less often

| Food Item                   | Serving Size – All portion sizes are equal to one serving. |
|-----------------------------|--|
| Cheese, regular 17-33% MF   | 30 grams (1 ounce)   |
| Fish, canned oil packed     | ¼ cup (50 ml)  |
| Meat, regular cut           | 30 grams (1 ounce)   |
| Meat, ground medium-regular | 30 grams (1 ounce)   |
| Meat-prepared regular fat   | 30 grams (1 ounce)   |
| Poultry, wings skin on      | 30 grams (1 ounce)   |
| Sausage                     | 1-2 links (30 grams)                                       |
| Spareribs – beef, pork      | 1 rib (40 grams)   |

**Note: 1 ounce = ~30 g by weight.**

**Example of 30 g: an average slice of deli meat or cheese**

**An average size boneless chicken breast weighs approximately**

**120 g – 150 g or 4 oz – 5 oz**



## **FATS**

### **Choose these foods more often**

| <b>Food Item</b>            | <b>Serving Size – All portion sizes are equal to one serving.</b> |
|-----------------------------|---|
| Avocado, raw                | 1/6 medium  |
| Margarine, non-hydrogenated | 1 tsp (5 ml)  |
| Nuts & Seeds                | 1 tbsp (15 ml)  |
| Oil, canola or olive        | 1 tsp (5 ml)  |
| Salad dressing, regular     | 1 tbsp (15 ml)  |
| Salad Dressing, low-fat     | 1 tbsp (15 ml)  |
| Tahini                      | ½ tbsp (8 ml)   |

### **Choose these foods less often**

| <b>Food Item</b>            | <b>Serving Size – All portion sizes are equal to one serving.</b> |
|-----------------------------|---|
| Bacon                       | 30 grams (1 ounce)  |
| Butter                      | 1 tsp (5 ml)  |
| Cheese, spread type         | 1 tbsp (15 ml)  |
| Cream, half & half (10% MF) | 2 tbsp (30 ml)  |
| Mayonnaise, reduced fat     | 2 tbsp (30 ml)  |
| Sour cream, reduced fat     | 2 tbsp (30 ml)  |

## EXTRA FOOD CHOICES

**These food items contain insignificant amounts of carbohydrate and may be eaten without restraint, unless otherwise specified.**

- Bouillon, broth or consommé
- Club Soda
- Garlic
- Herbs & spices
- Horseradish
- Lemon or lime juice
- Mustard
- Rhubarb, fresh
- Soy Sauce
- Sugarless gum
- Vinegar
- Worcestershire sauce

### **Caffeine-containing beverages**

It is safe to consume caffeine containing beverages in pregnancy in moderation. Motherisk recommends a maximum of 150 mg/day while Health Canada recommends a maximum of 300 mg/day to be safe. Too much caffeine during pregnancy may increase the risk of miscarriage and the chances of a low birth weight baby.

- Coffee, black (135-170 mg/cup)
- Decaf Coffee, black (3-10 mg/cup)
- Tea, black (43 mg/cup)
- Sugar-free beverages (36-46 mg/cup)
- Tea, decaffeinated (0-60 mg/cup)

### Artificial Sweeteners

Sweeteners such as **Equal and Nutrasweet (both contain aspartame), Splenda (contains sucralose), and acesulfame-potassium, are safe for use in pregnancy**, and can be found in many different foods such as diet pop, desserts, yogurt, cereals and gum. Aspartame has not been found to cause health problems in humans. It is **not** recommended to use sweeteners that contain **saccharin and cyclamates** such as **Sweet 'N Low and Sugar Twin**.

## MEASURED EXTRAS

**Limit your intake of these food items to 1 choice/meal because in small quantities they do not provide significant amounts of CHO, but in large quantities they do.**

| <b>Food Item</b>                | <b>Serving Size – All portion sizes are equal to one serving.</b> |
|---------------------------------|---|
| Barbeque Sauce                  | 2 tsp (10 ml)   |
| Bran, Natural                   | 2 tbsp (30 ml)  |
| Coffee Whitener, powder         | 1 tsp (5 ml)  |
| Cocoa Powder                    | 1 tsp (5 ml)  |
| Fruit spread, no sugar added    | 1 tbsp (15 ml)  |
| Dill Pickles, unsweetened       | 2   |
| Jello, sugar free, prepared     | 1 cup (250 ml)  |
| Ketchup                         | 1 tbsp (15 ml)  |
| Salsa                           | 2 tbsp (30 ml)  |
| Sour Mixed Pickles, unsweetened | 11  |
| Sweet Relish                    | 1 tsp (5 ml)  |
| Whipped Topping                 | 1 tbsp (15 ml)  |

## Food Group Meal Planner

| Meal<br>Food Group             | Breakfast | Mid-<br>morning<br>Snack | Lunch | Mid-<br>afternoon<br>Snack | Dinner | Evening<br>Snack | Total |
|--------------------------------|-----------|--------------------------|-------|----------------------------|--------|------------------|-------|
| <b>Meal time:</b>              |           |                          |       |                            |        |                  |       |
| <i>Grains &amp; Starches</i>   |           |                          |       |                            |        |                  |       |
| <i>Fruits</i>                  |           |                          |       |                            |        |                  |       |
| <i>Milk &amp; Alternatives</i> |           |                          |       |                            |        |                  |       |
|                                |           |                          |       |                            |        |                  |       |
| Vegetables                     |           |                          |       |                            |        |                  |       |
| Meat & Alternatives            |           |                          |       |                            |        |                  |       |
| Fats                           |           |                          |       |                            |        |                  |       |
| Measured Extras                |           |                          |       |                            |        |                  |       |

**Notes**

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## NUTRITION FACTS – TO HELP YOU FIND CARBOHYDRATE VALUES

The "Nutrition Facts" table is easy to find, easy to read and on more foods.

\* Information in the Nutrition Facts table is based on a specific amount of food. Compare this to the amount you eat to determine your carbohydrate intake.

The table lists the amount of carbohydrate in a food. The number listed includes starch, sugars, and fibre. Since fibre does not raise blood glucose, subtract it from the total carbohydrate (e.g. 18 g carbohydrate – 3 g fibre = 15 g available carbohydrate).

\*\* Use % Daily Value to see if a food has a little or a lot of a nutrient.

| <b>Nutrition Facts</b>   |                 |  |  |
|--------------------------|-----------------|--|--|
| Per 125 mL (87 g)*       |                 |  |  |
| Amount                   | % Daily Value** |  |  |
| <b>Calories</b> 80       |                 |  |  |
| <b>Fat</b> 0.5 g         | 1 %             |  |  |
| Saturated 0 g            | 0 %             |  |  |
| + Trans 0 g              |                 |  |  |
| <b>Cholesterol</b> 0 mg  |                 |  |  |
| <b>Sodium</b> 0 mg       | 0 %             |  |  |
| <b>Carbohydrate</b> 18 g | 6 %             |  |  |
| Fibre 3 g                | 8 %             |  |  |
| Sugars 1 g               |                 |  |  |
| <b>Protein</b> 3 g       |                 |  |  |
| Vitamin A 2 %            | Vitamin C 10 %  |  |  |
| Calcium 0 %              | Iron 2 %        |  |  |



Acknowledgements: Mount Sinai Hospital: Tips for Good Nutrition in Pregnancy,  
The Canadian Diabetes Association, Beyond the Basics Meal Planner, 2005,  
Health Canada, [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

