

Consistent Carbohydrate Meal Plan

The consistent carbohydrate meal plan is to control your blood glucose (blood sugar) levels. A specific caloric level is not used.

What you eat affects your blood sugar

Your body and brain need carbohydrate to work. You need the right amount of carbohydrate in your diet, but not too much. There is carbohydrate (or sugar) in:

- Potato, corn
- Bread, cereal
- Rice, pasta
- Milk
- Fruit

The Nutrition Facts panel on food labels shows you the total amount of carbohydrate in one serving of the food. Natural and added sugar is included in the total carbohydrates.

Fiber in foods is good for people with diabetes and heart disease

Eating more vegetables is a smart choice.

Having diabetes increases your risk of heart disease

- Watch food labels for saturated fat. Keep saturated fats under 15 grams per day
- Limit fried foods, bacon and sausage to 1-2 times per month
- Season foods with herbs and spices to replace salt. Use fresh, frozen, or no-salt added canned vegetables. Look for reduced-sodium soups, lunchmeats, tomato sauce, and frozen dinners.





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Eat meals every 4-5 hours

- Try not to skip meals, as you will overeat later.
- Smaller portions can help you to lose weight.
- Try new foods and eat from all food groups.

Know that some sugar free foods may affect your blood sugar levels

- Sugar-free foods have less than ½ gram of sugar per serving.
- Reduced-sugar foods have at least ¼ less sugar than the regular food.
- Foods with no added sugars do not have any form of sugar added when it is made.

Remember sugar free is not the same as carbohydrate free

- Sugar free foods may contain fat and other calories.
- Choose diet soft drinks. Regular soda should only be used to treat low blood sugar (hypoglycemia).
- **Sugar Alcohols** - are added to many sugar free foods. Examples are **Sorbitol, Malitol and Mannitol**. These are another form of sugar, which provide calories and carbohydrates. These sugars can cause gas and diarrhea if you eat too much.



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Food Category	Eat This	Do Not Eat This
Grains, Beans, Starch Vegetables 6-8 servings (1 slice bread; 6 crackers; 3/4c. dry cereal, 1/3c. pasta or rice, 1/2 corn or peas) 15 g of carbohydrate per serving	Whole grain or rye bread, hard rolls; dinner rolls; beans, lentils, peas, corn, and squash, potatoes with skins, pasta, rice, barley oats, waffles, bran cereal.	Doughnuts, coffee cakes cereals with more than 25 g carbs per serving Avoid daily use of fried potatoes.
Vegetables 3-5 servings (1/2c. cooked 1 cup raw, 1/2 juice	Fresh, frozen, and canned vegetables. One dark green or deep yellow vegetable daily	Glazed, candied, or fried; sweet potatoes packed in syrup
Fruit 2-3 servings One piece fresh, 1/2c. canned, 1/4c. Dried (1/2c. fruit juice) 15 g carb per serving	Fresh, frozen and canned in light syrup or own juice, whole fresh fruit preferred, diet v-8 splash, ocean spray light.	Sweetened canned or frozen fruits; and sweetened fruit juices and fruit drinks. Limit fruit juices to 1/2 cup per day or less
Milk 2-3 servings (1 cup each) 12 g carb per cup of milk 15-20 g carb per cup of yogurt 150-180 total g of carbohydrate is a good amount per day. This is the same as 10-12 servings of carbohydrate foods per day 15g carb=1 serving	Nonfat (skim) or low-fat (1%) preferred; plain sugar free yogurt	



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Food Category	Eat This	Do Not Eat This
Meat 2-3 servings (3 ounces = 1 serving) No carbohydrate in meat and protein foods	Select or Choice lean beef: Round, Sirloin, Flank, Tenderloin, Extra lean ground beef, Lamb and veal chops, Roast lean pork, Fresh and boiled ham, Canadian bacon, Tenderloin, Loin chops, Chicken and turkey without skin, Buffalo, Venison, Pheasant	Prime Rib, corned beef, hot dogs, regular ground beef and ground chuck, spareribs, ground pork, sausage and bacon, fried poultry, poultry with skin, ground poultry using dark meat and skin
Fish/Seafood	Fresh or frozen fish, clams, tuna in water, sardines, oysters, herring, salmon	Fried fish
Cheese, nuts and eggs, miscellaneous proteins	Reduced fat cheese (Kraft 2%, Crystal Farms Lite Cheese), low fat cottage cheese Vegetable burgers, tofu, low-fat deli meats, peanut butter should be natural Egg whites and egg substitutes	Regular cheese (Cheddar, Colby, American, cheese spreads) Regular peanut butter, high-fat deli meats (bologna, pastrami, salami, liverwurst) Limit use of whole eggs or egg yolks to 2-3 per week



