

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

Rachel Sandford



Eli Lilly Diabetic Meal Planning Guide:

The Enigmatic Realm of **Eli Lilly Diabetic Meal Planning Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Eli Lilly Diabetic Meal Planning Guide** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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