

Daily Meal Planning

Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals.

Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.	
Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
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Eli Lilly Diabetic Meal Planning Guide

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Table of Contents Eli Lilly Diabetic Meal Planning Guide

1. Understanding the eBook Eli Lilly Diabetic Meal Planning Guide
 - The Rise of Digital Reading Eli Lilly Diabetic Meal Planning Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Eli Lilly Diabetic Meal Planning Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Eli Lilly Diabetic Meal Planning Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Eli Lilly Diabetic Meal Planning Guide
 - Personalized Recommendations
 - Eli Lilly Diabetic Meal Planning Guide User Reviews and Ratings
 - Eli Lilly Diabetic Meal Planning Guide and Bestseller Lists
5. Accessing Eli Lilly Diabetic Meal Planning Guide Free and Paid eBooks

- Eli Lilly Diabetic Meal Planning Guide Public Domain eBooks
- Eli Lilly Diabetic Meal Planning Guide eBook Subscription Services
- Eli Lilly Diabetic Meal Planning Guide Budget-Friendly Options
- 6. Navigating Eli Lilly Diabetic Meal Planning Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Eli Lilly Diabetic Meal Planning Guide Compatibility with Devices
 - Eli Lilly Diabetic Meal Planning Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Eli Lilly Diabetic Meal Planning Guide
 - Highlighting and Note-Taking Eli Lilly Diabetic Meal Planning Guide
 - Interactive Elements Eli Lilly Diabetic Meal Planning Guide
- 8. Staying Engaged with Eli Lilly Diabetic Meal Planning Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Eli Lilly Diabetic Meal Planning Guide
- 9. Balancing eBooks and Physical Books Eli Lilly Diabetic Meal Planning Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Eli Lilly Diabetic Meal Planning Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Eli Lilly Diabetic Meal Planning Guide
 - Setting Reading Goals Eli Lilly Diabetic Meal Planning Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Eli Lilly Diabetic Meal Planning Guide
 - Fact-Checking eBook Content of Eli Lilly Diabetic Meal Planning Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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