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 oup
Breads and cereals	1 07
Cooked dried beans of all types	1/3 cup

	Cereals/Beans/Grains/	Serving Size
	Pasta	
	Cereal; cooked	1/2 cup
	(patimeal, cream of whe rice, etc.)	rat,
	Cereal; dry	(see box)
	(less than 100 calories	. n - 1984 1984
	per serving)	
	(Serving sizes vary.)	
ı	Beans; cooked or canned (all kind	is) 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
	Popcom (plain, popped)	3 cups
	Starches/Broads With Fat	
	(16 grams carbohydrate, 3 grams pr 5 or more grams fat, and 125-150 calc serving)	
	Count as 1 Starch/Bread AND 1 Fat Biscuit (2 1/2")	serving.
220	Corn. tago, or tortilla chies	1 07
133	Potato chins	10
	Refried beans	1/3 cup
	Spaghetti sauce or marinara sauce	1/2 cup
	Rice, fried or Spanish	1/3 cup
Bra.	jits	************
	(15 grams carbohydrate and 60 cale serving)	ries per
	Fruits provide important vita	mins and
	minerals and can be a good source of	
	To get the most fiber from fruits, eat th	
	peelings.	
	You can estimate the servin	g size for

fruits that aren't on the list as follows:

1/2 cup

Fresh, canned, or frozen fruit,

no sugar added

Eli Lilly Diabetic Meal Planning Guide

David Kirk

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