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Food Category	Eat This	Do Not Eat This
Fats and Oils 1 teaspoon = 1 serving	Good oils: canola and olive oils are best Corn, soybean, sunflower and safflower oils are okay Margarines: Smart Balance, Canola Harvest with flax oil, Land-o-Lakes Spreadable Butter with Canola Oil Almonds, cashews, peanuts, pecans, sesame seeds, walnuts, pumpkin seeds, sunflower seeds (1 ½ oz. or 2 Tbsp. is a serving) Lite or reduced fat salad dressings	Shortening Palm or coconut oil Butter or margarines with hydrogenated fats, stick margarine Whipped cream, regular mayonnaise, regular salad dressings
Beverages	Coffee & tea (regular or decaf), diet soda, Crystal Light, Diet Snapple	Regular soda, iced tea with sugar, regular lemonade, regular Kool-Aid
Desserts	Diet pudding and jell-o, angel food cake, vanilla wafers, ginger snaps, low fat granola bars	Pies, cakes, cookies, candy, or other desserts high in sugar and fats



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Food Category	Eat This	Do Not Eat This
Miscellaneous	<p>All spices and herbs</p> <p>Condiments: 1 Tablespoon = serving Ketchup, BBQ sauce, relish, taco sauce, teriyaki sauce, soy sauce, horseradish, lemon and lime juice, mustard, Tabasco, salsa (1/4 cup)</p> <p>Sugar free gum</p> <p>Sugar substitutes are ok to use</p>	<p>Use with caution:</p> <p>Sugar, honey, molasses, candy, marshmallows, jam and jelly</p> <p>Watch out for sugar-free candy with more than 9g of sugar alcohol as they are also high in fat</p>



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Sample Meal Plan

Breakfast	Noon Meal
<p>½ c berries or ½ banana = 1 carb serving ¾c dry cereal = 1 carb serving 1 cup milk or yogurt= 1 carb serving 1 slice of toast = 1 carb serving 1 Tb peanut butter or 1 oz meat=0 carb All fruit spreads (0 carb) Coffee (artificial sweetener if needed)</p> <p><u>Other protein ideas:</u> string cheese, 1-2 eggs, ½ cup cottage cheese; all =0 carbs</p> <p>(60g carbohydrate or 4 servings)</p>	<p>Sliced chicken breast – 2-3 oz. Whole wheat bread – 2 slices = 2 carb servings Raw vegetables – 1 cup = 1 carb serving May have fruit now or save later for snack=1 carb serving 1 cup coffee/ water/ diet soda= 0 carb serving</p> <p>(45 gm carbohydrate or 3 servings)</p>
Evening Meal	Evening Snack (choose 1-2 items)
<p>Lean Pork chop 4 oz = 0 carb servings Small baked potato/ skin = 1 carb serving Broccoli and tossed salad = 1 carb serving Lite dressing 1 Tbsp= 0 carb serv Margarine – 2 tsp. = 0 carb serving 1 cup low fat milk=1 carb serving Water or sugar free beverage = 0 carb serv</p> <p>(45 g carbohydrate or 3 serving)</p>	<p>Frozen yogurt – ½ cup 3 graham cracker squares 2 small oatmeal cookies 1 medium piece fruit 6 vanilla wafer cookies 1/2c low fat, lite or no sugar added ice cream, or ice cream bar 1 cup skim or 1% milk 3 cups popcorn – microwave lite</p> <p>Do not have more than 30 g of carbohydrate or 2 servings for a snack. Check you blood sugar before having a snack.</p>

- Suggested Nutritive value of Meal Plan: About 1500-1800 calories, 150-180 g carbohydrate, and 80-100 g protein, 55-60 of total fat per day.

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