

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)

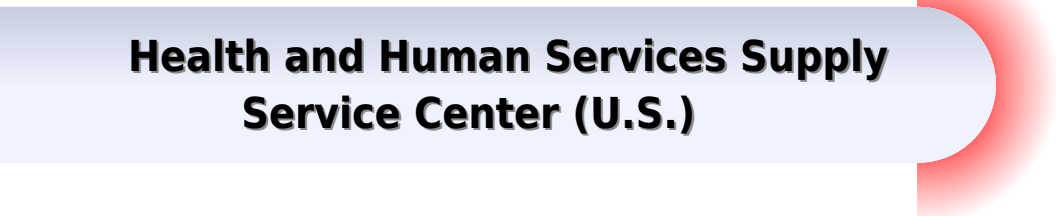
Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

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

**Health and Human Services Supply
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Nutritional Support Handbook, 1983 *American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education* Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community *Diet and Nutrition for People with Diabetes* National Diabetes Information Clearinghouse (U.S.), 1979 160 entries to print and audiovisual materials of interest to both the public and health professionals Each entry gives bibliographical information price and source Title index Medical Supply Catalog Health and Human Services Supply Service Center (U.S.), 1996 **Technical Manual** United States Department of the Army, 1982

Guidelines for Chronic Care Michael R. Soper, 1973 The Everything Guide to Managing Type 2 Diabetes Paula Ford-Martin, Jason Baker, 2012-12-18 Diabetes is a complex disease but learning about it shouldn't be This guide gives you advice on establishing a healthier lifestyle and getting control of your diabetes **The Diabetic Male's Essential Guide to Living Well** Joseph Juliano, 1999-02 An up beat take charge daily health care manual for the diabetic Dr Juliano's book pulls no punches about the seriousness of diabetes he has been blind for fifteen years due to his disease and he draws on his own experience to offer hard won day to day advice He discusses insulin and other medications and stresses the importance of self home blood glucose monitoring exercise and good nutrition He is honest about possible long term complications to the diabetic eye kidney and vascular systems and problems such as male pattern baldness and erectile dysfunction Above all he believes in positive thinking to help the diabetic live well There are a resource guide bibliography and selected readings

Handbook of Diabetes Medical Nutrition Therapy Margaret A. Powers (RD.), 1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc **The Nurse's Guide to Diet**

Therapy Lois H. Bodinski, 1987 This clear concise and practical guide to therapeutic diets shows nurses how to integrate dietary considerations into their nursing care It describes the dietary treatment of 98 specific diseases as well as the role of diet in cancer burns and the peri operative period It also relates diet to the pathophysiology of the disease and other treatment modalities including diet drug interrelationships Also provided are suggested nursing diagnoses related to nutritional or dietary problems

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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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